

Money worries?

If you are worried about how COVID-19 might affect you financially, then the Money Advice Service website can help. You'll find information about Coronavirus and your finances, your rights to sick pay, and changes to claiming your benefits.

Visit:

www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you

Coronavirus Information

Information regarding COVID19 is changing daily. These websites are updated regularly to keep you up to date:

StaffNet has a COVID-19 Information Hub with information from GGC and Health Protection Scotland (HPS):

http://www.staffnet.ggc.scot.nhs.uk/Corporate%20Services/Communications/Hot%20Topics/Pages/comms-CoronavirusInformationHub_mb110220.aspx

Health Protection Scotland website has up to date information on COVID-19 management in Scotland:

<https://www.hps.scot.nhs.uk/a-to-z-of-topics/wuhan-novel-coronavirus/>

Resources

GGC NHS

If you are concerned or anxious about COVID-19 you can talk to your line manager or email staff.covid19@ggc.scot.nhs.uk

Bereavement Support for Professionals

During the pandemic face-to-face appointments are not currently available but the online and phone services are running and more than happy to help, not solely regarding bereavement but also other stressors in this difficult time. Answering service available out of hours.

Child Bereavement Services NHSGGC

Telephone. 0141 370 4747

9am-5pm Mon-Fri

Email. GHsupport@childbereavementuk.org

Spiritual Care and Chaplaincy Service

Offers compassionate, person-centred care to people of all backgrounds, faiths and belief groups and none.

Royal Hospital for Children

Telephone. 0141 452 4017

9am-5pm Mon-Fri

Email: chaplains@ggc.scot.nhs.uk

The impact of the Coronavirus at home

What to say to your children, financial concerns, pets and COVID, who you can talk to and up to date resources.



NHS
Greater Glasgow
and Clyde

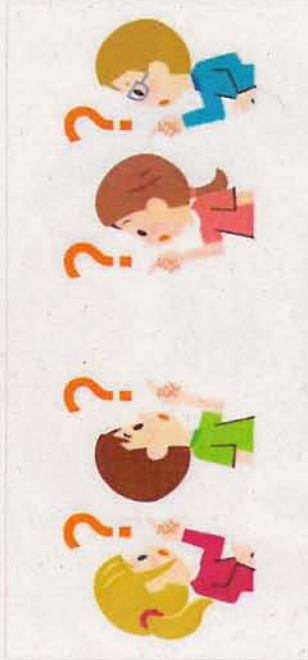
Talking to your children about coronavirus

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school, from their friends or on TV or online.

It is important that they can speak to you about their own concerns.

Answer their questions

Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage and the increasing number of people wearing face masks in public, it is not surprising that children are already aware of the virus, will want to know what's going on and how it will affect their loved ones.



Limit media exposure

It is important to monitor children's exposure to media reports about the coronavirus as frequent exposure can increase their level of fear and anxiety. Try to be with your child when they are watching, listening or reading the news so you are able to address any questions or concerns they may have.



Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing. You can do this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- letting them know that it is normal to experience some anxiety when new and stressful situations arise
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing)
- not overwhelming them with unnecessary information (e.g., death rates) as this can increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay.

Talk about how they are feeling

Explain to your child that it is normal to feel worried about getting sick. Listen to your child's concerns and reassure them that you are there to help them with whatever may arise in the future.

It is important to model calmness when discussing the coronavirus with children and not alarm them with any concerns you may have about it. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties before bringing up the subject with them and answering their questions.

Pets and COVID

There is no evidence of pets becoming sick with COVID-19. It is possible that the virus can live on their fur for short periods of time, so make sure you wash your hands and your pet if they come in contact with someone with coronavirus.

Social distancing does not mean you can not walk your dog, but maintain a 2 meter distance from others or walk in more isolated areas.

If you are quarantined because you are sick however, you should not be out in public. Avoid kissing your pet or sharing a bed with them and wash your hands before patting them. Have an asymptomatic friend or family member walk the dog instead and clean the leads and equipment afterwards.