

Post lockdown daily routine

Waking up

Aim for a balanced breakfast with food high in vitamins and minerals.



Going to work/school

Try to walk or cycle if you can. If you use public transport; you must wear a face covering, stay 2m away from others if possible and don't touch your face.



Arriving at work/school

Immediately wash your hands thoroughly for 20 seconds with warm water and soap.



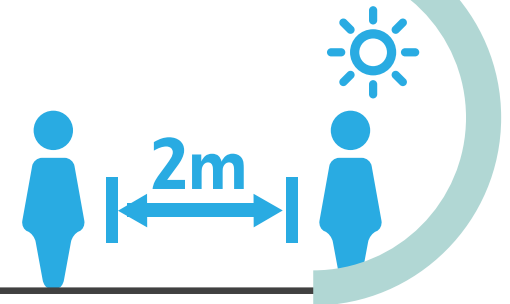
Getting home from work/school

Try to walk or cycle if you can. If you use public transport; you must wear a face covering, stay 2m away from others if possible and don't touch your face.



Whilst at work/school

- 1 Maintain your distance (2m) from other people as much as possible.
- 2 Wash your hands frequently and thoroughly throughout the day.
- 3 Stand up or move every 20 minutes to prevent the ill effects of sedentary behaviour.
- 4 Get outside for some sun at lunch. It's great for vitamin D, your immune system and mental health (use sun cream if needed).
- 5 Aim for a balanced meal with food high in vitamins and minerals.



Once home

Immediately wash your hands thoroughly for 20 seconds with warm water and soap.



Your evenings

- 1 Aim for a balanced meal with food high in vitamins and minerals.
- 2 Keep active - take part in a class or go for a walk/run, and make sure you're not sitting or sedentary for more than 20 minutes at a time.
- 3 Try one of the 5-Ways-To-Wellbeing to help improve your mental health.
- 4 Reduce the health risks of alcohol by drinking no more than 14 units a week and having several alcohol free days.



Your night time

Try to get 7-8 hours of quality sleep, turn off your phone at night. Sleep helps both mental and physical health.



More support?

For more information and support for any of the above, or for other elements of health e.g. stop smoking, sexual health, alcohol or immunisations, simply go to: www.publichealthslough.co.uk and <http://healthandwellbeingslough.co.uk> or email us at publichealthslough@slough.gov.uk

Helping you return to a healthy normal