



## Caring for you during COVID-19

Accent on You is here to support you and your family when you need it most. From self-care tips, to getting essential goods delivered, to booking a session with a councillor, we're ready to assist you with all your needs.



## COVID-19 info and advice:

- What do I do if I have COVID-19?
- What are the curfew times?
- How do I support a family member who has COVID-19?
- What can Accent On You do to help me if I have lost a loved one?
- Am I currently in a COVID-19 hotspot?



## Self-care:

- How can I better protect myself?
- How long do I need to self-isolate for?
- What do I do if a family member needs help?
- How do I stay positive and motivated?
- Who can I speak to about financial advice?



## Help at home:

- I need advice with remote learning
- How do I go about meal preparation?
- How can I work more productively from home?
- Where can I find affordable office furniture?
- How do I get something collected?

## Ways to stay positive



COVID-19 isn't going away anytime soon. Here are a few ways to help you cope during these challenging times.



### Know the facts:

Understand what is going on and how to stay safe can help you to ensure you and your family remain healthy.



### Limit your info intake:

Avoid an information overload and choose a time during the day to stay abreast of the latest news and updates.



### Stay connected:

Being confined to your home may get you down, but friends and family are just a video chat away.



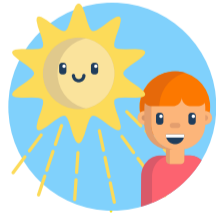
### Plan your day:

Make a daily schedule and stick to it.



### Sleep well:

Ensure that you get enough quality shut-eye.



### Do things you enjoy:

Integrate hobbies into your daily routine or try something that you've always wanted to try.



### Stay active:

Run, walk, stretch – do anything to get your body moving and blood-flow pumping.



## Support from team members

We've also enhanced our COVID-19 care by equipping line managers and other team members to offer you additional advice and support. Our team is on standby to help you cope with the challenges associated with home and work life.

Are you an employee?	Are you a line manager?
Here are some tips for supporting your colleagues:	Here are some tips for supporting team members:
<ul style="list-style-type: none"> <li>• Stay in touch with co-workers</li> <li>• Check up on each other often</li> <li>• Look out for signs of struggle</li> <li>• Offer assistance where possible</li> <li>• Keep an eye on your own mental health</li> </ul>	<ul style="list-style-type: none"> <li>• Set up regular meetings with staff, especially ones that you're concerned about</li> <li>• Understand what each person is dealing with at home</li> <li>• Provide support both in and beyond the workplace if possible</li> <li>• Make it safe to ask for help</li> <li>• Share resources and self-care ideas</li> </ul>

Accent on You is here to help you with anything you need. Reach out to us via the Accent on You app, send an email to [info@accentonyou.co.za](mailto:info@accentonyou.co.za) or call 0861 222 368.