

## Coronavirus and MCS

This is a really difficult time for us all, with the worry and fear for our health but also for our friends and family's health.

With the extensive media reports, from home and from around the world, I know I feel bombarded with scary facts and the concern of not knowing what is coming next.

For MCS sufferers who already have underlying health conditions, this is an extra worrying time.

We have put together a few pointers and useful websites that may help during this unpredictable time

- The MCS-Aware team are now working from home and only picking up post once every 2 weeks (with gloves and a face-mask). This may change depending on the ongoing government advice. Please bear with us and if you do need to contact us try and e-mail us or dictate to someone who could send us an e-mail instead of a letter.
- Many of you are already housebound or have had experience of being housebound. You are used to looking after your health and being extra vigilant when dealing with other people. This will hopefully stand you in good stead when communicating with others. Many of you are used to wearing facemasks too so these will be very helpful now (and you won't be looked at as if you are strange!).
- Try and get friends and family to help out with shopping, prescriptions and other supplies that you may need. There may be some items that are more difficult to get hold of but we may have to 'think outside of the box'. Although I know this is difficult with MCS when you are on a restricted diet.
- There are many people volunteering their time to help the vulnerable. If you need help with shopping, fetching prescriptions, posting letters or want to just chat, get in touch with your local services.
- Allergy UK are in touch with the large supermarkets regarding 'Free-From' products that are being stockpiled. They are trying to sort this issue out. They also have a useful document on Coronavirus and allergy which you can download here. We know MCS isn't an allergy but they have some useful information).  
[https://www.allergyuk.org/assets/000/002/960/V5 -  
\\_FINAL Allergy UK Q A Covid19 %28Sophie Cattermole%29RP original.pdf?1584727376](https://www.allergyuk.org/assets/000/002/960/V5_-_FINAL_Allergy_UK_Q_A_Covid19_%28Sophie_Cattermole%29RP_original.pdf?1584727376)
- MCS sufferers are used to isolating themselves, so going to restaurants, cinemas etc which are now off-limits for the general public will not be much different for you. You probably are used to finding ways to entertain yourselves at home. This is a good article on things that you can do when bed/housebound. <https://healing-boxes.com/50-fun-things-to-do-when-bed-boundhouse-bound/>
- Anxiety UK are extending their hours and providing additional support for people who are getting increasingly anxious. They also have some useful blogs that may help. <https://www.anxietyuk.org.uk/coronanxiety-support-resources/>

- Try and limit your time on reading about Coronavirus or watching it on tv. It can make us all feel worried. Try absorbing yourself in hobbies.  
Try meditation, read a book or speak to someone on the phone if you can.
- Remember there is the MCS-Aware Forum where you can ask a question or post something (again please bear with us for answers as this is run by volunteers). There is also the Penpal directory where you can write to others who understand MCS and what you are going through.

Keep safe and look after yourselves