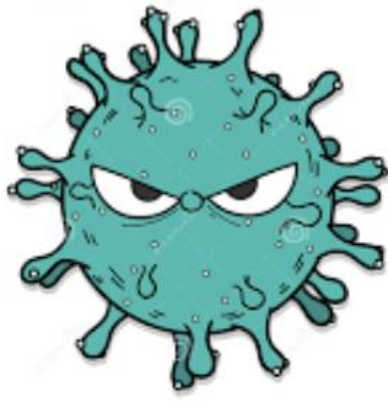


The Lockdown Lowdown



A Pharmacy Students Guide to Surviving Isolation



Coronavirus Information



Appreciation and Positivity

To all the essential workers out there:

Thank You

If not for you our country would truly be grinding to a halt! To all our supermarket staff keeping our supermarkets open, to all the health care workers at our hospitals, pharmacy staff providing access to medicines, bus drivers keeping our public transport open, the list is endless..

Please show our essential workers:

KINDNESS

SUPPORT

PATIENCE

APPRECIATION

RESPECT

In these times, don't forget to:

HAVE FUN

LAUGH

BE HAPPY

SMILE

Need help doing this? Check out these Facebook groups:

'Clap for the Champions at 7pm'

Are you wanting to show your appreciation but you don't know how?

Come on New Zealand, let's all make our way down to our driveways at 7pm each night, and clap our hands for all our essential workers!

+ Join this page and be immersed in positivity!

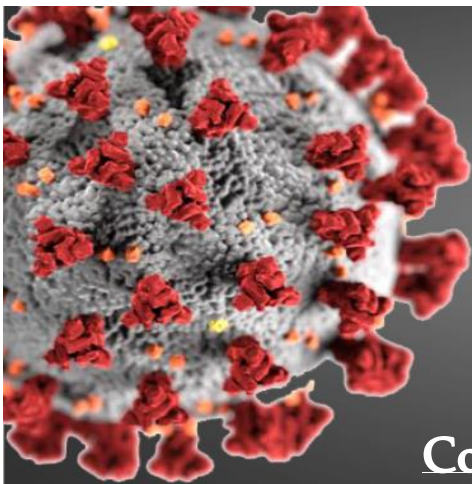
<https://www.facebook.com/groups/clapforthechampions/>

'Bin Isolation Outing'

Do you need some humour to brighten up your day in this isolating time?

Watch videos of Australian and New Zealander's dressing up while they put their bins out each week!

<https://www.facebook.com/groups/306002627033697/>



COVID-19

Information

Common Questions & Answers:

Who is at risk?

- People of all ages but mainly the elderly
- Those with a compromised immune system (from medications/diseases etc)

Main Symptoms:

- Sore throat
- Sneezing/runny nose
- Fever
- Coughing
- Temporary loss of smell
- Difficulty breathing

How do we stop it?

- Hand washing for at least 20 second
- Hand sanitiser when you don't have soap/water
- Avoid touching surfaces then your face + cover cough/sneezes
- Self isolation & social distancing

ABOUT COVID-19

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. Coronaviruses are a large family of viruses; they consist of a core genetic material surrounded by an envelope of proteins spikes. This gives it the appearance of a crown, hence 'corona'.

There are different types of coronaviruses that causes respiratory and sometimes gastrointestinal symptoms. However, there are some types of coronaviruses that can cause severe diseases such as Severe Acute Respiratory Syndrome (SARS-CoV) first identified in China in 2003, and Middle East Respiratory Syndrome (MERS-CoV) first identified in Saudia Arabia in 2012. The 2019 Novel Coronavirus (2019n-CoV) was first identified in China 2019, and is a new strain that has not been previously identified in humans.

The main way coronavirus is spread, is through respiratory droplets - which can occur when an infected person coughs or sneezes. These droplets can land in the mouths, noses or eyes of people nearby (within 1m), and can possibly be inhaled into the lungs.

Once the virus is in the lungs and deposits its genetic material, it can have dramatic effects i.e making more copies of the coronavirus, which will increase the number of infected cells. As this coronavirus affects the respiratory tract, common presenting symptoms include fever and dry cough, with some patients presenting with respiratory symptoms (e.g. sore throat, malaise, and headache) or struggling for breath.

In severe cases, the coronavirus can cause pneumonia, severe acute respiratory syndrome, kidney failure and death.

To help control further spread of the virus, it is recommended that people who are suspected or confirmed to have the disease should be isolated from others and follow the directions of your local health authority (i.e. call the medical center before coming in).

The infection can be diagnosed with a test known as PCR or Polymerase Chain Reaction. There is currently no known or specific antiviral treatment for the virus, and only supportive care is provided to relieve symptoms. There is currently no vaccine to protect from the virus, however they are in development.

While all sectors of society have roles during the outbreak, the general public also play a crucial role. Currently, most countries are facing lockdown to combat the fast spread of the virus and "flatten the curve". By staying at home, we are saving lives and reducing the pressure on our healthcare workers while limiting possible community transmission.

Therefore, during these difficult times it is important that we take our social responsibility seriously and abide by the rules of the Alert Levels so we can quickly get rid of the virus. Throughout the magazine, we hope the information provided are helpful and can spread awareness. There are also tips and suggested activities that we could safely do, to take care of ourselves during lockdown.

Unite against COVID-19!

Practice good hygiene



Stop hand shakes and use **non-contact greeting methods**



Clean hands at the door and schedule **regular hand washing** reminders



Disinfect surfaces like doorknobs, tables, and desks regularly



Avoid touching your face and cover your coughs and sneezes



Increase ventilation by opening windows or adjusting air conditioning

Limit meetings and non-essential travels

Use **video conferencing** instead of face-to-face meetings

When video calls are not possible, hold your meetings in **well-ventilated rooms and spaces**

Suspend all non-essential travels and trips



Call your GP/Student Health before visiting

Contact Student Health on **0800 479 821 (Mon-Fri)**, or Healthline Freephone **0800 358 5453** (within NZ) Tel **+64 9 358 5453**, if you need to seek medical attention so they can prepare and take precautions for your arrival.



Take care of your emotional and mental well-being

Outbreaks are a stressful and anxious time for everyone. We're here to support you! Reach out to **help@ousa.org.nz** anytime.

Call **08003585453** for health-specific questions.



THE PROPER WAY OF WASHING YOUR HANDS

With increasing awareness of hand hygiene amidst this outbreak, there's a lot of misconceptions about hand hygiene. Here's some common questions asked about hand hygiene.

1. How is this different to my normal way of washing hands?

Microbes can be present on all surfaces of the hands but usually in higher concentration under the nails. People also generally miss the backs of the hands, between the fingers and under your nails.

2. Why should I follow through with the whole song on the poster?

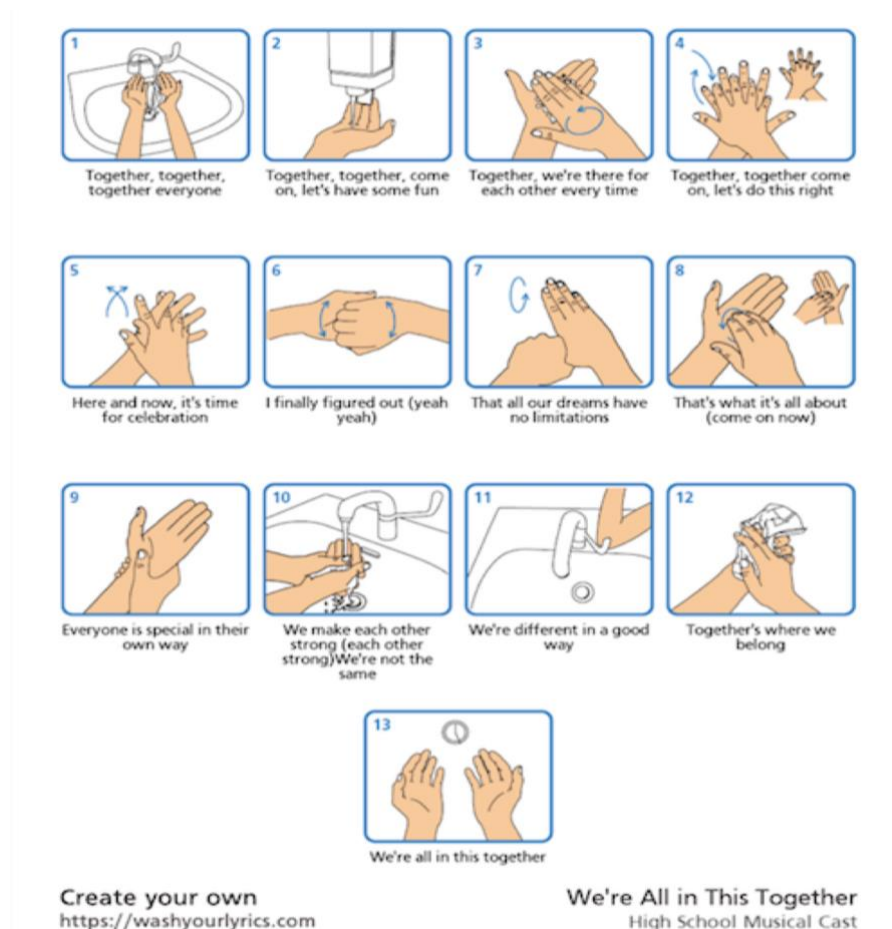
These songs usually take about 15-30 seconds (depends how fast you sing it) which is the recommended time for hand-washing. In that time, more germs and dirt from the hands is removed, according to a few studies.

3. Should I use warm or cold water?

The temperature of water, whether warm or cold, doesn't matter when it comes to removing the microbes off the body. Warm water may cause more skin irritation than cold water.

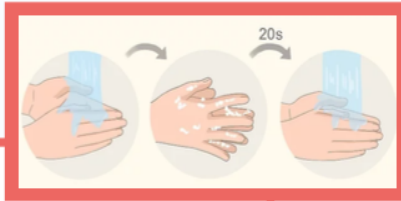
4. Should I air dry or use a clean towel?

Studies show conflicting results for using a clean towel or air dry to dry your hands, however these studies compare the concentrations of microbes which includes the "good bacteria" and not the disease-causing bacteria. Therefore, it doesn't matter if you use a clean towel or an air dryer.



*You can make your own at <https://washyourlyrics.com>

Putting on a mask



1. CLEAN YOUR HANDS.

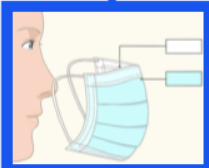
Before touching a clean medical mask, wash your hands thoroughly with both soap and water.



2. ORIENT THE TOP OF THE MASK PROPERLY.

In order for the mask to fit as close to your skin as possible, the top portion of the mask will have a bendable, but stiff, edge that can be moulded around your nose. Ensure this bendable side is facing upwards before applying the mask to your face.

3. ENSURE THE PROPER SIDE OF THE MASK FACES OUTWARDS.



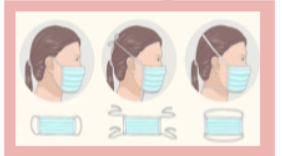
The inside of most medical masks are white in colour, while the outside has a colour of some sort. Before applying the mask to your face, make sure the white side of the mask is facing towards your face.

4. PLACING THE MASK ON YOUR FACE.

Ear Loops — Pick up this type of mask by the loops, put 1 loop around one ear and then put the other loop around your other ear.

Ties/Straps — Pick up the mask by the upper ties, place the ties around the back of your head and attach them together with a bow.

Bands — Hold the mask in front of your face, pull the top band over the top of your head and place it around the crown of your head. Then pull the bottom band over the top of your head and place it at the base of your skull.



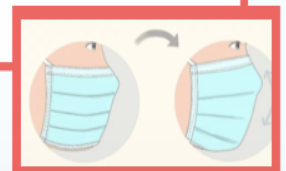
5. ADJUST THE NOSE PIECE.

Now that the medical mask is in place on your head and face, use your index finger and thumb to pinch the bendable portion of the top edge of the mask around the bridge of your nose.



6. FIT THE MASK TO YOUR FACE AND UNDER YOUR CHIN.

Once the mask is completely secured, adjust it to ensure it covers your face and mouth, and so the bottom edge is under your chin.



TAKING OFF A MASK



1. **Clean your hands.** Depending on what you were doing with your hands before you remove your mask, you may need to wash your hands. Or you may need to remove medical gloves, wash your hands, then remove the mask.

2. Remove the mask carefully.

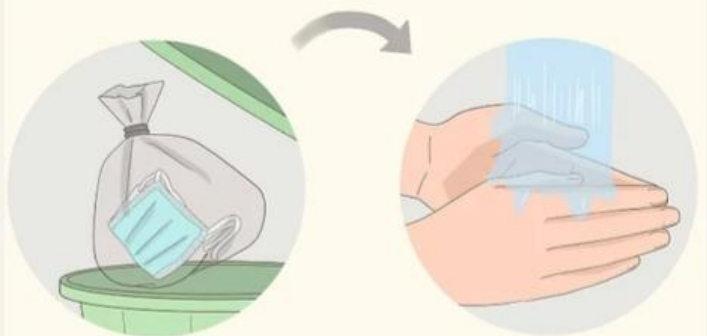
In general, remove the mask by only touching the edges, straps, loops, ties or bands. Do not touch the front portion of the mask which may be contaminated.



3. **Dispose of your mask safely.** Medical masks are designed to only be used once. Therefore when you take the mask off, place it in the trash immediately.

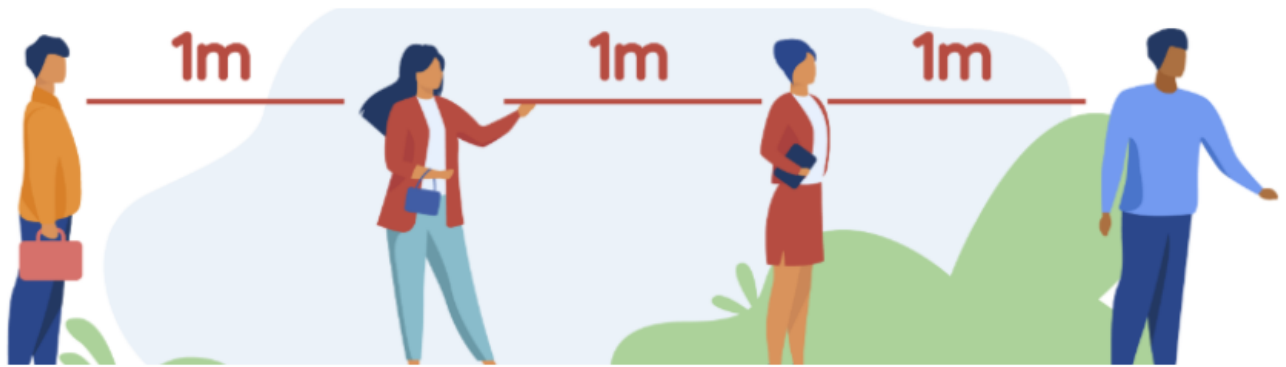
In a non-medical setting where the mask could be contaminated, place the mask by itself in side a plastic bag. Tie the plastic bag closed and then throw the plastic bag in the garbage bin.

4. **Wash your hands again.** Once you've disposed of the mask safely, wash your hands once more to ensure they're clean and didn't get contaminated by touching the dirty mask.



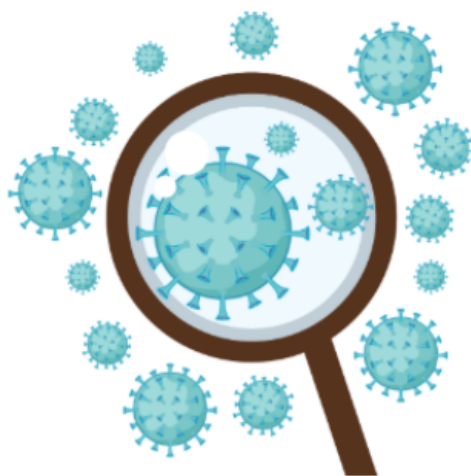
Social Distancing:

The key to slowing the spread of COVID-19



Why is social distancing is important?

When someone coughs or sneezes they spray small liquid droplets from their mouth or nose which may contain virus. If you are too close, **you can breathe in these droplets, including COVID-19 virus** if the person coughing has the disease.



Source: WHO

What does social distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- avoiding crowded places and non-essential gatherings
- avoiding common greetings, such as handshakes
- limiting contact with people at higher risk (e.g. older adults and those in poor health)
- keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible

Source: CDC

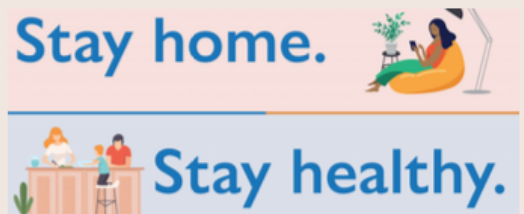


Here's how you can practise physical distancing:

- greet with a wave instead of a handshake, a kiss or a hug
- stay home as much as possible, including for meals and entertainment
- shop or take public transportation during off-peak hours
- conduct virtual meetings
- host virtual playdates for your kids
- use technology to keep in touch with friends and family

If possible,

- use food delivery services or online shopping
- exercise at home
- work from home



Stay connected while staying away

COVID19 New Zealand Quarantine Levels:

Quarantine:

Governments use quarantines to stop the spread of contagious diseases. Quarantines are for **people or groups who don't have symptoms but were exposed to the sickness**. A quarantine keeps them away from others so they don't unknowingly infect anyone.



Lockdown:

Nationwide in New Zealand this is to **combat the community transmission** of the disease when a virus has become established. It is the most effective way to prevent more spread of the pandemic in a country. The borders are also heavily restricted/closed off to prevent any new cases arriving in NZ.



Level 4:

Level 4 means people are instructed to stay at home, **schools and universities closed**, as well as non-essential businesses, major reprioritisation of health services, and **severely limited travel**. It also implements social distancing and isolation – whereby people must **stay in their homes unless travel is essential** (e.g. to the supermarket/pharmacy), and when seeing other people they are not in isolation with a **2 metre rule applies**, to keep distance and prevent isolation. Essential workers should be the only people working during this time.

Level 3:

To get to alert level 3, the Government would need **evidence that the coronavirus is starting to become contained** in New Zealand. The Government's official COVID-19 website defines alert level 3 as having mass gatherings banned, public venues closed, and a directive that **"some non-essential businesses should close"** – so don't expect things to fully go back to normal. It is expected that at alert level 3 there would be more widespread activity happening with more people back at work, but maintaining those strict things around physical separation, hand hygiene, and so on, to prevent infection. There will be more **in-depth detail** when the government gives their announcement regarding the lockdown on the **20th of April**.



Levels 2 and 1:

At alert level 2, **physical distancing** would still need to be practised on **public transport** and at work. **High-risk people would be advised to remain at home** with the virus still a risk, but generally, things would start to get back to normal.

At alert level 1, mass gatherings of **more than 500 people would still be banned**, and testing for the virus would continue, with physical distancing still encouraged, and we'd still be asked to **bump elbows instead of shaking hands**, however at this level most businesses will be encouraged to open again :)

Jacinda Ardern has stated that despite some signs the lockdown measures are having an effect on "flattening the curve", no decision has been made about whether or not it will need to be extended because "we essentially don't have the data we need yet".



Where to go for COVID-19 updates

National situation updates:

- **Covid19.govt.nz**
- [Health.govt.nz/coronavirus](https://health.govt.nz/coronavirus)
- safetravel.govt.nz/covid-19-coronavirus
- stuff.co.nz/national/health/coronavirus
- [Nzherald.co.nz](https://nzherald.co.nz)
- [Newshub.co.nz/coronavirus](https://newshub.co.nz/coronavirus)
- [Onenews.co.nz/coronavirus](https://onenews.co.nz/coronavirus)
- [Thespinoff.co.nz/covid-19](https://thespinoff.co.nz/covid-19)
- otago.ac.nz/coronavirus/index.html

Global situation updates:

- [Who.int/coronavirus](https://who.int/coronavirus)

COVID-19 support – where to go:

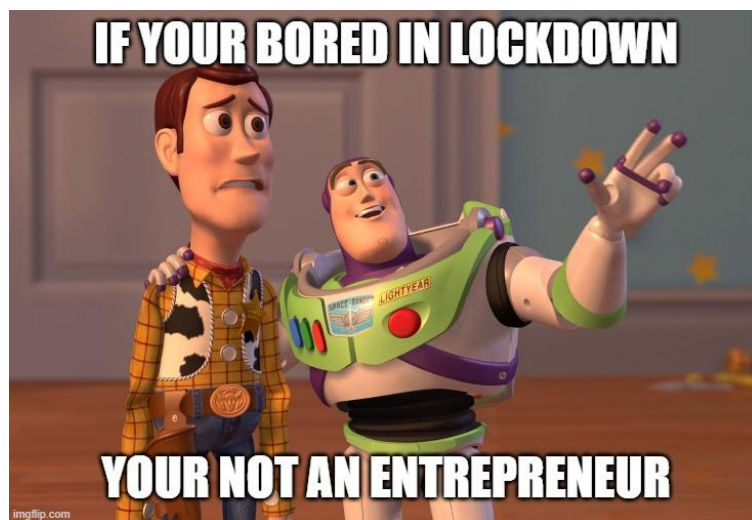
For information concerning health advice, questions, concerns, and any other information regarding coronavirus (COVID-19), call the dedicated Healthline number for COVID-19 on 0800 358 5453

For support with grief, anxiety, distress or mental wellbeing, you can call or text 1737 for free, anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor.

If you're not sure what assistance may be available, or you don't know who to contact for help, call the Government Helpline on 0800 779 997, 8am to 10pm, 7 days a week. *(source: covid19.govt.nz; health.govt.nz)*



Keep
Yourself
Entertained



ACTIVITIES TO DO



1. Beer Pong Challenge

This challenge can be played anywhere around the house. All you need is:

- A cup, bowl, bucket or anything a ball can fit into
- A ping pong ball

Start at stage one, by placing the cup across the room. Using your hand, a golf club, whatever you can find, shoot the ball into the cup. Winners move

onto stage two. Create challenges using home utensils; pots and pans

do the trick. Set up a course for the ball to bounce onto and into the cup. Put your phone down to film and challenge the bros then do 15 pushups.



2. Dried hanging flowers

If you're like most of us and constantly forget to water your plants, preserve your favourite flowers for longer by drying and creating a wall feature for your room. Hang your flowers upside down with good ventilation and no sunlight.

3. Bob Ross Art Tutorial

You will need:

- Youtube
- Art supplies

Type in Bob Ross in the search bar and pick your fave. Get ready to be the most relaxed you've ever been in your life.



4. 500

- 2-6 players
- Deck of cards

This card game involves trumps and team tactics. It is a game of tricks and careful interpretation. Bet on your winning hand and win or lose the points on that bet. The first team to 500 wins.

<https://www.pagat.com/euchre/500.html> for the full instructions

Home Baking

Peanut Butter Cookies (Yields 12 Cookies)

Ingredients

- ½ cup butter
- ½ cup peanut butter
- ½ cup white sugar
- ½ brown sugar
- 1 egg
- 1 cup all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ½ teaspoon baking powder
- (optional) chocolate chips



1. Cream softened butter, peanut butter and sugars in a bowl, then add in the egg
2. Sift in flour, baking powder, baking soda and salt
3. Mix well and refrigerate for 1 hour
4. Heat oven to 180 degrees
5. Roll dough into small balls and place on a baking tray
6. Bake for 10 minutes or until golden

Healthy Oat Cookies

(recipe from VitaminBreee- Instagram)

Ingredients

- 1 cup oats
- 2 ripe bananas
- ¼ cup peanut butter
- ½ teaspoon cinnamon

Optional

- chocolate chips
- nuts/seeds
- maple syrup/honey to sweeten



1. Mash banana in a bowl
2. Add softened peanut butter and cinnamon
3. Mix in oats (add optional ingredients here)
4. Bake for 10 minutes at 180 degrees

Two Ingredient Dough

Ingredients

- Flour
- Yoghurt

(Suggested)

- Mixed herbs
- Garlic powder
- Salt

Mix 1 cup flour with $\frac{1}{3}$ cup yogurt to form a dough

Suggested uses:

- Pizza base
- Flat bread
- Wraps



Soba Noodle Salad

Ingredients

- Soba noodles (two bundles)
- 2 cups green beans
- 1 carrot (grated)

Vinaigrette:

- 2 tablespoons lime juice
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 1 tablespoon crushed/grated ginger
- $\frac{1}{2}$ tablespoon chili paste (optional)

1. Boil soba noodles according to package instructions, adding green beans (fresh) 2 minutes before end of cooking time
2. Drain noodles and beans. Rinse with cool water.
3. In a medium bowl, whisk the lime juice, soy sauce, sugar, ginger and chili to make the vinaigrette
4. Add the soba noodles and green bean to the bowl and toss well



Keep Your Brain Healthy!

Being stuck inside your house for days on end makes it easy to get bored, and university work can only take up so much time until you're absolutely sick of it. However, maybe you still want to learn something new, and that's where SkillShare and Khan Academy come in!

SkillShare is an online learning platform with HUNDREDS of online classes you can take to learn anything from filmmaking, cake decorating, and interior design, to a new language, brewing beer, or how to increase your productivity (very helpful right now!). Each class is broken up into multiple short videos so you can fill in some of your spare time everyday and come out of the lockdown with a new skill! Even better, you get your first month of SkillShare for free!!

The SkillShare logo features the word "SKILLShare" in a bold, black, sans-serif font. A small green dot is positioned above the letter "i" in "Share", and another small green dot is at the end of the word, after the period.The Khan Academy logo consists of a green hexagonal icon on the left, containing a white stylized figure of a person with arms raised. To the right of the icon, the words "Khan Academy" are written in a dark blue, sans-serif font.

If you're more academically inclined, spend some time on Khan Academy! Maybe you're an Arts student that wants to learn a little bit about anatomy, a Med student that is interested in History, or simply someone wanting to look back into that cool thing they learnt in high school, Khan Academy has interactive lessons you can work through in your own time. They start with basics and build on those so you can really come out with some impressive new knowledge!

Whether you're into filmmaking or physics, by taking all this spare time we've been given and using it to learn something new, you'll be able to impress all your friends the next time you see them, or just annoy them by continuously mentioning how smart you are now. Either way you'll feel accomplished and productive and ready to share your new knowledge with the world, once we're all back out in it!

FEED YOUR BRAIN

With some extra time available, most people are hoping to use this isolation period as a chance for some self-improvement and to learn something new.

Here are our top online education resources guaranteed to open your mind and keep the boredom away (or at least momentarily).



TEDEd.com provides educational videos on what seems to be any subject under the sun. The wide variety of content is amazing for getting insight into areas of art, language, and science you never previously would have thought of. Not only that, they are now offering video-based lessons available daily FOR FREE in light of the pandemic.

The following providers give, courses that START NOW and include a number of great free as well as paid options. Most courses require a couple of hours a week for a month to complete however longer and more comprehensive courses are available too. Courses are provided by universities around the globe including Yale, Harvard, and Oxford. Structured classes and deadlines mean you'll be kept motivated to complete all learning.



Leading Culturally Diverse Teams in the Workplace

Explore why cultural diversity matters in the workplace and how multicultural teams can benefit your organisation.

Antiquities Trafficking and Art Crime

Delve into the seedy underbelly of the art world, looking at smuggling, theft, fakes, and fraud, with this free online course.

How to Write Your First Song

Get a practical introduction to the mechanics of song writing and meet established songwriters with this free online course

Propaganda and Ideology in Everyday Life

Find out how propaganda is used to instil political ideologies and its impact on our daily lives, with this free online course.



The Science of Well-Being

Engage in a series of challenges designed to increase your own happiness and build more productive habits.

Mind Control: Managing Your Mental Health During COVID-19

Get a deeper understanding of the anxiety reaction as it relates to various aspects of our current life.

Modern Art & Ideas

Look at art through a variety of themes: Places & Spaces, Art & Identity, Transforming Everyday Objects, and Art & Society

What is news?

Basic elements of professional journalism and the news values and ethics of covering real-world issues and events

How to NOT Loose your sanity in ISO

A lil bit of self-development

1

Podcasts on
Luminary

A

Headspace:
meditation app

2

SWEAT: Fitness
app

3

Audiobooks on
Audible

4

5

Adult colouring
in books



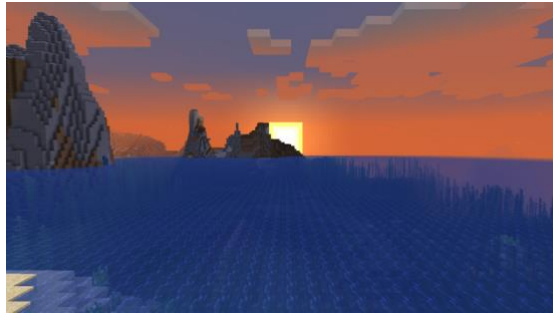
Keep Calm and Stay Lean!

Mon	Tues	Wed	Thurs	Friday	Sat	Sunday
Cardio	Arm day	Glutes day	Back day	Leg day	Abs day	
<p style="text-align: center;">Warming up (5 mins) <i>Choose 3-4 exercises below for warm-up</i></p> <p style="text-align: center;"> Jump rope: 2-3 minutes Butt kickers: 30 sec Jumping jacks: 30 reps Push-ups: 10-20 reps Spider-man steps: 10 reps Walking high knees: 30 sec Inchworms: 30 sec Backward lunges: 30 sec Arm circles forward and backward: 30 sec each Toe touches: 30 sec </p>						C H E A T D A Y
20-30 reps each exercise. Try jogging in place in between. Squat squeezes Curtesy lunges Squats Knee-ups Knee Repeaters Plank to stand Plank with alternating leg lifts Bicycles	20-30 reps each Arm ins and outs Curl Presses Rotators Hammer Curls Shoulder Circles – backwards/ forwards Alternative bicep curls Tricep dips Cross bicep curls Rows High plank hold (30 sec) <i>(To make these exercises harder, you can use your own dumbbells if you have ones. Alternatively, you can use 2 filled-up water bottles or 2 full milk gallons for more weight)</i>	30 reps each Deadlift squat Squat toe touches Bridge lifts Donkey kick Wide deadlift Low repeaters Reverse lunges Squat hold (30 sec) Reverse Frogger Abductions Sumo Squat Side Lunge Squat to Side Kick Single Leg Glute Bridge	3 sets, 15 reps/set Lift up and pull down Bicep curl to front extension Triceps pulse in and out Fly pulses Back Elbow Pulls Cobra Push up Alternating superman Child's pose to Cobra Back Pinchers Back Extensions	3 sets, 15 reps/set Side legs lift Plie Squats Plie Squat hold, alternating heel lifts Leg Lifts on Backwards Diagonal Static Bridge Hold Bridges Pulses Bridge hold, knees in/out Inner Thigh Lift + pulses at top Leg Extension on Backwards Diagonal Squat Pulse Down	3 sets, 15 reps/set Crunches Push-ups Mountain climbers Plank with knee dips Toe touches Reverse crunches Alternative Leg Knee Hugs Plank with Shoulder Taps Reverse Crunch Alternating Leg Taps Side plank Sit-ups with a side twist	

Staying connected with the outside world

Despite the social isolation requirements needed to stop the SARS-CoV-2 virus in its tracks, it does not mean full solitary confinement. Humans are social animals, and we need excitement, human-human interactions and access to humanity to thrive, even during times of great danger. Here's a comprehensive, non-exhaustive list for ways to stay connected with those you're not confined with, not in order.

1. Start a Minecraft server.
2. Get grieved by the one person who burns everything down.
3. Rebuild and attempt slay the ender dragon.
4. Rage quit after getting blown up by a creeper with everything in your inventory.
5. Invite everyone to your igloo on Club Penguin Rewritten.
6. Pull your virtual red card at said igloo
7. Get banned for using profanity due to your intoxicated state in real life
8. Wake up early the next morning to attend a Zoom session, despite being extremely dusty.
9. Actively contribute during the Zoom session.
10. Download and start using Tinder.
11. Swipe right excessively on everyone.
12. Message "Upto? x" to at least 30 people on Tinder.
13. Try not to be weird with the one match who actually replied.
14. Add them on Snapchat.



their life decisions and despise phone camera accessibility).
19. Start another Facebook livestream best described as "Cooking with [your name here]"
20. Realise you can't cook halfway through and burn water.
21. Watch helplessly as a parade of haha reacts fills up

your screen and an orchestra of smoke alarms activate.

22. Use Discord voice chat while not actively gaming to communicate with the boys/the girls.
23. Notice that you're the only one in the voice channel.
24. Start a satirical page on Facebook with others who you share a common personality trait with to describe and analyse current society.
25. Have a goal to reach 30k likes by the end of the year.
26. End up having decent content and reaching the 10k milestone within 3 months.
27. Start a zoom study group with others who do the same paper.
28. Make surprising amounts of progress in revision of content covered in the paper so far (Quizlet/Anki/Brainscape for flashcards, taping together multiple pieces of refill for posters, past exams etc.).
29. Realise you have a group project worth 25% of your grade due in three days.
30. Spend the next couple of nights not sleeping with your group in a desperate attempt for everyone to get an A+ grade.
31. Organise an interaction event with your neighbours, involving everyone standing on their own front lawns shouting at each other and playing long distance rugby passes/long distance beer pong.
32. Get a good night's sleep, knowing the lockdown will be over soon.



15. Get blocked by them on Snapchat and Tinder.

16. Delete Tinder and promise yourself you'd improve your chat and personality by

the time it matters.

17. Start a Facebook livestream of your flatmate shaving your head.
18. Plan your red card for when lockdown is lifted, involving a top tier Spotify playlist and fun activities (ensuring it provides ample opportunity for participants to regret

Games

Word-search - Find the names of some commonly used medications:

Z	A	S	D	R	T	Y	U	N	E	D	Z	I	E	M	E
N	M	N	I	S	O	M	E	P	R	A	Z	O	L	E	O
M	K	L	E	P	R	E	D	N	I	S	O	N	E	T	F
D	E	C	O	D	E	I	N	E	Z	A	P	N	V	F	C
F	A	T	O	R	V	A	S	T	A	T	I	N	O	O	I
L	O	L	O	X	A	N	I	E	V	R	C	R	T	R	L
U	T	I	B	P	R	T	A	S	I	Q	L	O	H	M	A
T	O	C	I	S	R	L	A	P	S	U	O	I	Y	I	Z
I	N	V	X	E	S	O	S	D	R	R	N	E	R	N	A
C	H	O	L	E	C	A	L	C	I	F	E	R	O	L	P
A	S	L	O	L	O	N	I	O	D	N	E	T	X	E	R
S	A	L	B	U	T	A	M	O	L	D	E	I	I	S	I
O	L	I	A	M	O	X	I	C	I	L	L	I	N	E	L
N	O	L	E	U	Q	I	R	E	W	R	T	N	E	D	I
E	N	M	D	R	O	C	E	T	I	R	I	Z	I	N	E

Word List

Atorvastatin	Cholecalciferol
Omeprazole	Amoxicillin
Aspirin	Metoprolol
Salbutamol	Cilazapril
Prednisone	Metformin
Levothyroxine	Zopiclone
Loratadine	Cetirizine
Codeine	Fluticasone

Word Morphing Puzzle:

Change one letter in the starting word to form a new word, and repeat this process until you spell the ending word.

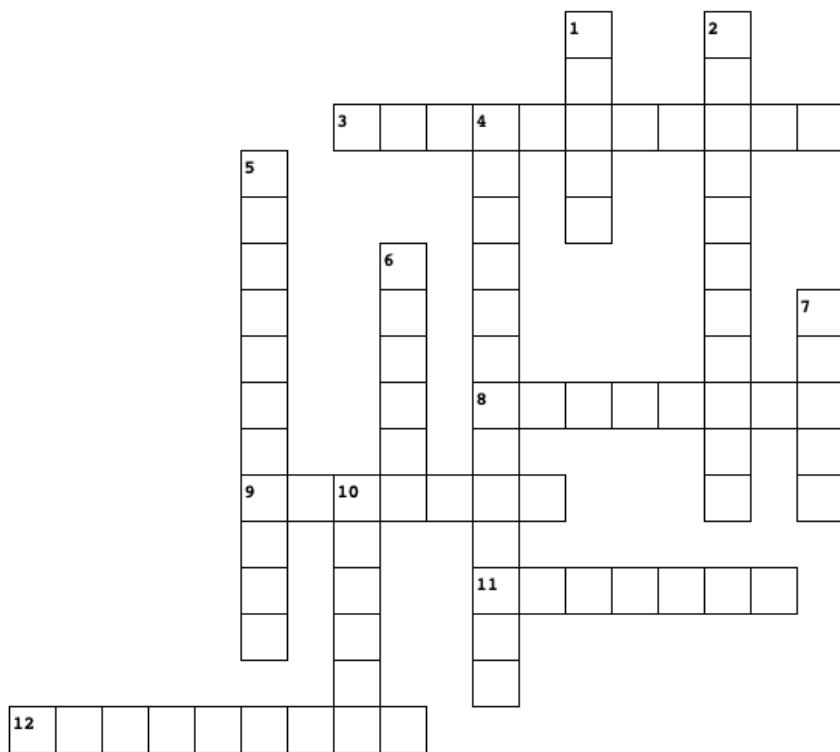
LOCK

DOWN

STAY

HOME

Crossword:

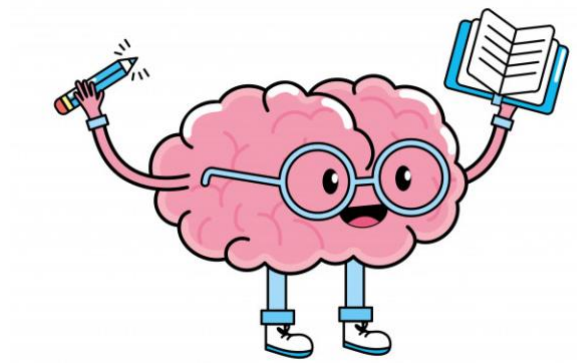


Across:

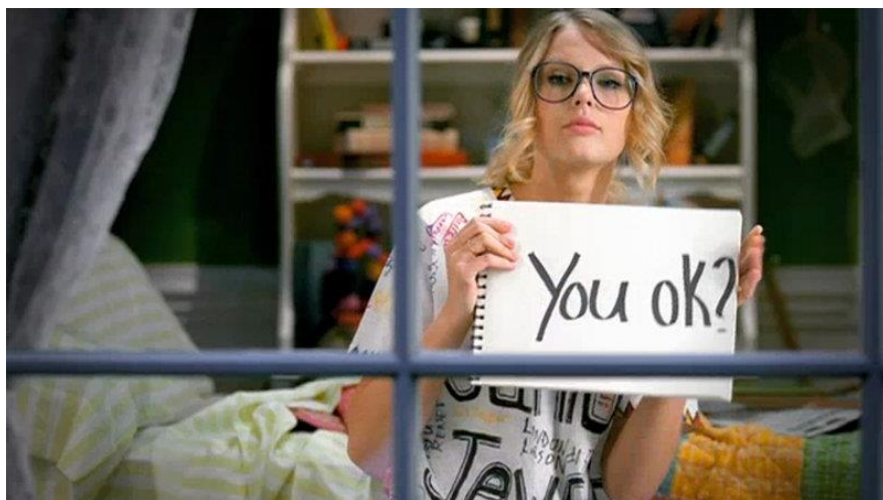
- 3. common pain medication
- 8. liquid form of medication
- 9. pharmaceutical management agency in New Zealand
- 11. common medical device
- 12. generic name for Nurofen

Down

- 1. topical form of drug delivery
- 2. creating a pharmaceutical product for an individual patient
- 4. medication to treat hay fever
- 5. organising personal daily medications
- 6. sub-cutaneous vaccine administered by pharmacists
- 7. computer system used in most pharmacies
- 10. guidance or recommendation



Look After Yourself



the lockdown and looking after your **MENTAL HEALTH**

The lockdown may have seemed fun at first, you get to stay home, watch lectures from the comfort of your bed and attend workshops without pants on. However, as the novelty wears off, you might find yourself stressing about other things. You're missing your friends, you're worried about the safety of yourself or your loved ones, you're worried about your quality of education, or you're worried that you're graduating straight into a recession. Whatever it is, we've all been affected by the lockdown, and we need to figure out how we're going to adjust to our 'new normal'.



Don't worry, we get you. With all this uncertainty, it can be easy to feel overwhelmed. The importance of hygiene and physical health has been drilled into our heads for the past few months, but it's just as important to look after our mental health.

Here are a couple of tips for taking care of your mental health during the lockdown.

Start with the basics

1 Before we start with the specifics, you need to make sure you already have the foundations of a healthy life sorted out. Make sure you get 8 hours of sleep every night, and that you're eating a balanced diet and staying hydrated. Try to squeeze in some movement every day, whether it's dancing alone, YouTube exercises or a walk around the block. The best way to deal with uncertain times is to get into a regular routine and stick to it throughout the lockdown. Oh yeah, also remember to shower every day.

Communication is key

2 It's important to continue to connect with people who can support you, even though they can't physically be with you. They can provide the emotional support you need to get through this difficult time. Talk to your friends or family to vent, reach out to someone you haven't talked to in a while, or share a couple of positive posts on

your Facebook page and provide support to others. It's also important to recognise when to get off social media for a while. Negative news can fuel anxiety, so don't be afraid to limit your exposure to the news if you find yourself stressing out about it.

Do self-care your way

3 Let's be completely honest here: not everyone has the motivation to do yoga and meditate every day. No-one knows you better than you, and self-care will look different for everyone. Whether you'd prefer to spend time alone or seek the company of others, it's always important to find ways to reduce and manage your stress levels. We have plenty of activities in this magazine to help keep you occupied. Make sure that self-care becomes a part of your daily or weekly routine, which can help to keep your spirits up and prevent burnout.

Find a purpose

4 A way of coping with negative emotions is to find a purpose in your life. Keep yourself curious by learning new skills. Learn how to draw, learn a new language, write poetry or listen to podcasts. Reaching out to your community can help you to feel less alone in your struggles and help to foster your sense of purpose. Donate to your local foodbank or to a charity that you trust, help buy groceries for

the elderly or buy a voucher for your local café.

Check yourself

5 When everything gets too hectic, it can be easy to lose track of yourself. Make sure that you take the time to check in with your mental health. Address any emotions you may be feeling and understand the capacity you currently have. Don't be afraid to take extra time off to take care of yourself if you find yourself falling into the trap of negative thinking. Make it a habit to check up on yourself and take appropriate steps to make sure that you are happy.

Ask for help

6 Maybe there are a lot more serious things weighing on your mind that self-care can't solve. Remember that there are a lot of resources out there to help keep you safe during these challenging times. We've put down some numbers to reach out to if you feel you need professional help.

Numbers:

Lifeline: 0800 543 354 or 09 5222 999 within Auckland (available 24/7)

Suicide Crisis Helpline: 0508 828 865 (0508 TAUTOKO) (available 24/7)

Need to Talk? Free call or text 1737 (available 24/7)

Depression: 0800 111 757

Samaritans: 0800 726 666

keeping up those study vibes🔥

I get it. You haven't been on campus for weeks. You're at home with your family, helping yourself to your Mum's cooking and binging on shows you had lined up as your reward for finishing the semester. Except... the semester isn't over, and you have to keep on top of all your content. What!?! Alas, the work has to be done and putting it off in the hopes you get special consideration for 'lack of motivation at home' isn't what you have to resign yourself to. You can do this. And you will, with some tips to help you along the way:

REFRAME THE SITUATION

It bears constant repeating that **attitude and the way you see your circumstances plays a huge role in your actions**. It's true we're living in unprecedented times but apart from sticking to the mandated rules, there's nothing we can do to change the fact it's happened. You've got to play with the cards you've been dealt and adjust. The first step is just to say **'I will do everything I can to keep aiming towards my goal regardless of the circumstances.'** Believe that and your actions are likely to follow.

DEAL WITH YOUR SLIP-UPS

Sometimes you'll feel happy or sad for no reason, and that's completely normal. It's only when you feel bad about feeling sad that it becomes a cycle. Same goes for slip ups during study- you think 'oh no, I binged Netflix instead of doing my assignment,' you start feeling bad. That's natural. **Acknowledge, don't ignore, when you're feeling bad and think of a healthy way to mitigate that-** whether that means doing the assignment immediately, or after a bit of exercise to get you in the mood. What you shouldn't do is to turn to the absolute easiest way to get rid of those feelings i.e. doubling down by watching another episode, or racing to social media. These distractions are just temporary pleasures that will lead to further anxiety the longer you put off what you should be doing.

TAKE BREAKS IN A DIFFERENT PLACE TO WHERE YOU STUDY

Why does it seem harder to study at home than at the library? Most likely because you associate one with rest and the other with work, which makes a huge difference. The same goes for the seat you work in. Lock in a place where you'll study and use it **ONLY** when you study. When you decide to take a break, do it somewhere else. When you go back to your seat, you'll kick back into study mode.

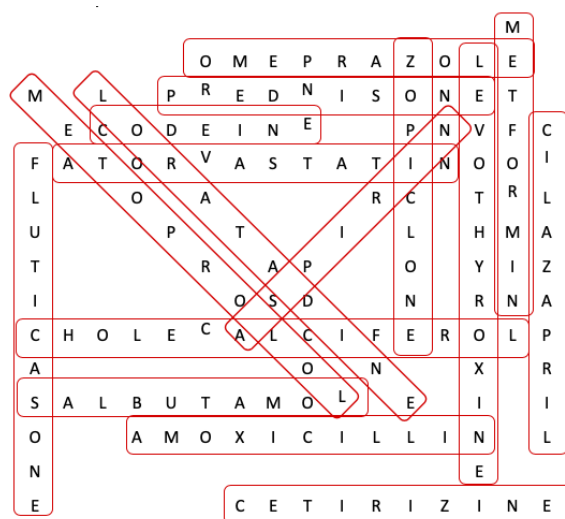
STAY ON TASK

Stick to a schedule e.g. work from 9am to 11am with a couple of short breaks every 45 minutes. Don't deviate, and restrict yourself from doing anything other than your study i.e. don't keep Instagram open on another tab where you'll get tempted by it.

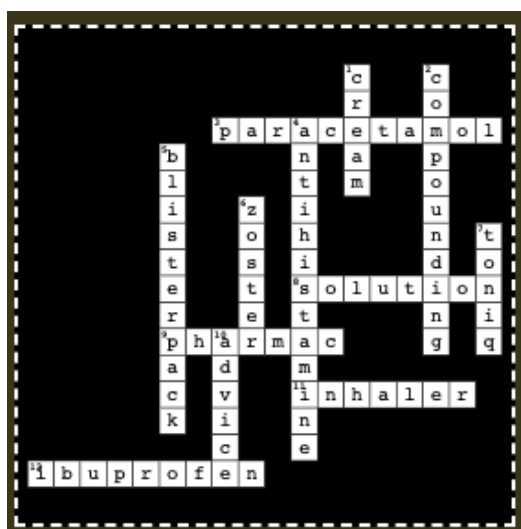
KEEP THE BIG PICTURE IN MIND TO STAY ACCOUNTABLE

When you're studying, think why? The lecturers haven't put content in there for no reason (you'd hope!) Don't just be a heat-seeking missile for highly examinable material, **study because that potentially boring subpoint could make a huge difference to someone's life in the future.**

Games Answers



LOCK	DOWN
SOCK	DAWN
SOAK	DAMN
SOAR	DAME
STAR	DOME
STAY	HOME



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