Managing ‘obsessive’ behaviours around current virus concerns – supporting young people in school or at home with heightened anxieties & intense focus around hygiene. By Mike Arminger

- Encourage co-production over their routines
- Do they consider pets and animals to be positive or a risk?
- Might they need spare clothing in school?
- They may prefer a bathroom that isn’t regularly used or universally accessible
- Encourage breaks from watching the news or muting of key words
- Should your own hygiene practices be visible or more subtle to reassure them?
- Provide reminders of normality and hopeful times (allow elements of escapism).
- Find possibilities for them to have their own sanitisers, cleaning products and storage
- Surfaces may be a concern. Can they have their own cutlery, plate etc? Can they lean their books on something? (Cleaning surfaces may reassure or not. Try to ask and discuss this with them.
- Could they have a clean regulation/fidget toy to support them during this time?
- Allow them the choice of whether to get their own equipment
- Where possible, open doors with elbows, back, feet, etc.
- Their hands may become sore from excessive scrubbing, so ensure that there are opportunities for moisturising and general hand care.

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