



# S

# T A

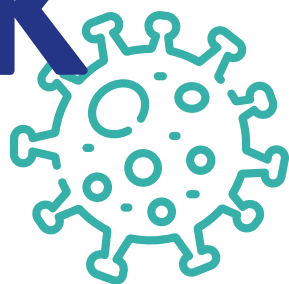
# Y T W O

# M E T R E S A P

# A R T T A K E A C T I O N

## MEN'S HEALTH WEEK

2020



### Eyesight problems?

We can't see Coronavirus but we can see each other. Social distancing by keeping 2m apart whenever possible is one thing we can all do.

**Take action on Covid-19.**

**#menshealthweek #staysafe**

[menshealthforum.org.uk](https://menshealthforum.org.uk)

# MEN ARE TWICE AS LIKELY TO DIE



**MEN'S  
HEALTH  
WEEK**

**2020**



**We don't know everything about Covid-19. But some things we do know.**

Young or old, rich or poor, fit or unfit, men are TWICE as likely to die of Covid-19 as their female counterparts. Yes, you read that right. No need to check your eyesight.

**Take action on Covid-19.**

**#menshealthweek #staysafe**

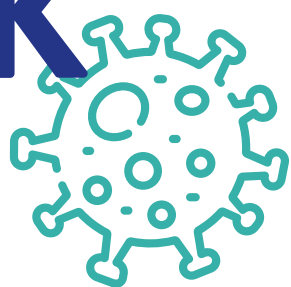
[menshealthforum.org.uk](https://menshealthforum.org.uk)

# GRANDAD, FATHER, BROTHER, UNCLE, SON



**MEN'S  
HEALTH  
WEEK**

**2020**



**We don't know everything about Covid-19. But some things we do know.**

Young or old, rich or poor, fit or unfit, men are **TWICE** as likely to die of Covid-19 as their female counterparts. Yes, you read that right. No need to check your eyesight.

**Take action on Covid-19.**

**#menshealthweek #staysafe**

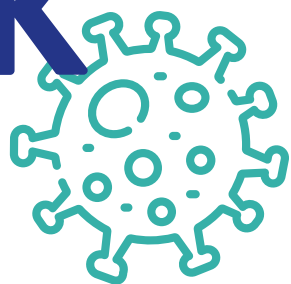
[menshealthforum.org.uk](https://menshealthforum.org.uk)

# ‘WHEN CAN WE GO DOWN THE PUB?’



**MEN'S  
HEALTH  
WEEK**

**2020**



**We don't know everything about Covid-19. But some things we do know.**

Keeping in touch with family and friends is good for our mental wellbeing. Keep talking on the phone, online, or at a social distance as we move from one 'new normal' to another.

**Take action on Covid-19.**

**#menshealthweek #staysafe**

[menshealthforum.org.uk](https://menshealthforum.org.uk)





# IT'S STILL HERE

**MEN'S  
HEALTH  
WEEK**

**2020**



**We don't know everything about Covid-19. But some things we do know.**

The virus has not gone away. To protect your family, your friends and yourself, keep washing your hands, maintain social distance and limit contact with others, even outdoors.

**Take action on Covid-19.**

**#menshealthweek #staysafe**

[menshealthforum.org.uk](https://menshealthforum.org.uk)



# ‘WHEN CAN I SEE MATES?’



**MEN'S  
HEALTH  
WEEK**

**2020**



**You can see a few friends but you need to work on your social distancing, lads.**

Getting outside into a green space for a walk and a chat boosts mental well-being. Just do what your clubs' defences do every week: don't go within two metres of anyone.

**Take action on Covid-19.**

**#menshealthweek #staysafe**

[menshealthforum.org.uk](https://menshealthforum.org.uk)

# ‘WILL WE FIND A VACCINE SOON?’



**MEN'S  
HEALTH  
WEEK**

**2020**



**We don't know everything about Covid-19. But some things we do know.**

Whether at work or home, indoors or out, washing your hands regularly is the single best way to reduce your chances of catching the Coronavirus.

**Take action on Covid-19.**

**#menshealthweek #staysafe**

[menshealthforum.org.uk](https://menshealthforum.org.uk)



# ‘WHY ARE BLACK MEN AT MORE RISK?’



**MEN'S  
HEALTH  
WEEK**

**2020**



**We don't know everything about Covid-19. But some things we do know.**

The risk increases if you're older, from a black or minority ethnic community, overweight, have diabetes or other underlying conditions like lung disease (COPD).

**Take action on Covid-19.**

**#menshealthweek #staysafe**

[menshealthforum.org.uk](https://menshealthforum.org.uk)



# ‘WHY ARE DIABETIC MEN AT MORE RISK?’



**MEN'S  
HEALTH  
WEEK**

**2020**



**We don't know everything about Covid-19. But some things we do know.**

The risk increases if you're older, from a black or minority ethnic community, overweight, have diabetes or other underlying conditions like lung disease (COPD).

**Take action on Covid-19.**

**#menshealthweek #staysafe**

[menshealthforum.org.uk](https://menshealthforum.org.uk)

# ‘WHY ARE HEAVIER MEN AT MORE RISK?’



**MEN'S  
HEALTH  
WEEK**

**2020**



**We don't know everything about Covid-19. But some things we do know.**

The risk increases if you're older, from a black or minority ethnic community, overweight, have diabetes or other underlying conditions like lung disease (COPD).

**Take action on Covid-19.**

**#menshealthweek #staysafe**

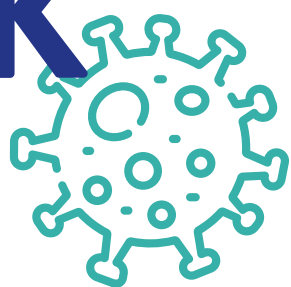
[menshealthforum.org.uk](https://menshealthforum.org.uk)

# ‘WHEN WILL LIFE GO BACK TO NORMAL’



**MEN'S  
HEALTH  
WEEK**

**2020**



**We don't know everything about Covid-19. But some things we do know.**

Spending more time at home can be a chance to slow down, read a book, learn something new or take up a new hobby. All of these things are proven to improve mental wellbeing.

**Take action on Covid-19.**

**#menshealthweek #staysafe**

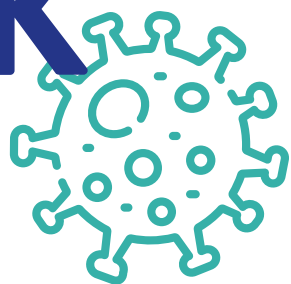
[menshealthforum.org.uk](https://menshealthforum.org.uk)



# ‘IS MY PARTNER SICK OF LOOKING AT ME?’

**MEN’S  
HEALTH  
WEEK**

**2020**



**We don’t know everything about Covid-19. But some things we do know.**

Spending time with someone is the best way to improve your relationship. Whether it’s your partner or your kids, take advantage of the time to talk. Not everybody gets the chance.

**Take action on Covid-19.**

**#menshealthweek #staysafe**

[menshealthforum.org.uk](https://menshealthforum.org.uk)



# ‘WILL LOCK- DOWN COME BACK?’

**MEN'S  
HEALTH  
WEEK**

**2020**



**We don't know everything about Covid-19. But some things we do know.**

The virus has not gone away. To protect your family, your friends and yourself, keep washing your hands, maintain social distance and limit contact with others, even outdoors.

**Take action on Covid-19.**

**#menshealthweek #staysafe**

[menshealthforum.org.uk](https://menshealthforum.org.uk)