



Coronavirus
COVID-19
Public Health
Advice

Keeping well this winter



Ríaltas na hÉireann
Government of Ireland

About this booklet

The next few months will be hard, for all of us, as we live with the impact of COVID-19 (coronavirus) on our lives. **But there are ways we can make it a little better for ourselves.**

This season, make a plan to help and care for yourself. Keeping active, getting outside and staying connected with other people can make a positive difference.

Some days, some weeks will be harder than others. This is especially true at times when we are living with restrictions, have to limit our social interactions and need to keep two metres social distancing even with friends. Or if we have to self-isolate because of symptoms or a diagnosis of COVID-19.

This booklet contains health information that you will find useful.

The centre pages also contain space for you to note local phone numbers and contacts that you can use when you need to.

My Plan

1. Go for a walk
2. Eat healthy
3. Exercise
4. Get a good night's sleep

My Contacts

1. Family
2. Friends
3. GP
4. Pharmacy
5. Community support

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Minding your health

Looking after your physical and mental health is more important than ever now. Healthy eating and getting regular exercise are vital for health.

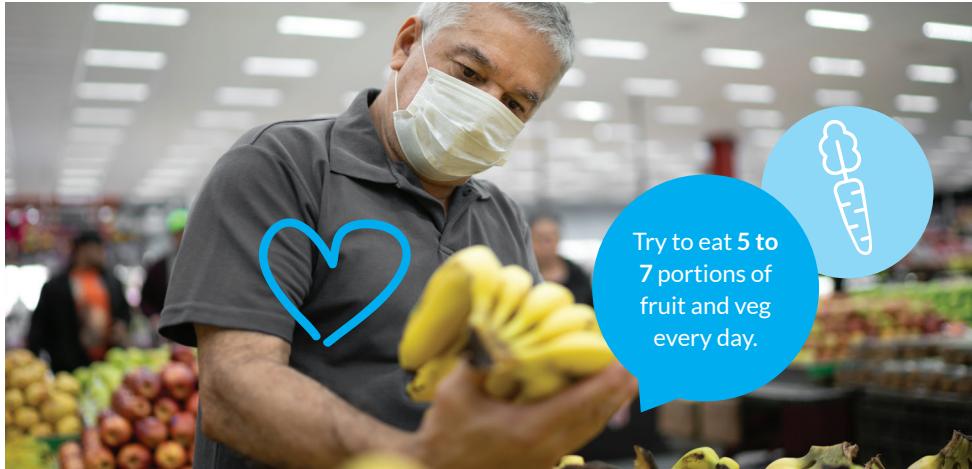
Eating well

Eating a variety of nourishing foods provides the energy (calories) and nutrients that you need to stay healthy. Hot meals and drinks help to keep you warm, so have regular hot drinks and eat at least one hot meal a day if possible. Eating regularly helps keep energy levels up during winter.

These tips will help you have healthy eating habits throughout the coming months.

- Plan your meals in advance. This will help you to introduce variety and eat more nutritious foods.
- Prepare your meals using mostly fresh ingredients. Choose foods like fruits, salads and vegetables for snacks. Frozen vegetables and fruits like berries are a great option for having in the freezer.
- Different foods have different nutrients so if possible try to have a variety of meals throughout the week. When you are buying fruit and vegetables, try to include a range of colours (think of a rainbow) as the different coloured options have different vitamins.
- Use healthier cooking methods such as grilling or baking, rather than frying or roasting with oil or fat.
- Choose wholemeal and wholegrain breads, cereals, pasta and brown rice where possible.
- Include a small amount of lean protein foods such as poultry, fish, eggs, nuts, beans or meat at two meals in the day. For older people, protein foods are important at all meals to help keep muscles strong.
- Try to eat five to seven portions of fruit, vegetables and salad each day. At mealtimes, aim for half of your plate to be vegetables or salad.
- Make mealtimes special, whether you are eating on your own or with others. Enjoy your meals at a table and focus on your food rather than watching TV or scrolling on your phone.
- Avoid having foods that are high in calories, sugar and fat every day. They contain very little nutrition and can be very high in calories.

Visit hse.ie/healthyeatingguidelines for more info on healthy eating. For easy to prepare, tasty and nutritious recipes, search online for 'SafeFood 101 Square Meals cookbook'.



Unplanned weight loss

If you or someone you know is experiencing unplanned weight loss that might be related to illness, social isolation or reduced appetite, it is important to tell your GP or public health nurse. They can recommend some dietary resources that can help, such as a high-energy high-protein cookbook called Making the Most of Every Bite.

The cookbook and other resources are available on hse.ie/nutritionsupports but make sure you seek advice from your GP, nurse or dietitian first.

Unplanned weight gain

Changes in everyday routines, like working from home, stress, physical activity, sleep and eating can affect your weight. Visit hse.ie/healthyeatingguidelines for information on portion sizes and meal ideas, or talk to your GP or healthcare professional.

Exercise and physical activity

Getting some exercise every day, ideally outdoors, is important for both physical and mental health.

If you are an older adult or if you have an underlying health condition or a disability, exercise and activity may feel harder to do. But they are really important for things like muscle strength and bone health, which can help to maintain strength, flexibility and prevent falls.



How much exercise do I need?

Children and young people aged 2 to 18 should be active, at a moderate to vigorous level, for at least **60 minutes every day**.



Moderate activity means your heart is beating faster than normal and breathing is harder than normal. Vigorous activity means your heart is beating much faster than normal and breathing is much harder than normal.



Every adult should be active at a moderate level at least **30 minutes a day 5 days a week**. Moderate activity means your breathing and heart rate increase, but you are still able to carry on a conversation. You should feel warm or be sweating slightly at a comfortable pace.



Many adults and children who have a disability will also find some exercise enjoyable and helpful for overall physical and mental health. If you have a disability aim to be as active as the disability allows in order to meet the guideline for your age group. If you are supporting someone who has a disability, you can check in with their healthcare provider for ideas on what type of activity or exercise is most suitable and safe.

Children's activity should also include muscle-strengthening, flexibility and bone-strengthening exercises three times a week. Adults also need to include activities which increase muscular strength and endurance on two to three days per week.



These tips will help you to enjoy being more active this winter.

- Make a plan to include exercise in your daily routine. Think about a 20 or 30-minute walk each day and also include some other physical activity, such as an online exercise class or sport, two to three times a week if you can.
- If you are finding it hard to get into a routine of regular exercise, try to arrange meeting up with a friend or family member, this can help to encourage you.
- Household activities like vacuuming, washing windows, and reorganising cupboards all add up to daily physical activity.
- Plan for how you can exercise even when the weather is wet or windy outside. Can you invest in waterproof clothing and shoes so that you can still go outdoors? Ask friends or family members for recommendations that you can do indoors on those days when you don't feel like going outside.

The HSE website features a range of indoor exercises suitable for older people. Search online for 'HSE indoor exercises'. Or ask a family member, friend or practice nurse if they can print these for you.

Examples of muscle-strengthening exercises

Sit-ups, squats, push ups, lunges, carrying shopping, pushing a lawn mower or lifting hand weights.

Examples of bone-strengthening exercises

All weight bearing activity like running, jogging, jumping or skipping.

Minding your mental health

Lots of us are finding all of the changes to our lives as a result of COVID-19 upsetting and difficult to deal with. Here are some tips to help you mind your mental health during this time.

Daily routine

Having a healthy daily routine is really important for mental health. During difficult times like this, it's best if you can keep some structure in your day. This means eating well, physical activity and exercise, regular sleep habits, and things that you like or enjoy, such as reading a book or being creative.

Stay connected

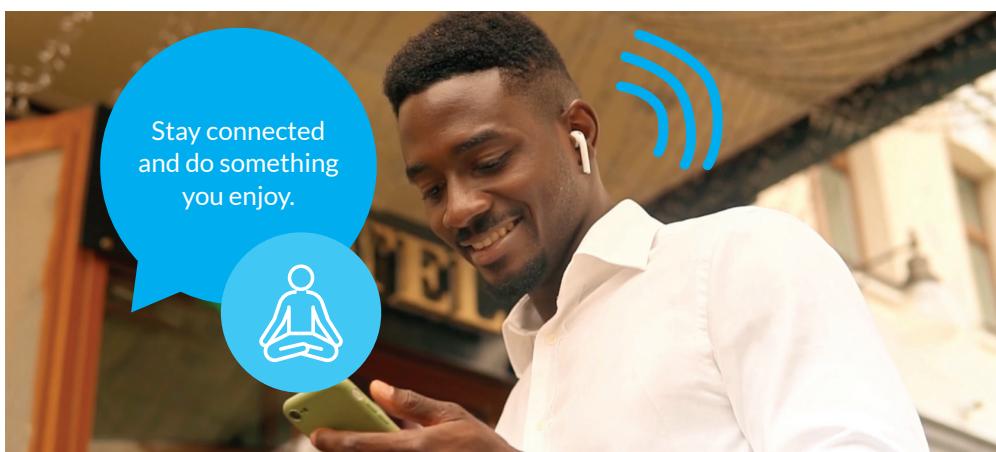
Stay connected with other people in ways that are safe for you. If you are not able to meet family or friends because of restrictions, stay in regular contact by phone, letter or email.

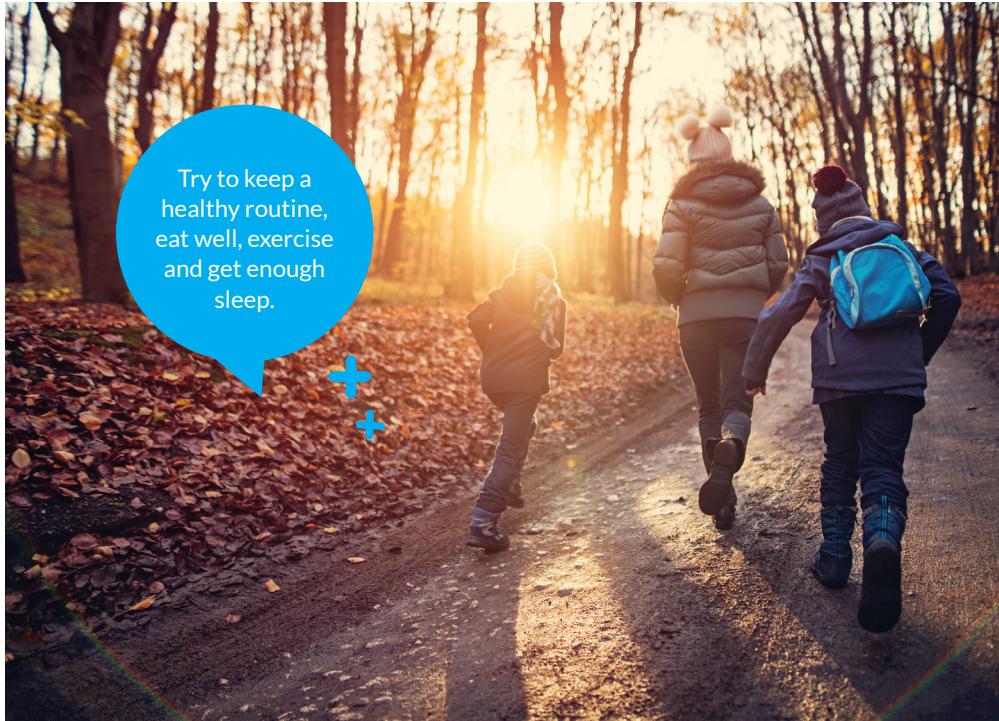
Try to listen only to the facts

Keep a realistic perspective of the situation based on facts. Stay informed but set times and limits for news. If you find yourself becoming overwhelmed by the news, try to talk about it with someone.

Be mindful

If you smoke or drink, try to avoid doing this more than usual. Both can affect your mood and overall health and won't help you in the long-term. *If you would like help to stop smoking, Freephone 1800 201 203 or visit quit.ie*

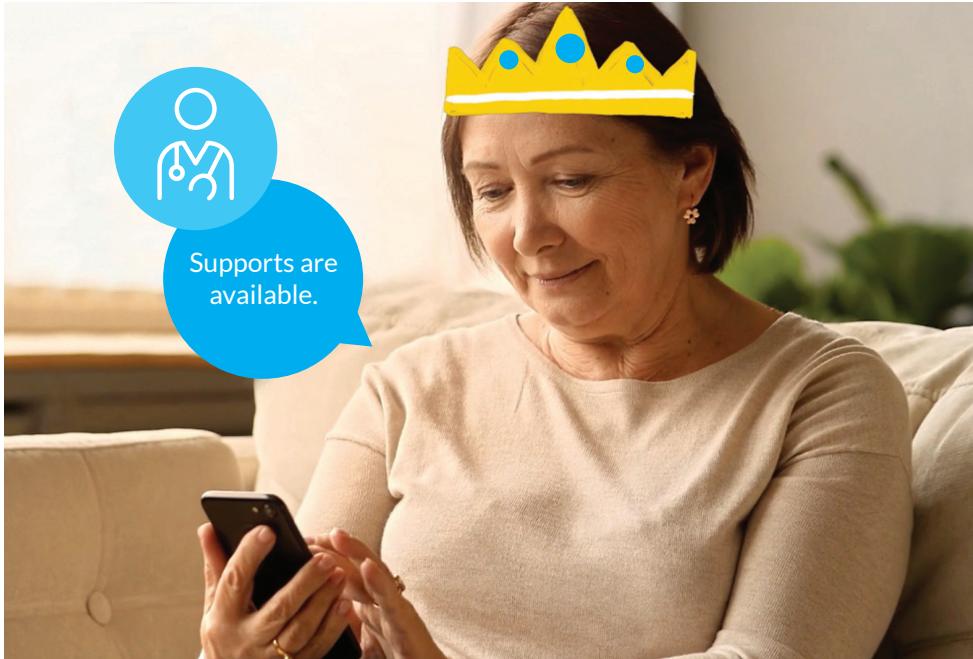




Changes that you may have noticed

Over the last few months you may have noticed some of the following changes or difficulties for you or someone you care about:

- increased anxiety
- feeling stressed
- finding yourself excessively checking for symptoms, in yourself, or others
- becoming irritable more easily
- feeling insecure or unsettled
- fearing that normal aches and pains might be the virus
- having trouble sleeping
- feeling helpless or a lack of control
- having irrational thoughts



If you need support

- GPs are available and can help if you are experiencing mental health problems. You can phone to make an appointment and they can arrange a phone or video consultation if that suits you better.
- Mental health helplines, including the Samaritans, can be a support through crisis or distress. **You can call the Samaritans on 116 123 and calls are free from landline phone or mobile.**
- Text support services are also an option. You can text HELLO to 50808 for a calming chat and immediate support if you are going through a mental health or emotional crisis. This is a HSE funded service.

For more information on mental health and services, please visit the HSE website yourmentalhealth.ie or call the Your Mental Health Information Line on 1800 111 888.

Suicidal thoughts and feelings can sometimes be part of a mental health crisis. Please remember that if you are in crisis or feeling suicidal, or if you know someone who is at immediate risk of harm, you can call the emergency services on 112 or 999 for help.

General health checks and essentials

Flu vaccine

Flu season lasts from October to April. Flu can cause serious illness for some people.

The flu vaccine is available free of charge from GPs and pharmacists for people who are at risk of complications from the flu. This includes adults aged 65 and over, anyone who is pregnant, those with a long-term illness, and for the first time children aged 2 to age 12.

Regular and routine health checks

If you have a long-term health condition like diabetes, epilepsy, or high blood pressure think about any health checks that you might need to have over the coming months. Contact your GP to arrange a suitable and safe consultation time.

If you need to speak with your GP about any other health concern, please don't delay. **GPs, hospitals and other health services are open and ready to take care of you.**

Most GPs now offer phone or video consultations. This means you can talk to your GP without leaving your home. For a phone consultation, you just need to give your phone number to the surgery. For a video consultation, you will need a smartphone or computer with a reliable internet connection and webcam.

Please remember that if you have any symptoms of COVID-19, you should not go to your GP surgery. Phone your GP for advice instead.

Attending healthcare appointments

There may be some health concerns where a phone or video consultation won't be suitable. **In this case, there are a few things to remember:**

1. Arrive at the time of your appointment. If you arrive early, you may be asked to wait in another area or in your car if you travelled that way. This is to help maintain social distancing within the clinic.
2. Wear a face mask and use the hand sanitiser which is available in the clinic.
3. If the clinic has specific 'entry' and 'exit' doors, use these. This will help to reduce the number of people you come into contact with.
4. Go into the clinic on your own, unless you need to have someone with you. A parent or guardian can accompany a child to their appointment.



Antibiotics and other medicines

Antibiotics are medicines used to treat infections caused by bacteria. You may need antibiotics if you have a bacterial infection that is unlikely to go away without them. Antibiotics do not work for viral infections such as COVID-19, colds and flu, and most coughs and sore throats.

Taking antibiotics when we don't need them puts us at risk of harm such as skin rash, diarrhoea and other side effects.

Tell your GP if you are prescribed antibiotics and are taking other medication. Some antibiotics don't mix well with other medicines. Your doctor may not know all the medicines that you are taking as they may have been prescribed by different doctors. Ask your GP or pharmacist if the antibiotic is safe to take with your other medicine.

Prescriptions

If you are on regular medication for a health condition, keep a list of your medicines in a safe place. This is really helpful if you need to go to the doctor or to the pharmacist. There is space in this booklet to keep your list, see page 19, or you can just keep it on a piece of paper at home. If you have a mobile phone, take and keep a photo of your list.

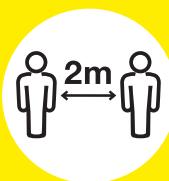
You don't have to go to your GP in order to get a repeat prescription. You can phone and tell them what you need. They can arrange to send the prescription to your local pharmacy for you. You or someone you trust can collect it from there.

Medical cards and GP visit cards

For information about medical cards and other health payment supports, search online for 'HSE schemes and allowances'.

COVID-19 Information

How to prevent the spread



Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



Minimise

the number of people in your social network



Wash

your hands well and often to avoid contamination



Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue safely



Wear

a face covering at all times when shopping, on public transport, in a healthcare setting and when in close contact with people



Avoid

crowds and crowded places



Don't

shake hands or hug when saying hello or greeting other people



Avoid

touching eyes, nose, or mouth with unwashed hands



Clean

and disinfect frequently touched objects and surfaces



Don't

share food or other items such as mugs or glasses



Know

the symptoms. If you have them self isolate and contact your GP immediately



Download

the COVID tracker app

COVID-19

Symptoms and what to do if you're sick

It can take up to 14 days for symptoms to appear.

The most common symptoms are:



Cough

This can be any kind of cough, usually dry but not always



Fever

High temperature over 38 degrees celsius



Shortness of breath



Breathing difficulties



Sudden loss of smell



Sudden loss of taste

You may display one, some or all of these symptoms.

If you develop symptoms, you should self-isolate to protect other people, and phone your GP. See the next pages for information on self-isolating.

Other people you live with will need to restrict their movements (see page 15).

Your GP consultation is free of charge if you have any of these symptoms. Please phone your GP and do not go to your GP surgery, because if you do have the virus you could pass it on to someone else. Your GP will advise over the phone if you need to have a test. If you need a test, it is also free of charge.

Free HSE COVID-19 testing

You will be referred for a free COVID-19 test if you have symptoms and, following a phone consultation, your GP advises that you need a test. If you have been in close contact with someone who has tested positive for the virus, the HSE public health tracing team might contact you and arrange for you to be tested. Keep your phone close to you and make sure it is switched on.

You will find more detailed information on testing on the HSE website, search for 'HSE COVID testing'. Or you can Freephone HSELive on 1850 24 1850 for information.



Self-isolation

Self-isolation means staying indoors and completely avoiding contact with other people, including the people you live with. If you live with other people, stay on your own in a room with a window that you can open for fresh air, if possible.

You have to self-isolate when there is a high risk that you could spread the virus to other people.

Self-isolate:

- if you have symptoms of COVID-19
- while you wait for a test appointment and your test results, if you have symptoms of COVID-19. If you are being tested as a close contact and you don't have any symptoms, you should restrict your movements instead (see next page)
- if you have had a positive test result for COVID-19, even if you have mild symptoms or no symptoms

People in your household will need to restrict their movements (stay at home) for 14 days. This is because it can take up to two weeks for symptoms of COVID-19 to show.

When you can stop self-isolation:

Most people can stop self-isolating when both of these apply:

- you have had no fever for five days
- it has been ten days since you first developed symptoms

If you tested positive because you are a close contact, you may have no symptoms. In this case, you can stop self-isolating ten days from the date of your test.

If you are caring for someone who cannot self-isolate you should restrict your movements for 17 days.

Restricted movements

Restricting your movements means staying at home to avoid contact with other people. Restricting your movements helps to stop the spread of COVID-19. You can still go outside to exercise by yourself as long as you keep 2 metres away from other people.

Restrict your movements for 14 days if you:

- are a close contact of a confirmed case of COVID-19
- live with someone who has symptoms of COVID-19 but you feel well
- arrive in Ireland from a country that is not on the green list

If you are caring for someone who cannot self-isolate you should restrict your movements for 17 days.

Restrict your movements if you are a close contact of a person who tested positive for COVID-19. You must restrict your movements for 14 days. Do this from when you were last in contact with that person.

You must do this even if your test comes back negative. This is because it can take up to 14 days for the virus to show up in your system after you have been exposed to it.

For more detailed information, please visit hse.ie/coronavirus or call HSELive on **1850 24 1850**.



COVID-19, colds, flu: What's the difference?

Colds, coughs and flu are common in winter time. Flu season generally lasts from October to April.

This year, we should all make a particular effort to avoid getting coughs, colds and flu. We can help to do this by washing hands, keeping social distance, eating a healthy, nutritious diet, and getting regular exercise.

If you are at risk of serious complications from the flu you can also get the flu vaccine free of charge from your GP or pharmacist. You are at higher risk if you are aged 65 or over, if you have a long-term illness, if you are pregnant, and for children aged 2 to 12 years old.

If someone around you has a cold or flu, try to avoid becoming infected yourself by keeping away from them, and cleaning and disinfecting any shared surfaces or items, such as cutlery. Avoid sharing toothbrushes, food items or drinks with other people in your home.

The actions we take to protect ourselves and others from COVID-19 (hand washing, washing and disinfecting surfaces regularly, cough and sneeze etiquette) will also help to protect us from colds and flu.

COVID-19 (Coronavirus) Symptoms

Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
 Fever or chills	Common	Rare	Common
 Cough	Common (usually dry)	Mild	Common (usually dry)
 Shortness of breath	Common	No	No
 Lost or changed sense of smell or taste	Common	Rare	Rare
 Aches and pains	Common	Common	Common
 Fatigue	Common	Sometimes	Common
 Sore throat	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common
 Runny or stuffy nose	Sometimes	Common	Sometimes
 Feeling sick or vomiting	Rare	No	Sometimes
 Diarrhoea	Rare	No	Sometimes for children
 Sneezing	No	Common	No

Helpful resources

My winter plan

1. Get outside every day, if it is safe to do so and I am well enough.
2. Stick to a regular healthy routine of diet, exercise and sleep.
Eat lots of fruit and vegetables.
3. Get a good night's sleep.
4. Connect with at least one family member, friend or neighbour every day, if possible.
5. Have a list of medicines and my Eircode in a very handy place, in case I need them.
6. Find something that I enjoy, watching tv, reading a book, doing some art, cooking, knitting or sewing, listening to audiobooks or podcasts.
7. Notice and acknowledge good things that happen each day.
Write them down if it helps.



My contacts

My family and friends

My list of medicines

Medicine	Dosage	How often

My GP and pharmacy

My GP _____ Phone number _____

My pharmacy _____ Phone number _____

HSELive	1850 24 1850	www.hse.ie
Local Gardaí	_____	www.garda.ie
Age Action	0818 911 109	www.ageaction.ie
ALONE	0818 222 024	www.alone.ie

Healthy Ireland - advice on wellbeing, activity and hobbies - gov.ie/healthyireland
Winter Ready – advice on preparing for winter weather and staying safe - winterready.ie

Community Call support provided by local authorities

Your local authority Community Call helpline is available if you need help with collection and delivery of food, essential household items, fuel, and medication, social isolation or other medical or healthcare needs.

If you need support, all you have to do is contact your local authority Community Call helpline. Phone **0818 222 024** and they will put you in touch with your local service, or visit www.gov.ie/communitycall

www.gov.ie/communitycall

Cúir glaoch ar 0818 222 024 chun duil i dtéagmháil le seirbhísaití, nó feach ar Mí ta clúinamh uait, curíglaoch ar líne chabhrach, Glao an Phobail i d'udaraíaití.

- ríachtanais leigheis agus sláinte éile
- scarradh sóisialta

bíla, earraí ríachtanacha tli, breosla agus cogaí a bhailí agus a sheachadadh

Tá an líne chabhrach, Glao an Phobail, ar fáil. Is féidir cabhair a fháil le:

Tacalaochtaí pobail comheagraise agus na huidaráis áitiúla

HSELive	1850 24 1850	www.hse.ie	www.agearaction.ie	0818 911 109	www.garda.ie	0818 222 024	www.alone.ie	0818 222 024	www.gov.ie/healthyréland	Winter Ready	Healthyl Ireland	ALONE	An Garda Síochána (áitiúil)	Age Action	WHLI
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Mo chogaslanan

Uimhír foin

Mo dhochúir teaghláigh

Uimhír foin

Mo dhochúir teaghláigh agus mo chogaiseoir

Cogais	Dáilleog	Cé chomh minic														

Mo chlainn agus mo chairde

Mo theagmhálaucha



1. Dul amach gach là mà tā sē sabháilte agus mā airim sách maithe.
2. Bia follain a ithe, acaláocht a dhéanamh agus codlach ceart a fháil agus neart torthaí agus glásraí a ithe.
3. Coddlaích ceart a fháil.
4. Labhair le duine éille sa gclann, le cara nō comharsa gach là más feidir.
5. Cionnigh liosta de mo chógaíis agus mériochód in áit áisiúil ar eagla go mbeadh siad ag teastáil uaim.
6. Rudai a thairintíonn liom a dhéanamh ar nós feacchaint ar an teifís, leabhar a leamh, ealaín, coccáireacht, cniotáil nō fuail, éisteacht le cloiseabhar nō podchrólaíoch.
7. Suntas a thabhairt do na rudai maithe a tharlaíonn gach là agus iad a scríobh síos mà chabhraíonn sé sin liom.

Acmhainní cabhracha
Mo phleán geimhridh

Comharthaí COVID-19 (an Choróinvíris)

Comharthaí	Coróinvíreas	Slaghádán	Fliú
 Fiabhras nő fuacht	D'fhiéadfaidh comharthaí éadroma nó clíana a bhfeithí orth	Tagann na comharthaí de réit a chéile	Tagann na comharthaí go tobann
 Casacht	Coitianta	Annamh	Coitianta
 Giorra anála	Coitianta (de gnáth tirim)	Éadrom	Coitianta (de gnáth tirim)
 Boladh nő blas caitte nó athraithe	Coitianta	Níbhíonn	Níbhíonn
 Pianta	Coitianta	Annamh	Annamh
 Tuirse	Coitianta	Coitianta	Coitianta
 Scornach thinn	Coitianta	Uaireanta	Coitianta
 Tinneas cinn nó dánta	Uaireanta	Coitianta	Uaireanta
 Srón smaoiseach	Uaireanta	Annamh	Coitianta
 Ag mothú tinn/urlacan	Uaireanta	Coitianta	Uaireanta
 Buinneach	Annamh	Níbhíonn	Uaireanta i bpáistí
 Sraothartach	Níbhíonn	Coitianta	Níbhíonn

Tabharfaidh na rudai a dhéanann muid le muid fein agus daoinie éile a chosaint i gcoinne COVID-19 (níocháin lámh, glanadh agus ag díghairí droimcháil go rialta, ag casacht agus sraotharach ar bhealach sábhaité) cosaint duinn freisin i gcoinne gcoinne COVID-19 (níocháin lámh, glanadh agus ag díghairí droimcháil go rialta, ag casacht agus sraotharach ar bhealach sábhaité) cosaint duinn freisin i gcoinne

Fan amach ó dhúine a bhfuil slaghdán nō fíliú air nō uirthi chun ionfhabhú a sheachaint, agus glan agus díghairí aon droimhclá nō rudai ar nós scearna. Ná roinn do scuab facila, bia nō deochanna le daoiné éile i do theach. Ort, má tá tu ag suil le paisle nō más paisle tu atá idir 2 bliain agus 12 bliain d'aois, chogaiseoir. Tá tu i mbaoil níos mó má tá tu os cionn 65, má tá timneas fadtearmacha feidir leat vacsin an fhiliú a fhail saor in aisce 6 do dhochúir teaghlach nō do chogaiseoir. Tá tu i mbaoil níos mó má tá tu os cionn 65, má tá timneas fadtearmacha

Caitheoidh muid an-lárracht a dhéanamh i mbliana gan casacht, slaghdán nō fíliú a fhail. Beidh muid in ann e seo a dhéanamh má ghláinn muid ar lámh, má fhánaann muid amach ó dhaoine éile, má tithéann muid bia folláin agus má dhéanann muid acalaocht ar bhoinn rialta.

Má tá tu i gcontúirt go mbéadh dearcachtaí móra agat dé bhar an fhiliú, is feidir leat vacsin an fhiliú a fhail saor in aisce 6 do dhochúir teaghlach nō do chogaiseoir. Tá tu i mbaoil níos mó má tá tu os cionn 65, má tá timneas fadtearmacha

COVID-19, slaghdán, fíliú: cén difriocht atá eatrathú?



HSE Live ar 1850 24 1850.

Le haghaidh tuiileadh éolais faoin thastail féach ar hse.ie/coronavirus nō glaoigh ar leis an duine sin.

Béidh ort e seo a dhéanamh fú ma fhágheann tú toradh dilúitach, de bhrí go bhfeadfaidh sé nach bhfeicfi an vireas i do chóras go ceann 14 lá o bhí tú i dtéagmháil

Más gartheagmháil tu le duine a fuair toradh dearfach ar thastail COVID-19 béidh

Má tá tu ag tabháirt aire do dhúine nach bhfuil in ann fanacht as fein, ba chóir duit

- má thagann tu go hÉirinn ó thairnach bhfuil ar an liosta glas

n-airfionn tu go maithe

- má tá tu ido chónar le duine a bhfuil comharrtháil COVID-19 air nō uirthi cé go
- má bhí tu i ngartitheagmháil le duine a fuair toradh dearfach ar thastail COVID-19

Cuir siar ar do ghluaiseacmháil ar feadh 14 lá:

Is ionann é agus fanacht sa bhaile i gcomháil, gan aon teagmháil le daoine éile. Dearnar é seo chun stop a chur le scáipeadh COVID-19. Feidir leat stopadh chun freastal ar choinne leigheis nō chun acalacht a dhéanamh i d'aonar ach fan amach 2 mhéadar ó dhaoine éile.

Srian ar ghluaiseacmháil

Má bhí toradh dearfach agat ar do thastail de bhar gur gartheagmháil tu, den fhéin-aonru 10 lá o dháta do thastail.

- má tá sé 10 lá o fuair tú do chéad chomharrtháil tínnis
- murra raiibh aon fhíabhrs ort le 5 lá

Is feidir le formhór na ndaoine stopadh den fhéin-aonru sa dá chás a leanas:

Cén uair ar feidir leat éirí as fhéin-aonru

go ceann coicise.

Ní mhor do dhaoine atá ina gcomháil leat srian a chur ar a gcuilid ghluaiseacmháil (fanacht sa bhaile) ar feadh 14 lá, de bhrí go bhfeadfaidh sé nach bhfeicfi comharrtháil COVID-19

- tinnis éadarroma nō mura bhfuil aon chomhartha tinnis ort
- mà fhraigheann tú toradh dearfach ar an tástáil, fúi mura bhfuil ort ach comharthaití murra bhfuil aon chomhartha ort ba choir duit siarán a chur le do ghlúaiseachtaí comharthaití COVID-19 ort. Má táthar do do tháistíl mar ghearrtheagmháil agus
- mà tá tú ag fanacht ar choinne tástála nō ar do thorthaití tástála, de bharr go bhfuil
- mà tá comharthaití tinnis COVID-19 ort

Fan asta fein:

Beidh ort fianacht asta fein ma tá baol ann go bhfeadfa an virreas a scailpeadh ar dhaoine éile.
Is ionann é agus fianacht sa bháile an t-am ar fad, gan aon teagmháil le daoine éile agus daonie i do theach. Má tá conaí ort le daoine éile, fan leat fein i do sheomra agus oscail an fhionneog más feidir.

Fein-aonru



Gheobhaidh tú níos mó eolais ar shuíomh Fnas S HSE COVID testing. Nó is feidir glaoch saor in aisce a chur ar HSE live ar 1850 24 1850.

Cuirfear le haghaith táistíl tú mà bhíonn comharthaití ort agus mà mhólan do d'fheadfaidh foríreann rianaithe teagmhála Fnas S coinne tástála a shocru duit. Má bhí tú i do ghearrtheagmháil ag duine a fuair toradh dearfach ar tháistíl, dochúltír teaghláigh duit an tástáil COVID-19 a dhéanamh tar éis plé ar an bhfon.

Táistíl COVID-19 saor in aisce

Glaogigh ar do dhochultur teaghlach chun comháilte COVID-19 saor in aisce a fhailí mar d'fheadfa an virreas a thabhairt do dhaoine éile. Cuirfí le do dhochultur teaghlach má bhíonn aon cheann de na comháthair seo ort. Ná féigí go dtí clinic do dhochlúra 15 den leabharán seo).

Béidh ar na daoinne éile a gconalonn tu leo stran a chur lena nglúaiseachtai (fearach lth agus glaoch a chur ar do dhochlúir teaghlach. Fearach ar an eolas maidir le feim-aonru ar na chéad leathannáig éile.

Ba chóir duit fein-aonru chun daoinne éile a chosaint mà thagann comháthair ort bheith ort. comháthair a no gach cuid de na comháthair agus glaoch a chur ar do dhochlúir teaghlach. Fearach ar an eolas maidir le feim-aonru ar na chéad leathannáig éile.

D'fheadfaidh	cuid de na comháthair	no gach	comháthair a	bheith ort.	Blas caillte	Boladh caillte
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Casacth	Fíabhras	Treocht ard 38 céim	Céilisius nó níos mó	Trim
Deacracachtar anéala	Giorra annala	Aon saghas casacth,	ní gá go mbéadh sé	






Is iad na comháthair is coitianta ná:

D'fheadfaidh sé nach mbéadh aon comháthair ort go ceann 14 lá.

Covid-19 Comháthair agus cad ba chóir duit a dhéanamh mà thagann comháthair ort

Eolais faoi COVID-19

Conas srian a chur leis

Loslodáil 	Bí ar an eolais 	Ná 	Glan 
Ná cuir 	Ná croith 	Seachain 	Caiti 
Cuidáigh 	Nígh 	Gearr siar 	Fan amach 
			

HSE schemes and allowances;

Chun tulilleadh éolais a fhail faoi chártaí leighis agus tacalochtaí éile feach ar línéar

Cártai leighis agus cartai cuairte dochtrra

sheoladh chuir do chogaslaon aitíuil. Tíg leatsa nō le duine iontaofa é a bhailí an sin.

gloach a chur ar do dhochtúir teaghlach chun é a fhail. Beidh síad in ann an t-oideas a Ni gá duit dul chuir do dhochtúir teaghlach chun ath-oideas a fhail. Is féidir leat

liosta agus é a choinneáil ar d'fhion.

no is féidir leat é a bhreacadh síos ar phlosa páipeir. D'fheadfá pictiúir a thogail den, nó an chogaslaon. Tá ait sa leabharán seo chun an liosta a choinneáil ann, féach thí 19, chogais in ait shabhallte. Cabhroíodh seo leat mā bhíonn ort dul chuir do dhochtúir

Má tá tu ag togáil cogais go rialta le haghabháid tinnseas atá ort, coinnígh liosta deo

Oideas

sabhalite an t-antábhéathach a thogail le do chogas éile.

gur ordraigh dochúir éile iad. Fiarráig de do dhochtúir nō cogaíseoir an bhfuil sé nach bhfuil a fhios ag do dhochtúir cad iad na cogais go leir atá a dtogáil agat de bhrí cogais éile. Ni oilriónn roinnt antábhéathach go math le cogais éile. Bhfeidir linnis do do dhochtúir mā tá antábhéathach ar oideas agat agus mā tá tu ag togáil agus iarmhairt éile.

Nuar a thogann muid antábhéathach nuaír nach bhfuil síad de dhíth orainn, d'fheadfáid óibhail a dhéanamh dár gcorp, ar nös, gríos ar an gcráiceann, buinneach

gásanna casactha nō scormach tin.

ionfhabhútíthe virreasacha ar nös COVID-19, slaghdain ná filí, ná furmhór na baictearach ort nach n-imeoídh gan iad. Ni oilriónn antábhéathach in aghabhú baictearach. D'fheadfáid antábhéathach a bhéith ag teastáil uait mā tá ionfhabhútíthe

Baintear úsáid as antábhéathach chun cír leighis a chur ar ionfhabhútíthe

Antábhéathach agus cogais éile

Ní oilriónn
antábhéathach i
gcoimhe ionfhabhútíthe
vireasacha ar nös
COVID-19, slaghdain
nó filí.



1. Tar ag an am atá socraithe. Mí thagannn tú ró-lúath d'fheadfaí iarráidh ort fanaacht ait éigin éile nō sa charr inar tháinig tú. Déanfar é seo ar mhaithe le scaradh soisialta sa gclinic.
2. Caih clúdach agaibh agus usáid an díghalaran lámh sa gclinic.
3. Mí ta dorise ar leith ann le dul isteach agus dul amach as an gclinic úsáid iad.
4. Téigh isteach sa gclinic leat fein murra gcaithfhidh tú duine éile a bhfeith in éineacht leat. Is féidir le duine fasta nō caomhnóir dul isteach chuirte an gcoinne le paisite.

tharlaionn sé seo cuimhneach ar na nithe seo:

Ní bheidh comháire foin nō fiseain oiriúnach i gcasanna leighis sírithe. Murra bhfuil d'fheadfaidh do dhochtúir teaghláigh moladh duit teacht isteach sa gclinic. Mí

Ag freastal ar choinní slainte

Na téigh chuirte agus do dhochtúra mā tá aon chomharrtha COVID-19 ort. Glaoigigh ar do dhochtúir teaghláigh chun comháire a fhail.

Tá comháire ar fail ó fhormóir na ndochtúir ar aon bhoíón nō le físchomhdháil agus borthair air agus ceamara gréasáin uait chun físchomhdháil a bhfeith agat le do dhochtúir. Níl gá duit an teach a fhágáil chun labhairt leo. Tabhair d'úimhir do chlinic an dochtúra chun fúr feidir leat comháire a fhail ar do fón. Beidh fón ciliste agus nasctí dirílin ar feidir oscallte agus redich le freastal ort.

Ní bhi ag molíleodíreacht mā bhíonn ait labhairt le do dhochtúir teaghláigh faoi aon údar inmí slainte atá agat. Tá dochtúir teaghláigh, ospidéil agus seirbhisi slainte éile

Mí ta tíinneas fadtearmach ar nos diaibhítreas, titíeamais nō brú folá ard ort ba chóir duit smaoineamh ar na scéalaíacha slainte a bhfeidh le déanamh agat sna milonna atá romhainn. Déan teagmháil le do dhochtúir teaghláigh chun coinne agam oiriúnach dhaoine atá i mbaoil ón bhffil. Airítear ansco daoníne fasta os cionn 65 bliana d'aois; Ta vacsaín an fhiliú ar fail saor in aisce ó dhochtúir teaghláigh agus cogaíseoirí do

(don chead uair) leanún 2 go 12 bliana d'aois.

Vacsain an fhiliú

Máireann séasúir an fhiliú ó Dheireadh Fómhair go hAibreáin. Bíonn cuid de na daoníne an-tinn leis an bhffil.

Gnáth-sheiceálaíochá slainte agus nithe ríachtanacha

seo, is feidir leat glaoch ar na seirbhisi éigeanndala ar 112 nó 999 chun cabhair a fhail. Reidh le lámh a chur i do bhas fén, nó ma tā aithine agat ar dhúinne atá i mbaoil den chineál ghearrcheim meabhairíshláinte. Cúimhnigh, le do thoil, ma tā i gcrúacás mar seo nó Uaireanta is feidir le smaoine agus mothúcháin feimhmarairithe a bhfeith mar chuid de

Fnáss hse. Is feidir le cur glaoch ar an Line Eolais Meabhairíshláinte ag 1800 111 888. Chun breis eolais a fhail faoi na seirbhisi meabhairíshláinte, feach ar shúlomh gréasáin

maoiniú ag Fnáss.

Tá gearchéim meabhairíshláinte nó mothúcháinach agat. Tá an tséirbhís seo a

50808 chun comhá suaimhneasach agus tacailcorta a fhail láithreach, má

- Tá seirbhisi tacailcorta a ríleáil freisin. Is feidir HELLO a sheoladh chuit ag

ar na Samaráighe ag 116 123.

Má tu i gcrúacás ná in anncair béaladh tú in ann cabhair a fhail ó línte cabharach meabhairíshláinte, m. sh. na Samaráighe. Is feidir glaoch foin saor in aisce a chur

comhairle a chur ort ar an bhfón ná ar fhíschomhdháil más fearr leat.

ata agat. Is feidir leat glaoch orthu chun colinne a shocru agus béaladh siad in ann

- Tá dochúir teaghláigh ar fáil chun cabhrú le aon fhadhb meabhairíshláinte

Má tā clúiníocht uait



- smaointe mirreasúnaacha
 - lagmhiinneach nō easpa smachta ar do shaoil
 - deacarachtaí codlata
 - ag ceapadh gur ionann gnáthphiantha agus an virreas
 - eiginntte ionat fein nō misshauimhneach
 - níos cantáil
 - ag faire amach do chomharthai ort fein nō ar dhaoinie éile an t-am ar fad
 - struis
 - níos mó imní
- B'fheidir gur thug tú cuid de na hathruithe nō deacarachtaí seo faoi déara ionat fein nō i nduidine a bhfuil clion agat air nō uirthi le cúpla mí anuas:

Athruithe a thug tú faoi déara





Coinnígh i dtéagmháil
le daoine agus deán
rudai a thaitíonn
leat.

Saoorghlaod 1800 201 203 nō féach ar uitíte

chabhroich siad leat sa bhfeadtearma. Ma tā clúinmh uait chun stopadh, glaoigh ar
mó ná mar is gnách. Is féidir leo seo cur as do do ghilimmar agus do shláinte agus ní.
Más duine tú a chaitheann tabac, nō a ólanan, ná caith nios mó tobac ná hól nios

Coinnígh tú fein ar an eolas

go bhfuil an nuacht iomarcach duit labhair le duine eigin faoi.

teorainn leis an méid am a chaitheann tú ag éisteacht leis an nuacht. Má airíonn tú
Briallimhar agus tabhair aird ar na frícl. Coinnígh tú fein ar an eolas ach cuir

Ná tabhair aird ar aon rud ach ar na frícl

rialtá ar an bhfoin, le litir nō le ríomhphost.

bualadh le cairde nō le do chlann de bharra ná srianta, coinnígh i dtéagmháil leo go
Coinnígh i dtéagmháil le daoine eile ar bhealach atá sábháilte. Mur a féidir leat

Coinnígh i dtéagmháil

leabhar a láimh nō obair chruthaitheach a dhéanamh.

bia ceart a ithe, acalaocht agus acalaocht corp a dhéanamh agus rudai a thaitíonn
struchtúr a bheith ar do lá na leathanata corracha seo. Sa struchtúr seo ba chóir duit
Tá gnáthamh leathnúil thar a bheith tabhactach don mheabhairsháilte. Is fearr

Gnáth rudai leathnúla

chabhroich leat aire a thabhairt do do mheabhairsháilte ag an tráth seo.
chuid mhór daoine agus níl sé éasca iad a láimhseáil. Tá comháirle thois a
Tá na hathruithe uilig a tharla inar saol de bhar COVID-19 ag cur as do

Aire a thabhairt do do mheabhairsháilte



- Uillimháigh plean ina mbeidh
- An acaliocht mar chuidí de do ghnáthachúrsa leathnúil. Téigh agaistíl ar feadh 20 nó 30 níomhád gach lá agus déan acaliocht fhisiciúil éile ar nos
- Ma bhíonn deacracht agat ag tâ tú abalta.
- Le duine sa chlann chun tú fein a déan iarracht bualaí le cara nó déanamh na hacaíochta go rialtá,
- Spréagadh.

Tá reimeise cleachtaí faoi dhílon ar shiuionn greadasain FSS atá oiriúnach do dhaoine scothaosta. Cuardáigh, HSE indoor exercises, ar líne. Nó iarr ar bhall teaghlaigh, cara nó aitرا cleachtaí an fídir leo iad seo a phriontail duitse.

Suí aniar, gróigeádach, brúinna anlós, fainneáil, ag ionpar máláil, ag brú lomaire feir, ag tógaíl meáchain.

Sampail de chleachtaí i gcomháir neartú na gnámh

Rith, bogshodar, ag leim, scipeáil.

Ba chóir do pháistí acaláiocht a dhéanamh trí huaire sa tseachtaí chun na matáin agus cnámha a neartú. Ni móir do dhaoine fasta gníomhachtaí a dhéanamh dha nó trí la sa tseachtaí chun na matáin a neartú.

Bainfidh go leor **daoinfe fasta agus sásamh as an acaláiocht**. Cabhróidh an acaláiocht seo lena slainte corp agus intinne. Má tá micichumas ort déan iarracht a bhéith chomh hacaí agus agus sásamh as an acaláiocht. Cabhróidh an acaláiocht seo lena slainte corp le duine feoi mhicichumas, is feidir leat farfar a sholáthair cultúram sláinte céin is feidir chun teacht leis an treoir a moltar do daoisghruápa. Má tá tu ag tacú agus intinne. Má tá micichumas ort déan iarracht a bhéith chomh hacaí agus agus sásamh as an acaláiocht. Cabhróidh an acaláiocht seo lena slainte corp



no go mbéifeá ag cur beagán allais agus tú ar lúas compordach. Cé go bhfuil tú fós in ann comhراí a dhéanamh. Ba chóir go mbraitheá te gníomhachta mheasarta go n-arródíodh do rata analaithe agus rata croí, ar feadh 30 nóiméad sa lá ar a laghad 5 lá sa tseachtaí. Cialláionn mar a bhíonn de ghnáth le linn acaláiochta tréan.

Ba chóir go mbeadh **gach duine fasta** gníomhach ag leibhéal measarta mar a bhíonn de ghnáth agus bheidh tú ag anáil i bhfad níos tapula ná acaláiochta mheasarta. Béidh do chroí ag bualadh i bhfad níos tapula ná agus bheidh tú ag anáil níos tapula ná mar a bhíonn de ghnáth le linn Beidh do chroí ag bualadh níos tapula ná mar a bhíonn de ghnáth



nóiméad ar a laghad gach lá.

Ba chóir go mbeadh **leanún agus daoinfe óga** idir 2 agus 18 mbliana d'aois i mbun acaláiochta go mheasarta no go tréan, ar feadh 60



Cé mhead acaláiochta ba chóir dom a dhéanamh?



Ní bhíonn sé chomh éasca ag duine fásta atá níos sine ná bhrúil tinneas fadtear mach ná micumas air ná urthi acalaocht a dhéanamh. Ach tá siad thar a bhfeith tabhachtach do neartú matán agus sláinte na gcnámh, agus d'fheadfaid siad cabhrú leat chun do neart agus solubhacht a choinnéail agus chun tú a chosaint o thitim.

Gach lá, tabh amuigh más feidir.

Tá se tabhachtach do do shaininte coirp agus intinne acalaocht a dhéanamh

Cleachtadh agus acalaocht coirp

Phláta agus smaoine te faoi bheil, ná labhair le do dhochtuir teaghláigh ná gairmi sláinte. Hseáile/healthyeatingguidelines chun eolas a fháil faoin meid bia ba chóir a chur ar do acalaocht fisiciúil, codlach agus iúthe cur isteach ar do mhéachan. Tabhair cuairt ar is feidir le hathrúithe i ngnáthchúrasí an lae ar nos obair ón mbáile, stílus,

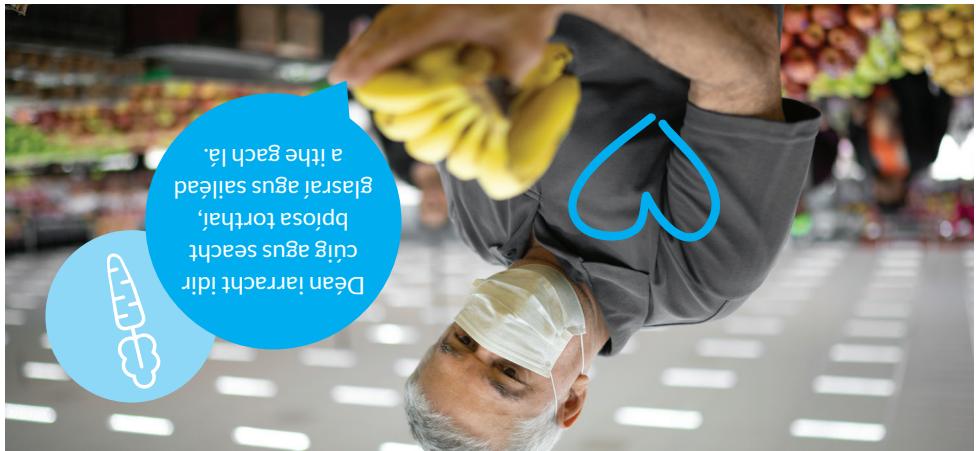
Ag cur suas meáchain

Dialaitteach ar dtús.

Tá an leabhar coccáireachta agus acmhainní éile ar fail ar hseáile/nutritionsupports ach déan cinníte go lorgaíonn tú comháire le o do dhochtuir teaghláigh, alítra ná agus fuinneamh.

Má thosúionn túsa ná duine a bhrúil aithne agat air ná urthi ag caillleadh meáchain de bharr tímnis, scardach solísíata ná easpa goille, ba chóir duit labhairt le do dhochtuir teaghláigh ná d'áltra sláinte pobail. D'fheadfaid siad acmhainní a mhóladh ar nos an leabhar coccáireachta Making the Most of Every Bite ina bhrúil oídiú atá lan le protéin

Ag caillleadh meáchain gan aon chuis leis



Aire a thabhairt do shláinte

Tá sé níos tabhachtair ná riaghairte a thabhairt do shláinte coríp agus intinne. Tá sé tabhachtach dár slainte bia slaintíil a iarrt agus acalaithe a dhéanamh.

Má iarrt ariúl a dhéanamh leathain de bhia folláin gheobháidh tú an fuiinneamh agus ná iarrt ariúl a dhéanamh atá uait le linn an gheimhridh má iarrt ariúl.

- Peáinéil do bheili roimh re - cuidéoidh sé seo leat biaanna éagsúla agus cothairteach a iarrt.
- Retimeigh do bheili as comhábhair ura den chuid is mó agus roghnáigh tortháil.
- Is rogha iontaoch iad glasraí roite agus saliedid agus glasraí mar shnáiceannna.
- Tá cothairteach a iarracht idir clúig agus seacht do phoblata.
- Déan iarracht idir clúig agus seacht ag teastáil ó dhaoine aosta i ngach bheile agus leabhar aonair nu le daoinie eile. Suighe ag an mbord agus bain suit as do bheili. Déan iarracht gan a bheith ag iarrachtaí os comhair iarrachtaí duit dathana Éagsúla a roghnú choir duit dathana Éagsúla agus glasraí, ba tu ag ceannach tortháil agus glasraí, ba éagsúlaíach b'eill a bheith agat i rith na seachtaíle més feidir. Nuar a bheidiú go bhfuil vitimíni difriúla sna glásraí ar (cúimhneigh ar an turar ceathair) de bhrí gríollach ná bacail seachas a bheith ag coccáireachta níos slaintíil cosúil le dhathanna difriúla. Usáid modhanna go bhfuil vitimíni difriúla sna glásraí ar fríochádhus ná ag rostadh le hola ná salí.

- Seachainn biaanna a bhfuil go leor carraig, siúcra agus salile iontu gach lá. Níl móran calraí a bheith sna biaanna seo.
- Tá tuilleadh eolais faoi bhia folláin ar fáil ansco hseicéile/healthyeatingguidelines. Déan cuardach ar líne le haghabhúidí blásta, cothairteach ariúl a roghnáigh arain caiscín agus lánghairín, feidir.

Seo a leanas comháire maidir le bia folláin

1	Abhar an leabhrain seo
3	Aire a thabhairt do do shliainte
4	Cleachtadh agus acalaocht choirp
7	Aire a thabhairt do do mheabhairis slainte
10	Gnáth sheiceáilacha rialta slainte
10	Vacsain an fhlíu
10	Freastal ar choinníl curaim slainte
11	Antábhéathaisghe agus cóbais éile
11	Oidis
11	Cartal leigheis agus cartai cuairte dochúra
12	Eolas faoi COVID-19
13	Comháorthair agus cad ba chóir duit a dhéanamh má bhíonn tu in
14	Táistíl COVID-19
14	Féin-aonru
15	Srian ar ghlúaiseachtaí
16	COVID-19, slaghdaín, flíu: céin difriocht atá eatarrthu?
18	Acmhainní caphracha
18	Mó phleann gheimhridh
19	Mó theagmhálaíochá

Abhar an leabhrain seo

Béidh an cùplá mi atá amach romhainn deacair de bharr ach is feidir linn an saol a dhéanamh níos éasca ar an tionschar atá ag an gcoróinvireas COVID-19 ar ar saol.

Déan pleann a chabhroíodh leat aire a thabhairt duit fén an seásúr seo. Is mor an leas a dhéanann sé a bheith gníomhach, dul amach faoin aer agus bheith i dtéanmháil le daoine éile.

bhealaí éagsúla.

Béidh cuid de na leathanta agus na seachtainí níos deacra ná a cheille. Béidh sé seo amhlaidh go hárithé le linн tréimhse ina mbeidh muid ag marireachtail le strianta, a chuirfídh strianta ar ar gcaidreamh solisiála agus a mbéidh orainn fanacht amach 2 mhéadar ó chairde agus ó dhaoine éile, nó má bhíonn orainn fanacht asainn fén de bharr comharrtháí nó diagnóis COVID-19.

Tá spás na leathanaigh láir freisin chun uimhreaccha fóin agus teagmhála a scríobh iontu.

Béidh an t-eolas sláinte sa leabhrán seo úsáideach duit.

-
- | | |
|------------------------|------------------------------|
| 1. Téigh amach ag síúl | 2. Ith bia folláin |
| 3. Dóchtuir Teaghlaigh | 4. Faigh oiche mathfhodlaita |
| 5. Tacáiocht sa Phobal | 6. Cogaslainn |
| 1. Cian | 2. Cairde |
| 3. Teaghlaigh | 4. Acláiocht |
| 4. Cogaslainn | 5. Tacáiocht sa Phobal |



An gheimhreadh seo Ag fanacht slán

Coróinvíreas
COVID-19
Comháinle
Sláinte Poiblí

