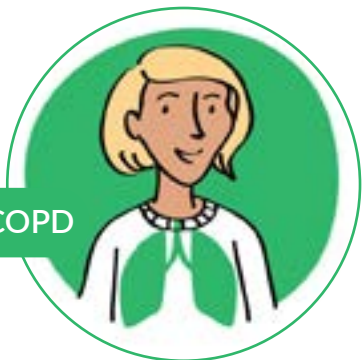# Minding Your Long-Term Health Condition During Coronavirus (COVID-19)

Asthma & COPD

Diabetes

Heart Disease

Stroke

HEALTHY EATING · ACTIVE LIVING · MENTAL WELLBEING · SOCIAL AND COMMUNITY SUPPORTS

People with long-term health conditions may be more at risk of serious illness if they get coronavirus. You need to take extra care to protect yourself from coronavirus.

During this time of uncertainty, our daily lives have changed a lot. If you have a long-term health condition you still have to do the things that help you stay well.

- Set a daily routine. Get up, get dressed and get moving.
- Continue to monitor your condition.
- If your condition worsens call your GP or hospital to get the advice you need.

This guide is to help you self-manage your long-term health condition during this time.

Some people who have a long-term health condition need to cocoon. Cocooning means you should stay at home at all times and avoid face-to-face contact. People who are cocooning should minimise contact even within their own home. People who need to cocoon include people over 70 and people with severe asthma or severe COPD. For more information check www2.hse.ie/conditions/coronavirus/cocooning.html You can also talk to your GP or call **HSE Live: 1850 24 1850**

Minding your long-term health condition during coronavirus (COVID-19)
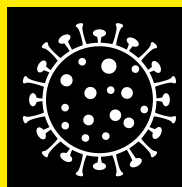
Coronavirus
COVID-19
Public Health
Advice

MONITOR YOUR CONDITION

Continue to monitor your condition as you usually do. For example, note your symptoms, check your blood glucose (sugar), track your peak flow, etc. Be aware of how you are feeling.

HELPFUL TIP

Plan a daily routine which includes your checks. Responding to changes quickly helps keep your long-term health condition under control. Follow your care-plan if you have one.

If your condition worsens contact your GP or hospital immediately to get the advice you need. National help lines can also provide support and advice.

Asthma advice line: 1800 44 54 64

COPD advice line: 1800 83 21 46

Diabetes Ireland helpline: 01 842 8118.

Irish Heart Foundation heart and stroke helpline: 01 668 5001

TAKE YOUR MEDICATION

Keep taking your regular medications. Make sure you do not run out of any medication. Talk to your GP or pharmacist if you have any concerns. Order your medication over the phone so that it is ready for collection.

HELPFUL TIP

Make a list of your medicines. This is important information to give to health workers if you become sick. Ask your pharmacist for a copy of your medications or you can get a medication list on **www.safermeds.ie** which you can complete or ask someone to help you.

Many pharmacies offer a delivery service. Or you can ask someone you trust or phone your **Community Call helpline** if you need help to collect your medication.

MIND YOUR MENTAL HEALTH

Being stressed about COVID-19 is normal and not unexpected. Stress and worry can make your underlying condition worse. There are things you can do to help you get through this time. Plan your day, include some nice activities, eat healthy foods that you enjoy and keep active.

HELPFUL TIP

Make a daily routine which includes chatting with someone at least once a day. If you need advice talk with people you respect and trust such as your family, friends or your healthcare team.

If you need help to cope contact your GP or go to HSE website **www2.hse.ie/wellbeing/ mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html**
You can also call **ALONE** on **0818 222 024** for support or a listening ear.

Minding your long-term health condition during coronavirus (COVID-19)
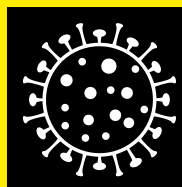
EAT WELL

Remember to eat well. Ensure your routine involves regular healthy meals through out the day which includes some fresh food.

HELPFUL TIP Plan ahead and do a weekly shopping list or discuss having meals brought in to you.

Call your **Community Call helpline** if you need help with collecting your shopping or meals. You can find useful information about healthy eating and exercise here. **www2. hse.ie/wellbeing/healthy-eating-for-families.html** and **https://www.safefood.eu/ Home.aspx**

KEEP ACTIVE

It is still important to keep yourself active by getting up and moving around as much as possible. If you have a garden or balcony, spend time outside to get fresh air and vitamin D from the sun.

HELPFUL TIP Include being active as part of your daily routine. Check with your usual healthcare provider for advice about exercise suitable for you.

Go to **www2.hse.ie/file-library/health-eating-active-living/chair-based-exercises-for-older-adults.pdf**.

STOP SMOKING

There are lots of good reasons to stop smoking. The health benefits of quitting start right away. You will also be protecting your family from second-hand smoke.

HELPFUL TIP Talk to your GP or pharmacist about aids to help you quit smoking

Call the **Quit Line** on: 1800 201 203 or visit **Quit.ie**

REDUCE ALCOHOL INTAKE

Cut back on alcohol and you will feel better physically and mentally.

HELPFUL TIP Try to have some alcohol free days every week.
Talk to your GP if you are worried about the amount you are drinking.

For Drug and Alcohol Supports call the **helpline** on **1800 459 459** or visit **askaboutalcohol.ie**

Coronavirus
COVID-19

Coronavirus **COVID-19** Public Health Advice

Know the signs

High Temperature

Shortness of Breath

Breathing Difficulties

Cough

If you have symptoms, self-isolate to protect others and phone your GP.

Wash

Cover

Avoid

Clean

Stop

Distance

If you need to go to hospital as a result of getting coronavirus, prepare a single hospital bag. This should include your next of kin or emergency contact, a list of the medications you take (including dose and frequency), any information on your planned care appointments and things you would need for an overnight stay (pyjamas, toothbrush, medication etc.). If you have a care plan, please bring it with you. **Keep your EIRCODE near your phone in case you need to call 999 or 112 if you become very unwell.**

Community Call

Your local Authority has set up a COVID-19 Community Call service in your area. The Community Call service has a phone line available 7 days a week. The phone line is for high risk people or those asked to cocoon. You can ring the phone line to get help with deliveries of shopping, food, medicine and fuel.

Dublin City Council:	01 222 8555	covidsupport@dublincity.ie
South Dublin County Council:	1800 240 519	covidsupport@sdublincoco.ie
Kildare County Council:	1800 300 174	covidsupport@kildarecoco.ie
Wicklow County Council:	1800 868 399	covidsupport@wicklowcoco.ie

More information and contact for other councils: https://www.citizensinformation.ie/en/health/covid19/community_support_during_covid19.html

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hi Healthy Ireland

**Protection from coronavirus.
It's in our hands.**

HSE

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