



Services & Supports for COVID-19

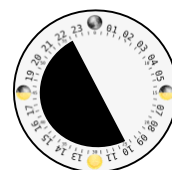
COVID-19 is a new illness that can affect your lungs and airways. It is caused by a virus called coronavirus. There is a lot of uncertainty but we do know there are precautions that can be taken to keep people safe.

Talking to people can help, make sure you are getting information on COVID-19 from credible sources. Below are some helpful contact details and suggestions.

ALONE Helpline ☎ **0818 222 024** 8am-8pm
offering advice and support. www.alone.ie
Telephone befriending and food drops as needed.



SeniorLine is a Freephone service offering up to date guidance and support for COVID-19 concerns. ☎ **1 800-804 591** every day from 10am-10pm.



Ask family / friends / neighbours to do any messages for you collecting groceries and prescriptions for example. Check if your local supermarket will deliver your groceries.

Local Primary Care Centres

HSE Armagh Road Primary Care Centre, Crumlin	☎ 01 921 3801
HSE Kilnamanagh -Tymon Primary Care Centre	☎ 01 921 4801
HSE Tallaght Primary Care Centre Telephone	☎ 01 795 7601
HSE Old County Road, Crumlin Telephone	☎ 01 795 7300

Tallaght Garda Station

☎ **01 666 6000**

For updated factual information and advice visit www.HSE.ie or ☎ 1850 24 1850

Medicines

Contact your local pharmacy to see if they are offering a delivery service, most pharmacies are. You will find the telephone number on your current medication boxes/packets. Most pharmacies are taking requests for repeat prescriptions over the phone and will give you a time to collect or have somebody collect it for you.

#TUHWorkingTogether



Health & Wellbeing

It is important to try and remain as active as possible. This will help to maintain your strength and will also benefit your mental health.

Try to get out daily for a walk. If this is not possible, go out into your garden or backyard and get some fresh air. Remember to keep more than one meter away from other people. There are some exercises programmes you can follow online and do from your own home.

You can also do some of the exercises on the exercise sheet we have given you, in your own time! If you have any symptoms of COVID-19 such as fever (you can have a fever without any of the other symptoms), dry cough or shortness of breath contact your GP.

How to protect yourself and others from COVID-19

Wash your hands properly and often, it is the most effective way to prevent the spread of the virus.

You should wash your hands:

- after coughing or sneezing
- before and after eating
- before and after preparing food
- if you were in contact with someone who has a fever or respiratory symptoms (cough, shortness of breath, difficulty breathing)
- before and after being on public transport or in a crowd (especially an indoor crowd)
- when you arrive and leave buildings including your home or anyone else's home
- if you have handled animals or animal waste
- before having a cigarette or vaping
- if your hands are dirty
- after toilet use



Keep your hands in good condition, moisturise them often. Any basic product that is not perfumed or coloured is OK.

Do not wear gloves instead of washing your hands. The virus gets on them in the same way it gets on your hands. Also, your hands can get contaminated when you take them off.