

National Updates



HSE Community assessment hubs for Covid-19 will begin accepting their first patients this week. The Health Service Executive said 12 to 15 of the assessment hubs will be in place by the end of the week. The hubs provide facilities for people who need to self-isolate, those who are sick and people who are awaiting a test result. See more [here](#)

The **HSE Covid-19 Health Communications Stakeholder Support Group** have issued some updated COVID-19 public health information materials including:

- Guidance and Resources for Disability Services
- Easy Read version of the COVID-19 Public Information Booklet (the original information guide has also been translated into many languages and is available as an audio guide)
- Updated posters including a new poster on cocooning

All materials are available to view and download [here](#)

The **HSE** has also produced an '**easy to read**' poster designed to encourage people aged over 70 to stay cocooned even when they feel well. This was developed in response to a local issue raised in Monaghan. Many older people do not have access to broadband or social media, so having posters printed in key locations act as a reminder to older people to stay well by staying at home. The poster is available [here](#) and can be printed and circulated to older people across communities. The leaflet has the space to include the [local community response forum helpline number](#).



In line with the National [Garda Diversity & Integration strategy](#) 2019-2020 **An Garda Siochana** have developed bespoke Crime Prevention Advice for all persons during the current Covid-19 crisis to ensure all individuals are alert to bogus callers, online scams and home security. All Garda COVID-19 resources including their recently published crime prevention leaflet (in 11 different languages) are available [here](#)



In relation to the **An Post** postal operatives checking in on older and vulnerable people on their daily routes they have added an additional element to this initiative. Family members of an older or vulnerable person currently cocooning will now be able to request a specific '**An Post Check-In**' by the local Postal Operative. Family members can register for the free '**Request a Check-In**' service by completing the postal address and eircode of the customer on the website at www.anpost.com/Community-Support and An Post will take it from there by assigning the request specifically to the delivery route the person lives on. Also launching today is An Post's Newspaper Delivery service which will provide same-day delivery to households nationwide Monday to Friday. Customers can find out more about ordering their chosen newspaper through www.anpost.com or by contacting their chosen national or local newspaper directly by phone. Deliveries will be made free-of-charge by An Post for older and vulnerable customers currently 'cocooning'



We applaud **FREE NOW** (formerly My Taxi), who last Friday the 3rd April, launched a joint initiative with their taxi drivers offering all healthcare professionals 50% off their essential trips. They want to make sure that all healthcare professionals can get where they need to be as quickly and easily as possible. For details on how to avail of the discount or to download their app you can click [here](#)





ExWell Medical have launched their ExWell@Home programme, each week (Monday, Wednesday & Friday) on RTÉ LifeStyle, there we be a series of exercise tutorials from the experts at ExWell Medical. Click [here](#) to tune into this fantastic clinical based exercise programme.




Many thanks to **Libraries Ireland** for sending us information on their user guides and video tutorials for using eLibrary resources including Borrowbox & online magazines. Click [here](#) for more information.


Local Updates

| | |
|---|---|
|  | <p>The Deaf COVID Road Runners are a group of volunteers that are offering help to any Deaf people living in Meath Northeast, Drogheda or North County Dublin, who can't leave the house or need a support due to Covid-19/Coronavirus. You can contact Frankie Berry on 087 9400333. Please see poster here</p> |
|  | <p>Cavan Monaghan Education & Training Board have tutors available to offer a one-to-one support service, over the phone for older people who need support to learn how to use their smartphone or device. For more information see here</p> |

Your Voice

| | |
|--|---|
|  | <p>We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at rleavy@meathcoco.ie Information is one thing we can share right now!</p> |
|--|---|

International Updates

| | |
|---|---|
|  | <p>Thanks to Alana Officer, Senior Health Advisor on Ageing, World Health Organization (WHO) for sending us on the following resources for older people</p> <ul style="list-style-type: none">• 10 days of physical activities for older people at home• Fall prevention videos for older people - exercises• Chair yoga• Seated yoga and standing gentle yoga for older people |
|---|---|

Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

Coronavirus COVID-19



If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.hse.ie](#)

How to Prevent



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 and wash



Avoid
touching eyes, nose or mouth with unwashed hands



Clean
use disinfectant frequently touched objects and surfaces



Stop
shaking hands or hugging when leaving public or crowded places



Distance
prevent contact 2 metres (6 feet) away from other people, especially those who might be unwell

All people are advised to:

- > **Reduce** social interactions
 - > **Keep a distance** of 2m between you and other people
 - > **Do not** shake hands or make close contact where possible
- If you have symptoms visit [hse.ie](#) or phone HSE Live **1850 24 1850**

Symptoms

> Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit

[www.gov.ie/health/covid-19](#)
[www.hse.ie](#)

HEALTH SERVICE EXECUTIVE (HSE) |
HEALTH SERVICE EXECUTIVE



Riann na Misniam
Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office T: 046 9097413 E: rleavy@meathcoco.ie

HSE Advice Line: Callsave 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday