

National Updates



Taoiseach Leo Varadkar has re-joined the medical register as a doctor to offer his services to the HSE during the Covid-19 pandemic. He is due to work one session a week for the HSE in an area suited to his qualifications. Prior to his career in politics, the Taoiseach studied medicine and worked as a doctor for a number of years. See more [here](#)








Many thanks to **Fiona Foley** from the **Understand Together Campaign** who sent us some advice for people living with dementia and their carers during COVID-19. If a person with dementia needs to cocoon, they might find it difficult to understand why they can't leave their home, they may initially agree, but then forget. There are things you can do to help stay healthy and support your loved one during this time such as:

- Being active and keeping up healthy routines like regular mealtimes and sleep
- Spending time in the garden or balcony if you have one
- Staying in touch with friends or relatives on the phone or online if you have access
- Conducting meaningful activities together, such as games, puzzles or reminiscing and doing physical exercises in the home

If you need practical information and emotional support about dementia and in-house activities you can also phone the **Alzheimer National Helpline** on **1800 341 341** or visit www.alzheimer.ie

You might remember from yesterday's newsletter the '**easy to read**' poster designed by the HSE to encourage people aged over 70 to stay cocooned even when they feel well, which was developed in response to a local issue raised in Monaghan. Well thanks to Donegal Age Friendly Programme we now have an Irish version of this leaflet which can be found [here](#)

 <p>Safeguarding IRELAND Promoting the rights of vulnerable adults</p>	<p>Safeguarding Ireland has issued a news release setting out adult safeguarding issues which can be viewed here. Chairperson, Patricia Rickard Clarke was on RTE Morning Ireland yesterday talking about safeguarding issues for vulnerable adults in nursing homes. The interview can be heard here. In the coming week, Safeguarding Ireland will be issuing a statement urging vigilance regarding financial abuse risks at this time. For more info check out their website here.</p>
 <p>breakthrough CANCER RESEARCH</p>	<p>Breakthrough Cancer Research has launched a virtual race fundraiser that will see participants cover 2km in distance for 20 days during the month of April. The medical research charity often raises money through race days and events but they cannot take place at the moment due to current Covid-19 restrictions. Participants can run, jog or walk their 2km a day, with the charity urging people to stay within the 2km radius of their home in line with Government guidelines. For more information on how to support or take part, visit www.breakthroughcancerresearch.ie</p>
 <p>UNIVERSITY OF LIMERICK OLLSCOIL LUIMNIGH</p>	<p>Well done to the scientists at the Bernal Institute at the University of Limerick who have responded to the shortage of reagents by preparing a testing solution now being used at the city's acute hospital. Bigger batches are now being produced by pharma companies to meet the demand as the testing of patients rises across the country. See more here</p>
	<p>On Saturday 11TH April at 9pm RTÉ are asking you to #ShineYourLight. RTÉ's #ShineYourLight #LonraighdoSholas campaign asks that we come together as a country in this time of darkness to shine a light in our homes and show that light really can reach us all. You can take part by shining a light that can be seen from your home for all the people who are sick, those who have lost their lives and the loved ones who remain, reminding us that love and hope are always with us. Local authorities, sporting bodies, government and industry will also #ShineYourLight by lighting up national, international, public and privately-owned buildings.</p>
	<p>Minister Simon Harris has announced that the Easter Bunny is in fact, allowed to work this weekend. Worried children across Ireland have been contacting the Health Minister to ask whether their furry friend is classed as an essential worker during the Covid-19 crisis. In a tweet this morning, Minister Harris said that he has checked with Ireland's top doctors, who agreed that he is allowed to work, once he washes his hands regularly and keeps his distance.</p>

Local Updates



Wexford County Council are organising a tele conference meeting of **Wexford Traveller Inter-agency (TIG)** to take place today, to consider a tangible, collaborative inter agency approach for the Traveller community during Covid 19.



An 11-year-old, who was to make her Confirmation over the weekend, has donated the money she received to help fight the Covid-19 crisis. **Libby Fallon** received money from her relatives to celebrate the big day although the ceremonies have been one of the many events cancelled throughout the country. The **Cork** schoolgirl handed over the money to **Bandon Community Hospital** to help in any way it could, from PPE equipment to meals for healthcare workers. For more see [here](#)



Mary O'Brien from **Tralee** received some tech support from **Gardaí** who fixed her fax machine yesterday. Mary, who is deaf, uses her fax machine to receive news and appointments and when it broke during the week the lads were on hand to get it back up and running. Well done to all involved.

Your Voice



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!



The **Castlemartyr Family Carers and Disability Group** are hosting a watch party every day on their Facebook page so their members can join in with [Siel Bleu Ireland](#)'s Live exercise classes for older people and people living with lung conditions. Check out their Facebook page [here](#)

International Updates



Amid lockdowns in **Africa**, WHO Africa launched its first online training session for COVID-19 responders on the 1st April. The two-hour session via video link drew 500 participants and focused on the clinical symptoms of the virus, how to triage COVID-19 cases, treat complications, manage severely ill patients, laboratory testing strategy as well as quarantine strategies. For more see [here](#)



Rainbows have become a common sight in the **UK** during the coronavirus epidemic, as people put up pictures of the stunning weather phenomenon in their windows to ease an otherwise sombre mood. Children have been responsible for drawing most of the rainbows, which symbolise the sun emerging amid a rainy backdrop. They ultimately serve as a reminder to stay positive, with several groups set up around the country to keep the movement alive.

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 elbow when coughing or sneezing and discard used tissue

Avoid

touching eyes, nose or mouth with unwashed hands

Clean

and disinfect frequently touched objects and surfaces

Stop

shaking hands or hugging when staying outdoors greeting other people

Distance

yourself at least 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](#)

Useful Contacts

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

HSE Advice Line: Callsave 1850 24 1850

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