

National Updates



**COVID Tracker App now available to download**

The HSE has created a free smartphone app to help improve contact tracing for COVID-19. The app will make contact tracing faster and more accurate, reducing the spread of coronavirus.

Over 1,000,000 people have already downloaded the app.

If you use the app, you can:

- get an alert if you have been in close contact with someone who tests positive for COVID-19
- alert others if you test positive for coronavirus – this will help keep other people safe
- track your symptoms and get advice on what to do if you're sick
- get regular updates, and protect yourself and others as we learn to live with COVID-19

**How it works**

The app is part of the HSE contact tracing operation. It uses Bluetooth and anonymous IDs to log:

- any phone you are in close contact with that also has the app
- the distance between your phone and another app users' phone
- the length of time your phone is near another app users' phone
- Every 2 hours the app downloads a list of anonymous IDs. These have been shared with the HSE by other people using the app who have tested positive for coronavirus.
- If you have been closer than 2 metres for more than 15 minutes with any of these phones, you'll get an alert that you are a close contact.
- The app does this work in the background. This means you can use your phone as normal.

The app protects your privacy and you keep control of your information. It exchanges secure, anonymous records via Bluetooth when people using it are in close contact with each other. It will never identify you to other app users and you cannot access each other's information. You can find an information leaflet with more detail [here](#).

The COVID tracker app will help to track and stop the spread of COVID-19 as we continue to re-open services and communities. It goes hand in hand with the other important steps we can all take. Everyone should continue to wash hands regularly, cover coughs and sneezes, keep our 2m distance and use face coverings when we can't.

The more people who download and use the app, the more it will help to reduce the spread of COVID-19. The COVID Tracker app is available on [www.covidtracker.ie](http://www.covidtracker.ie), or in the Apple App Store and Google Play Store now.



**Remote Working Guidelines - Launch of Guidance and Consultation Pages**

The Department of Business, Enterprise and Innovation have launched the Remote Working Guidance and Consultation pages which can be found at the links below.

- Guidance for Working Remotely During Covid-19 webpage: <https://dbei.gov.ie/en/What-We-Do/Workplace-and-Skills/Remote-Working/Guidance-for-working-remotely-during-COVID-19.html>
- Public Consultation webpage: <https://dbei.gov.ie/en/Consultations/Public-Consultation-on-Guidance-for-Remote-Working.html>

They will be accepting written submissions via email or post until Friday 7th August.



**The Impact of COVID-19 Community Outreach**

With the beginning of July comes the end of the hugely successful COVID-19 Community Outreach (CCO) Programme. CCO is a joint initiative by The Wheel and Irish Rural Link — the national network representing the interest of rural communities — and is funded by the Department of Rural and Community Development.

Since the announcement of the programme on 27 March, 35 Community Champions across the country have worked tirelessly to link and support the work of community and voluntary organisations. The aim of the programme has been to ensure no person would be left behind during the pandemic.

Over the last three months, each Community Champion has worked tirelessly to join the dots and link thousands of people who were cocooning with local services, so their needs were fully met. The Champions connected volunteers with hundreds of community and voluntary organisations and identified gaps in services and reported these back to their Local Authority Community Response Forum meeting. They also dealt with a lot of social issues, such as loneliness among those cocooning, delivery of school meals and food parcels, and even birthday celebrations for people separated from their families and loved ones.

Both The Wheel and Irish Rural Link are extremely grateful for the hard work and effort the Champions have provided to their local

communities. In total, the Community Champions reached 134,811 people, connected with 14,877 community and voluntary organisations and 36,821 volunteers, and turned the programme into the resounding success it is today. They have shown real leadership in their communities and by working together, they helped ensure that nobody on their watch had to face the pandemic alone or without support.

Speaking about the ending of the CCO Programme, the Department of Rural and Community Development said:  
“The Department was delighted to provide funding towards the COVID-19 Community Outreach Project. The Community Champions appointed across the country really sprang into action, helping to coordinate the local community response to the crisis. The DRCD works closely with the Community and Voluntary Sector and this project served to embed that relationship further. We look forward to continuing to work with the sector into the future to help our communities face the challenges of recovery”.

Take a look back at what the Community Champions achieved in this summary [video](#) marking the end of the programme. So much was done to make sure nobody was left behind.

President Michael D. Higgins [recorded a message of support](#) for the Community Champions, and also wrote to each of them individually to thank them for their work on the programme.

People affected by COVID-19 will continue to receive support through the government’s Community Call initiative. For more information, call the national [Community Call Helpline](#). This number is available from 9am to 5pm, Monday to Sunday.



### **Government issues new guidance for places of worship to accommodate more than 50 people at services**

The Government has issued new guidance for places of worship in order for them to safely accommodate more than 50 people at an indoor service, including dividing the premises into subgroups. On Friday, the Cabinet said it reviewed the guidance, which state that an assessment should be carried out for each premises to determine how many can attend within the requirements of social distancing. It decided that where the size of the premises allows for a capacity of greater than 50 people – which is the current limit for indoor gatherings – places of worship may exceed that limit subject to certain rules. Read more [here](#)

## Local Updates



### Free online webinar to assist community groups in Tipperary

Tipperary Volunteer Centre in partnership with North Tipperary Development Company and South Tipperary Development Company is delighted to offer a free online webinar to assist community groups operate in the new normal. Delivered by Carmichael trainer Liam Scollan this two-hour session will cover:

- Risk Management – identification and prioritisation
- Prevention and Control measures
- Human Resource measures
- Responding to suspect COVID-19 cases
- Key documentation.

Participants will gain a thorough understanding of the protocols and best practice for returning safely to operations. They will be guided through a workbook which contains in one place the key steps and templates they need to re-open and which will also generate the key documentation they need. This Free training has been made possible by the generous support of both South Tipperary Development Company and North Tipperary Development Company. Spaces are limited so please book your seat as early as possible. There are two sessions:

- **Tuesday 21st July @ 2:30pm**
- **Thursday 23rd July @ 11:00pm**

Click [here](#) to book your space



### Donegal's premier summer festival presents 'Srutháin'

Starting today, Earagail Arts Festival are delighted to bring you a re-imagined condensed festival of Srutháin (small streams), an 18-day line-up of online and radio performances, interactive arts, masterclasses and nomadic popup theatre. Whilst the challenge of the recent times has pushed us all into new and uncharted territory, the Earagail Arts Festival, gratefully supported by their funders are committed to ensuring the survival and sustainability of the arts sector in Ireland, by supporting the artists who were due to present their work this year. And whilst we will never replace the multi-sensory, real life physicality of in person presentation, all artists within this programme have responded with passion, determination and ingenuity to share their creative output with you. They also wanted, as much as possible, to contextualise the festival in the place that has inspired so much creativity, therefore many of these works are rooted in the landscape and set against the backdrop of one of the greatest stages in the world....County Donegal. Click [here](#) for the full line-up

## 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](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



World Health Organization



### World Health Organisation | iSupport Lite

The recent COVID-19 pandemic and resulting breakdown of community-based services for people with dementia and their caregivers emphasized the importance of providing caregivers with accessible public health messages to reduce caregiver stress and improve their mental health and wellbeing. [WHO's iSupport Lite](#) provides a series of practical support messages for caregivers of people with dementia extracted from iSupport, WHO's knowledge and skills training programme for caregivers of people with dementia. iSupport Lite offers easy read tips for caregivers of people with dementia that can be drawn upon when, and as, needed. For caregivers who have already completed the comprehensive iSupport programme, iSupport Lite will act as a refresher, reinforcing previously acquired caregiving skills and knowledge. The iSupport Lite posters focus on the following topics:

- [Reaching out to others for help](#)
- [Caring for myself](#)
- [Ensuring that the person with dementia continues to receive care](#)
- [Responding to changes in the person with dementia](#)
- [Providing everyday care to the person with dementia](#)
- [Communicating information to the person with dementia](#)

## 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.dfa.ie](#)

### How to Prevent



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

Ídrialú: [www.gov.ie/health/covid-19](#)  
English: [www.hse.ie/covid19](#)



Riadas na Míreann  
Government of Ireland

## Useful Contacts

**Age Friendly Ireland Shared Service Office** T: 046 9097413 E: [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie)

**HSE Advice Line:** Callsave 1850 24 1850

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

The following is the list of each **Local Authority's Helpline phone numbers**

<b>Local Authority</b>	<b>Community Response Number</b>
Carlow County Council	1800 814 300
Cavan County Council	1800 300 404
Clare County Council	1800 203 600
Cork City Council	1800 222 226
Cork County Council	1800 805 819
Donegal County Council	1800 928 982
Dublin City Council	01 222 8555
DLR County Council	1800 804 535
Fingal County Council	1800 459 059
Galway City Council	1800 400 150
Galway County Council	1800 928 894
Kerry County Council	1800 807 009
Kildare County Council	1800 300 174
Kilkenny County Council	1800 500 000
Laois County Council	1800 832 010
Leitrim County Council	1800 852 389
Limerick City and County Council	1800 832 005
Longford County Council	1800 300 122
Louth County Council	1800 805 817
Mayo County Council	094 906 4660
Meath County Council	1800 808 809
Monaghan County Council	1800 804 158
Offaly County Council	1800 818 181
Roscommon County Council	1800 200 727
Sligo County Council	1800 292 765
South Dublin County Council	1800 240519
Tipperary County Council	076 106 5000
Waterford City and County Council	1800 250 185
Westmeath County Council	1800 805 816
Wexford County Council	053 919 6000
Wicklow County Council	1800 868 399