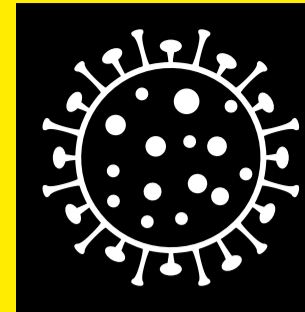


Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice



To slow the spread of coronavirus vulnerable people are being asked to cocoon

For people most at risk, there is specific advice called **cocooning**.

Who should cocoon?

Those who are most at risk of Covid-19, including:

- > Everyone aged 70 or over
- > Everyone living in a residential home or long-term care
- > People who have serious medical conditions that make them vulnerable, like:
organ transplant recipients, people with certain types of cancer (check with your GP or on www.hse.ie), severe respiratory conditions, rare diseases that increase the risk of infections, pregnant women who have significant heart disease.

What does cocooning mean?

The public health advice for people who are cocooning is:

- > Stay at home at all times, except to go out for exercise within 5km of your home
- > If you are going for a drive, stay within 5km of your home and only share the journey with someone who is cocooning with you
- > Avoid shops
- > Arrange for food or medication deliveries to be left at the door
- > If you have a garden or balcony, spend time outside for fresh air
- > Keep in touch with people over the phone or online if you have access
- > Keep yourself mobile by getting up and moving as much as possible
- > Try to spend time doing things you enjoy indoors
- > Don't have visitors to your home, except for essential carers

Going out for exercise

- > Keep at least 2 metres (6 feet) away from other people while outside
- > When out for a walk, avoid physical contact with people
- > Don't touch surfaces with your hands
- > Wash your hands when you return home
- > If you are living in a residential care facility, talk to your carer about what is safe for you.
- > If you are worried, speak to your GP for advice

If you live with a person who needs to cocoon

Even though it is hard, try to stay 1 metre apart from vulnerable people in your home.

Supporting those who are cocooning when they are outside their home

- > Keep at a distance
- > Allow everyone space for walking
- > Avoid physical contact
- > Don't offer to drive someone who is cocooning, we all need to keep at a distance from each other to prevent the spread of Covid-19

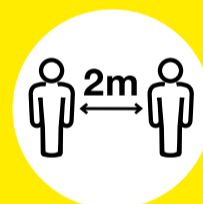
Where can I get help?

- > The Government is arranging for each county council or local authority to set up supports for access to food, essential household supplies and medicines.
- > ALONE is providing a telephone support line, seven days a week from 8am – 8pm 0818 222 024
- > You can contact HSE Live 1850 24 1850 for information and advice

Every person needs to follow these 6 key steps to prevent coronavirus



Stop
shaking hands or hugging when saying hello or greeting other people



Distance
yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



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 used tissue



Avoid
touching eyes, nose, or mouth with unwashed hands



Clean
and disinfect frequently touched objects and surfaces

Protection from coronavirus. It's in our hands.

For Daily Updates Visit

www.gov.ie/health-covid-19
www.hse.ie