Supporting resources – winter resilience

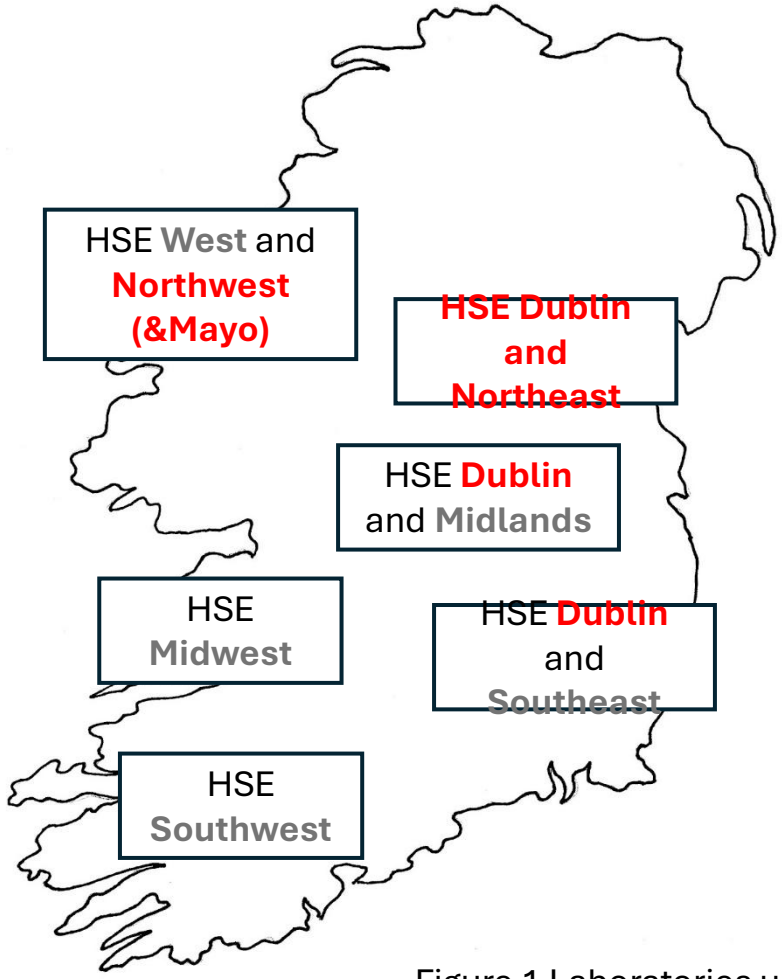


HSE Winter Planning & Response Forum (WPRF), 2026-27 winter resilience

Dr Augustine Pereira

Nursing home laboratory pathways: testing laboratories

- NH transport most frequently used to transport to local lab for onsite testing or for onward transfer to NVRL
- NVRL used by Northwest, Mayo, Northeast and Dublin as testing lab
- Local lab used by West, Midwest, Southwest, Southeast and Midlands
- Please check with your lab to confirm the arrangements for testing.



NVRL

Overflow from HSE West (Roscommon, Galway, Midlands and Southwest (Kerry)

Local Lab

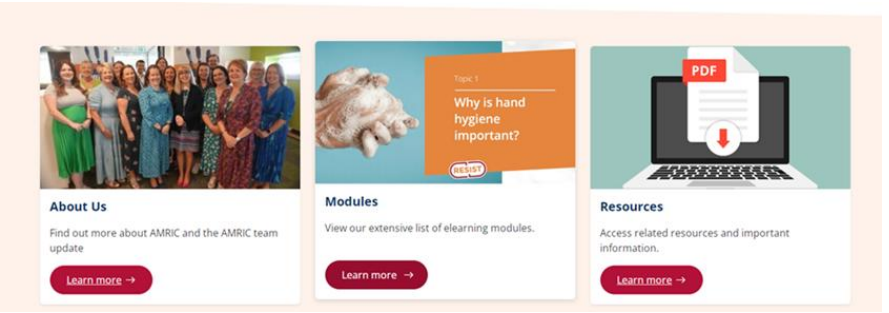
Figure 1 Laboratories used by nursing homes for respiratory virus testing, by HSE health region location of nursing home

eLearning resources



Significant resources and training modules are available on the AMRIC hub of HSeLanD for staff to access







IPC Measures: Poster resources

There are a range of posters available to you on the HPSC website

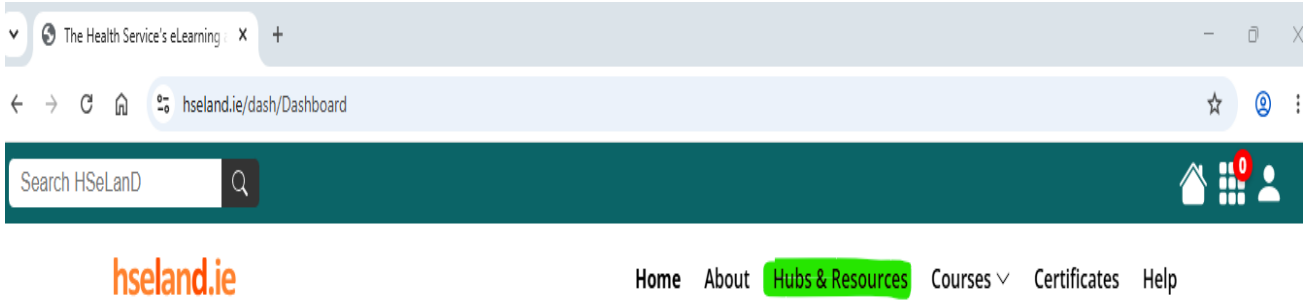
Transmission based precautions posters have been added to the suite this year to standardise the message around contact, droplet and airborne precautions

Posters were developed in partnership with colleagues working in acute and community settings to ensure they are relevant in all health and social care environments

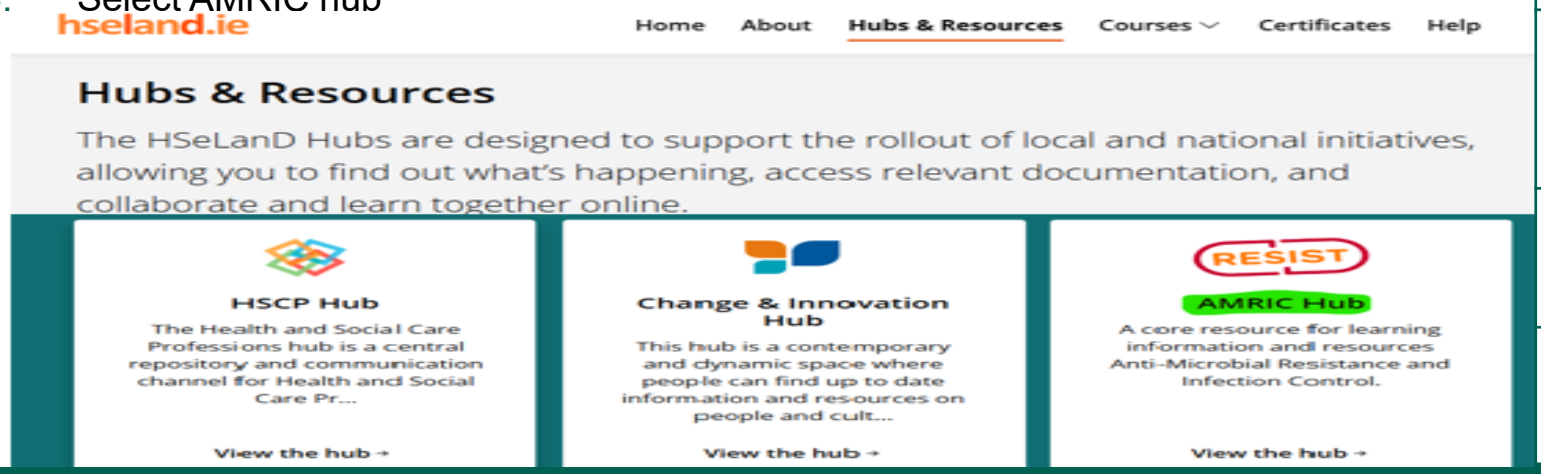


HSELanD – AMRIC Training modules

1. Log on to HSELanD https://www.hseland.ie/dash/Account/Login
2. Select Hubs and Resources



3. Select AMRIC hub

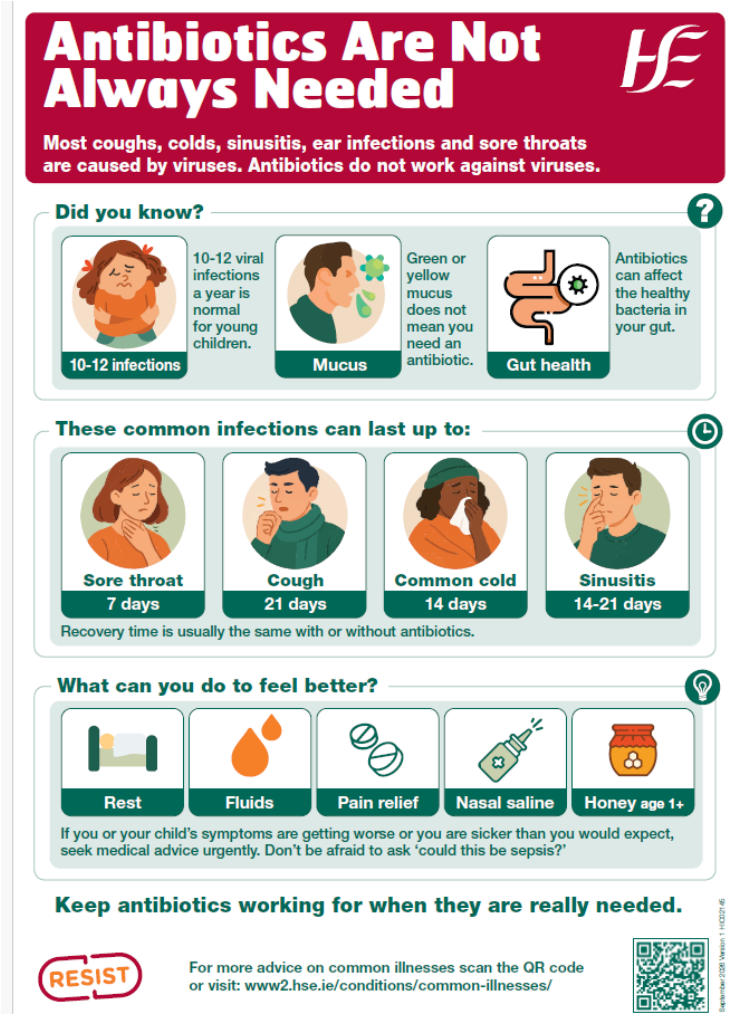


Module Title	Suitable for		Module Duration
AMRIC Basics of Infection Prevention and Control	All staff	Recommended	20 minutes
AMRIC Hand Hygiene	All staff	Mandatory	30 minutes
AMRIC IPC Risk Assessment	Clinical	Recommended	30 minutes
AMRIC Personal Protective Equipment	Clinical	Recommended	20 minutes
AMRIC Standard and Transmission-Based Precautions	All staff	Recommended	30 minutes
AMRIC Respiratory Hygiene and Cough Etiquette	All staff	Recommended	15 minutes
AMRIC Outbreak – Prevention and Management	Clinical	Recommended	30 minutes

Resources- AMRIC Guidance Documents

Guidance	Link
National Clinical Guideline Infection Prevention and Control (IPC) Volume 1, Section 3, No. 3.2.4, Recommendation 16 pages 98-101	National Clinical Guideline Infection Prevention and Control (IPC)
Antibiotic Prescribing Guidance	Antibiotic Prescribing Guidance
Prescribing Guidance – COVID-19	Antiviral Prescribing Guidance – COVID-19 Adults
Public Health and Infection Prevention and Control guidance on the prevention and management of cases and outbreaks of respiratory viral infections in Residential Care Facilities Acute Hospital Infection Prevention and Control guideline on prevention and management of cases and outbreaks of respiratory viral infections	PH IPC Guidance in RCF Acute IPC Guideline Viral Resp Infections
Community Infection Prevention and Control Manual: A practical guide to implementing Standard and Transmission-Based Precautions in Community Health and Social Care Settings July 2026	Community IPC manual
Guidance on appropriate use of PPE – Gowns, Respirators , Masks , Gloves (*Infection prevention and control recommendations for the use of Personal Protective Equipment (PPE) V3. 21.08.2024*)	Appropriate use of PPE Video resources for PPE

AMS resources



Antibiotics Are Not Always Needed

Most coughs, colds, sinusitis, ear infections and sore throats are caused by viruses. Antibiotics do not work against viruses.

Did you know?

- **10-12 infections** — 10-12 viral infections a year is normal for young children.
- **Mucus** — Green or yellow mucus does not mean you need an antibiotic.
- **Gut health** — Antibiotics can affect the healthy bacteria in your gut.

These common infections can last up to:

- **Sore throat** — 7 days
- **Cough** — 21 days
- **Common cold** — 14 days
- **Sinusitis** — 14-21 days

Recovery time is usually the same with or without antibiotics.

What can you do to feel better?

- **Rest**
- **Fluids**
- **Pain relief**
- **Nasal saline**
- **Honey** age 1+

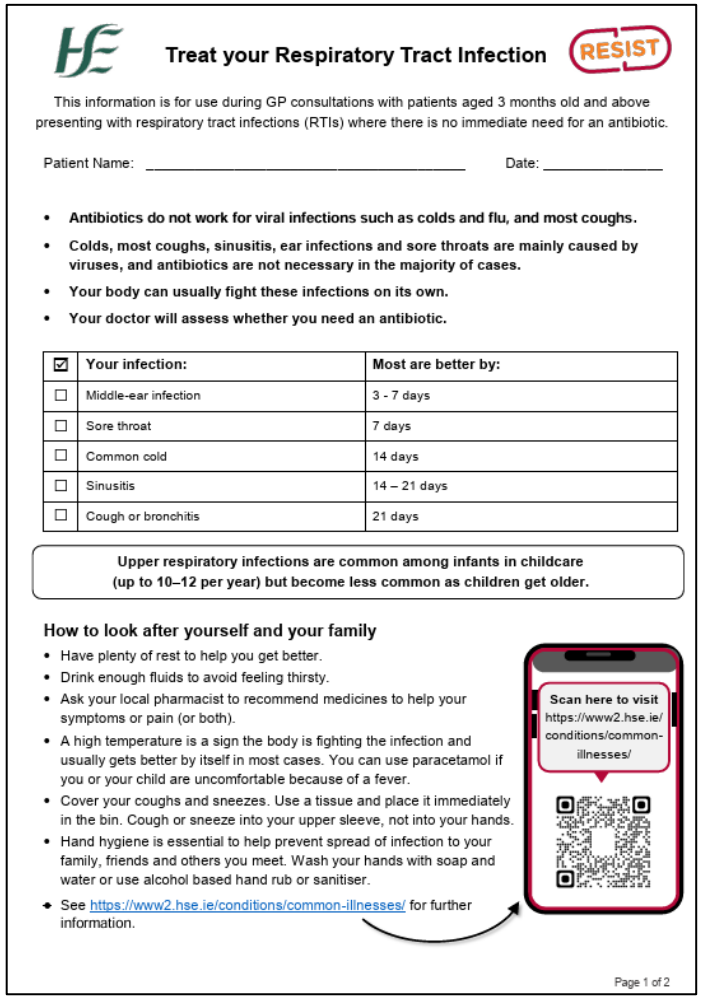
If you or your child's symptoms are getting worse or you are sicker than you would expect, seek medical advice urgently. Don't be afraid to ask 'could this be sepsis?'

Keep antibiotics working for when they are really needed.

RESIST

For more advice on common illnesses scan the QR code or visit: www2.hse.ie/conditions/common-illnesses/

Available for order on healthpromotion.ie



Treat your Respiratory Tract Infection

RESIST

This information is for use during GP consultations with patients aged 3 months old and above presenting with respiratory tract infections (RTIs) where there is no immediate need for an antibiotic.

Patient Name: _____ Date: _____

- **Antibiotics do not work for viral infections such as colds and flu, and most coughs.**
- **Colds, most coughs, sinusitis, ear infections and sore throats are mainly caused by viruses, and antibiotics are not necessary in the majority of cases.**
- **Your body can usually fight these infections on its own.**
- **Your doctor will assess whether you need an antibiotic.**

☑	Your infection:	Most are better by:
☐	Middle-ear infection	3 - 7 days
☐	Sore throat	7 days
☐	Common cold	14 days
☐	Sinusitis	14 – 21 days
☐	Cough or bronchitis	21 days

Upper respiratory infections are common among infants in childcare (up to 10–12 per year) but become less common as children get older.

How to look after yourself and your family

- Have plenty of rest to help you get better.
- Drink enough fluids to avoid feeling thirsty.
- Ask your local pharmacist to recommend medicines to help your symptoms or pain (or both).
- A high temperature is a sign the body is fighting the infection and usually gets better by itself in most cases. You can use paracetamol if you or your child are uncomfortable because of a fever.
- Cover your coughs and sneezes. Use a tissue and place it immediately in the bin. Cough or sneeze into your upper sleeve, not into your hands.
- Hand hygiene is essential to help prevent spread of infection to your family, friends and others you meet. Wash your hands with soap and water or use alcohol based hand rub or sanitiser.
- See https://www2.hse.ie/conditions/common-illnesses/ for further information.

Scan here to visit https://www2.hse.ie/conditions/common-illnesses/

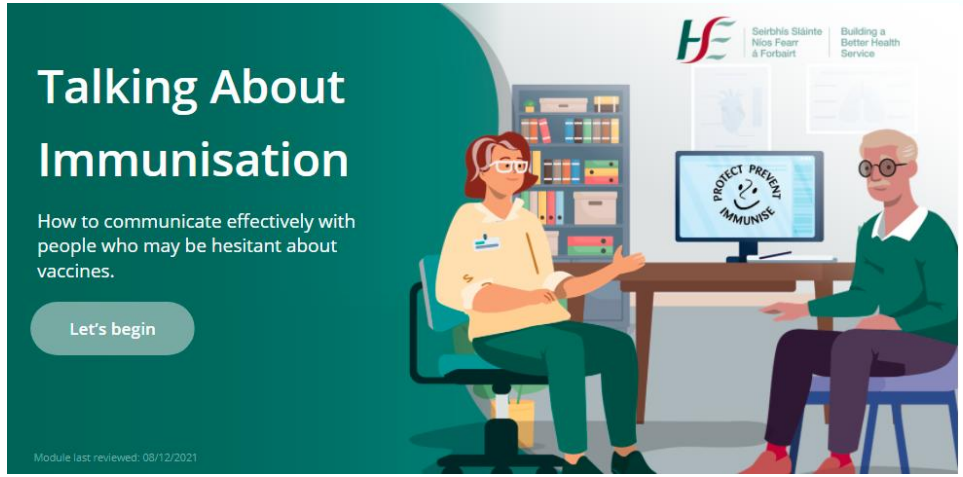
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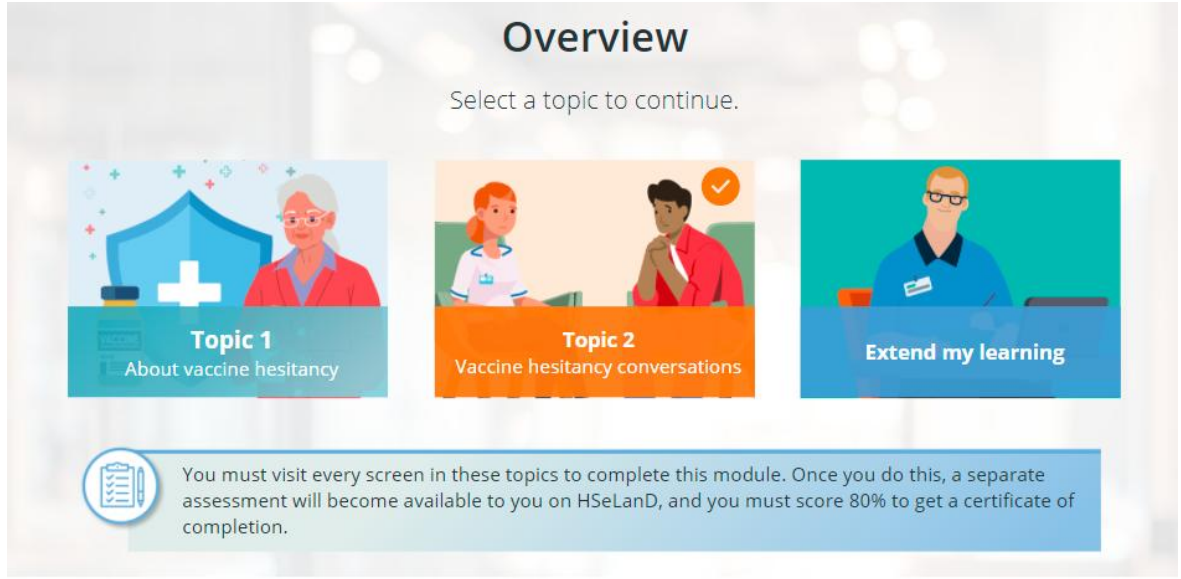
Download from antibioticprescribing.ie or order by email hcai.amrteam@hse.ie

Resources: Vaccination

- NIO developed **HSE Land E-learning modules** available on LAIV and aIIV/IIV (Injectable Influenza Vaccines) available on www.hseland.ie [these modules are updated yearly]
- Information for healthcare professionals and consent forms available on National Immunisation Office
  - **Algorithms:** For flu for all recommended groups and for children
  - **Documents:** Toolkit/s to support administration of LAIV
  - **Frequently Asked Questions for healthcare professionals**
  - **Consent Forms:** LAIV consent form, general influenza vaccine consent form, combined consent forms
  - **Medicine protocols:** aIIV/IIV and LAIV
  - **Summary of recommended groups**
- **Resources available to order** from healthpromotion.ie
  - Posters for flu and/or COVID-19 for those at risk, in pregnancy, HCW
- The updated **NIAC chapters** for influenza and COVID-19 are available:
  - https://www.hiqa.ie/reports-and-publications/niac-immunisation-guideline/chapter-05a-covid-19
  - https://www.hiqa.ie/reports-and-publications/niac-immunisation-guideline/chapter-11-influenza
- Email us (only for **HCP clinical queries**): immunisation@hse.ie
- **Patient Information Leaflet and the Summary of Product Characteristics** for each of the vaccines is available from www.hpra.ie
- **HSE website information**
  - Influenza (flu) and COVID-19 Vaccination Programme 2026/2027
  - https://www2.hse.ie/conditions/flu/vaccine/
  - https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/
  - https://healthservice.hse.ie/staff/covid-19-staff-support/healthcare-worker-vaccines/

Resources: E-learning module on HSeLanD: Talking About Immunisation





Additional resources:

WHO

Conversations to Build Trust in Vaccination: A Training Module for Health Workers: World Health Organization
https://global.comminit.com/content/conversations-build-trust-vaccination-training-module-health-workers

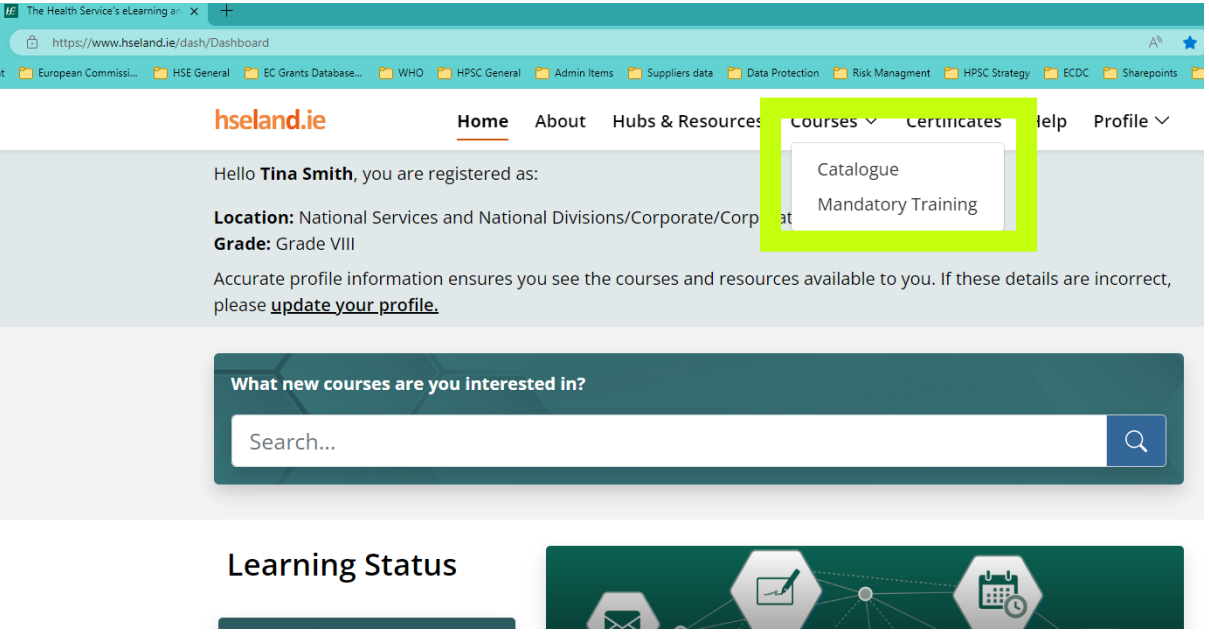
Tailoring Immunization Programmes: World Health Organization
https://www.who.int/europe/publications/i/item/9789289054492
https://www.who.int/publications/i/item/9789240049680
https://www.canvax.ca/health-worker-training-module-conversations-hesitant-caregivers

ECDC

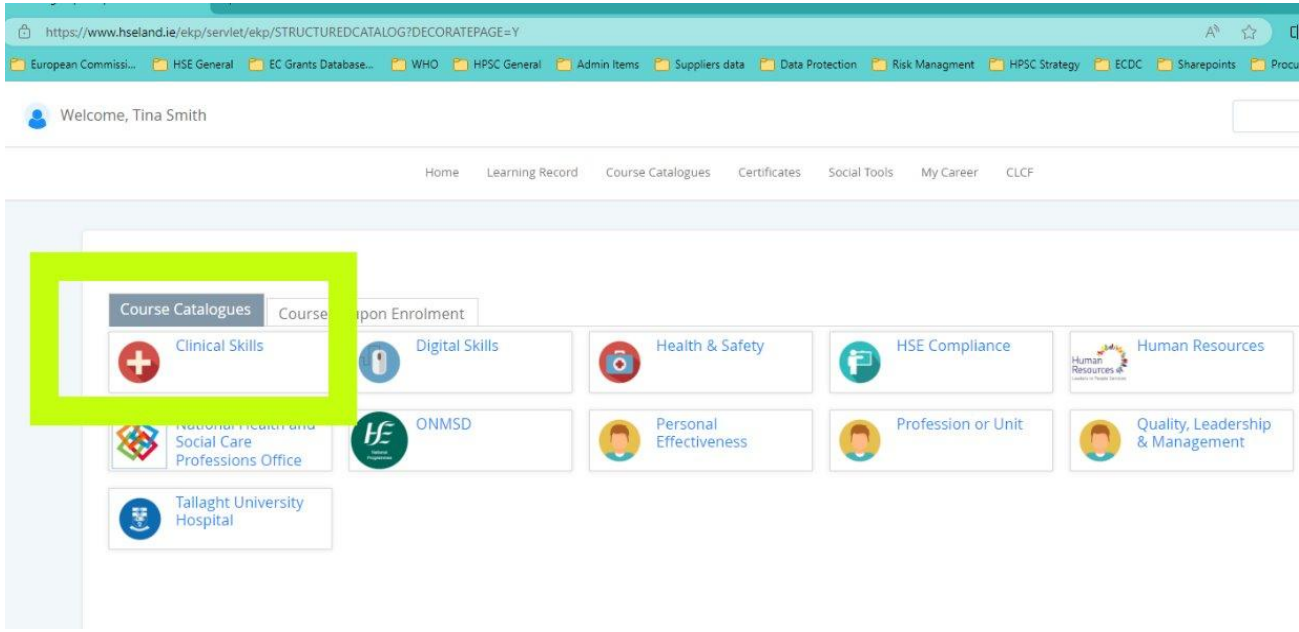
https://www.ecdc.europa.eu/en/publications-data/tools-and-methods-promoting-vaccination-acceptance-and-uptake

HSELanD – Vaccine Training modules

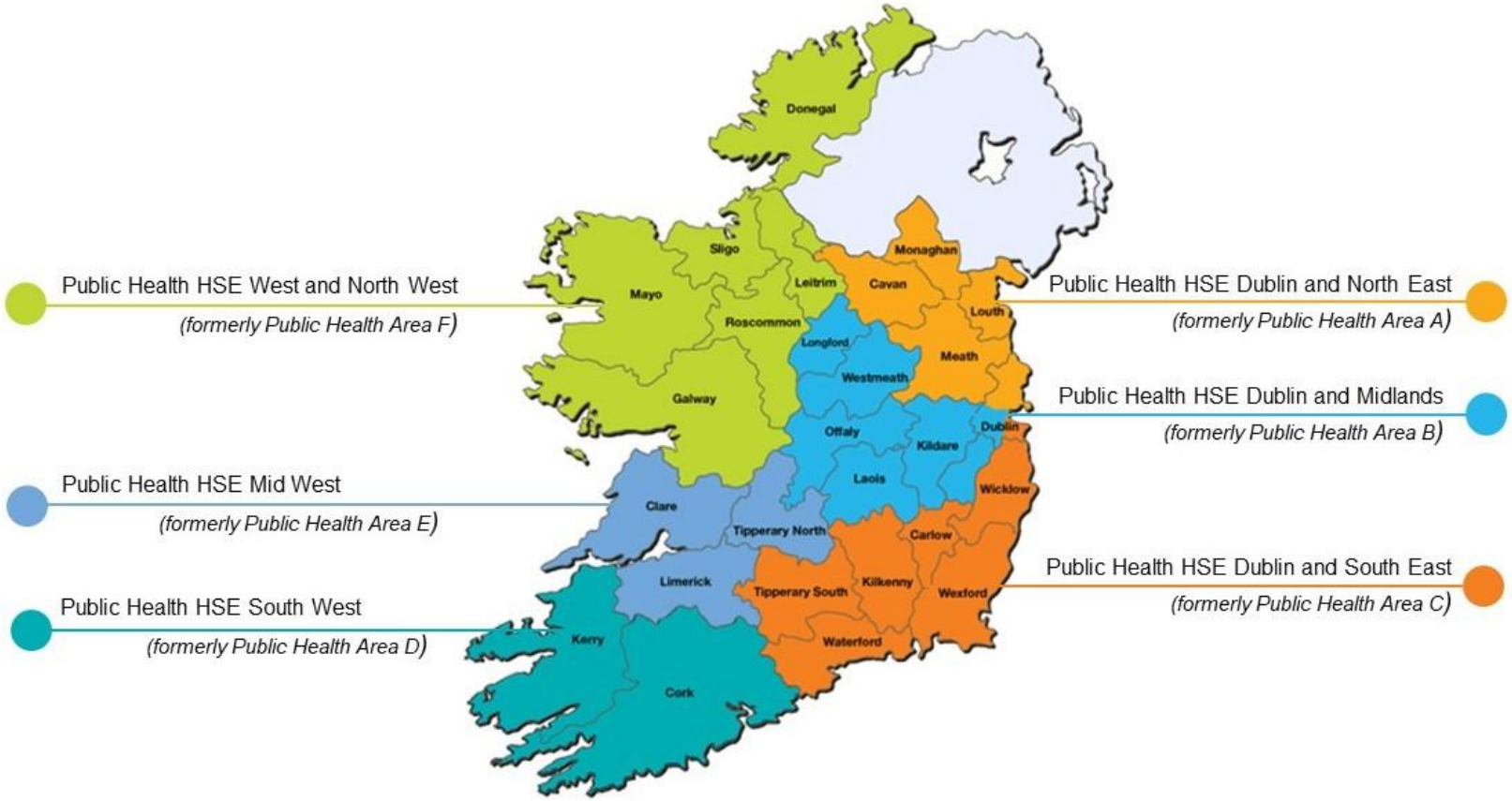
1. Log on to HSELanD https://www.hseland.ie/dash/Account/Login
2. Select Courses / Catalogue



3. Select Clinical Skills >> National Immunisation office



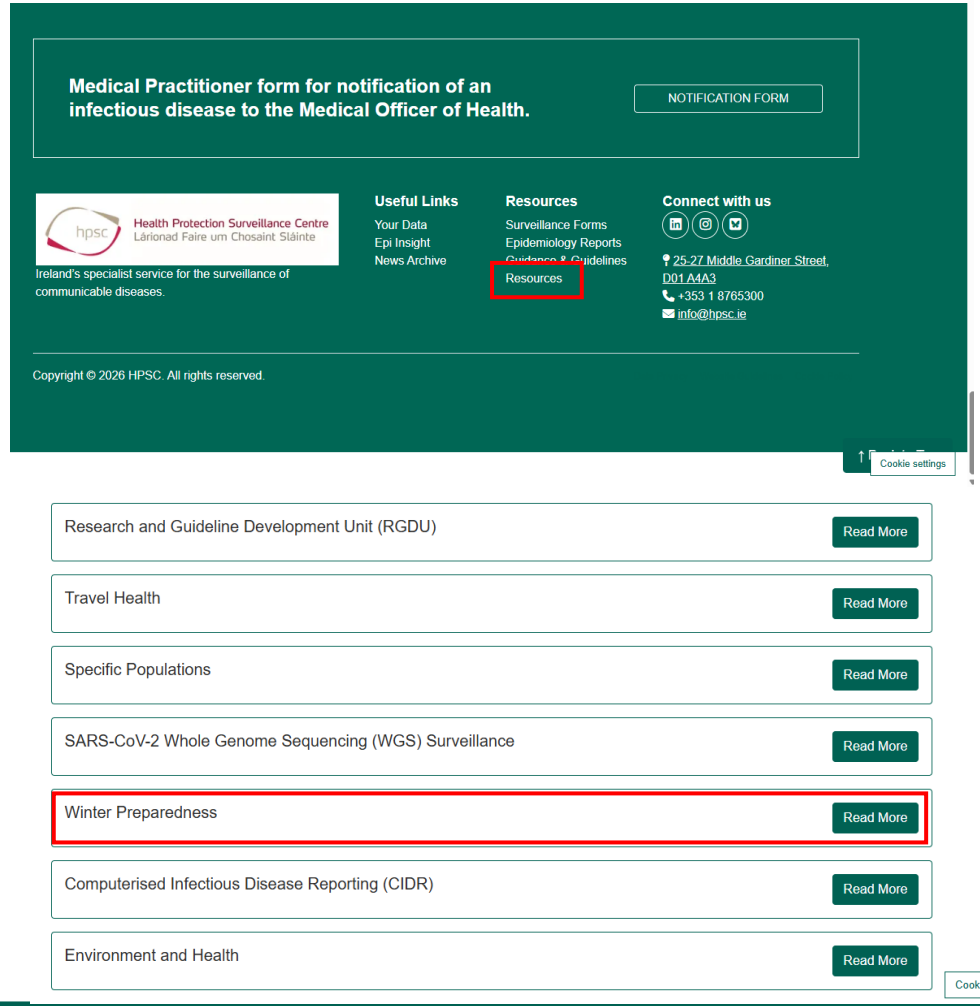
Resources- Public Health contact HSE Health regions



Link
Public Health Contacts in Health Regions

Winter Preparedness on HPSC website

Winter Ready Guide for Health & Care Settings





Winter Preparedness (click here)

Thank you!

Any queries post the webinar can be directed to:
winter.resilience@hpsc.ie