Keep Well this Winter

Protect yourself and your loved ones

Infections like flu, COVID-19 and RSV are making many people sick around Ireland right now. This can have a big impact on our health service which leads to overcrowding in our hospital Emergency Departments and increased waiting times for GP (family doctor) Services.

Children can pick up viral infections like cold and flu quite frequently.

Older people are also vulnerable to infection and can become very unwell.

Outbreaks are more likely to occur among people living in busy or crowded settings.

Stay well and prevent the spread of infections:

- Stay at home if you are unwell and keep your child home if they are unwell.
  Do not mix with others if you are unwell.
- Take extra actions to avoid respiratory infections –



Cover your coughs and sneezes with a tissue or your elbow if you don't have a tissue



Keep your hands clean with soap and water or hand sanitiser



Wear a face mask in crowded areas

- **Get vaccinated** to protect against COVID-19 and flu (free for those eligible). If you are a carer for, or living with someone with a health condition that puts them at higher risk of flu, you are also eligible for a FREE flu vaccine. You can find more information at www2.hse.ie/conditions/flu/get-vaccine/
- Manage your symptoms or your child's symptoms yourself but know where and when to get medical help if needed – from a Pharmacist or Doctor