

COVID 19 Weekly updates 29/05/2020

#Inthistogether Wellbeing campaign

Thank you for all of the fantastic support for the #Inthistogether Wellbeing campaign, from the Department of Health and the HSE, this will continue to push out across the airwaves into June. The radio ads can be found here <https://soundcloud.com/user-774450354>. The website is www.gov.ie/together and the hashtag is #inthistogether. Partners are recommended to continue to share their wellbeing content under the hashtag #Inthistogether.

Next week there will be features on

- Bord Bia 'Bloom at home festival' happening on May 31st
- GAAs Club Step Challenge getting people out and physically active over the next month
- safefoods START campaign helping parents to cope at home
- Cruinniú na N'ogs build to the national day of free creativity for children and young people on the 13th of June

Updated COVID-19 Resources

Please check [here](#) for the most up to date partner resources for COVID-19, including the latest COVID-19 poster in [English](#) and [Irish](#), the updated [Cocooning Public Health Advice easy read guide](#), the most up to date HSE Approved Guidance for Disability Services as well as other resources and materials.

Using the health service during COVID-19

This week saw some new communications for people who may be concerned about using health services, or are uncertain that they're operating as normal. Our health service is open for urgent care, and we have taken extra precautions to ensure patients are safe. We have a national and regional radio ad about using GP and Emergency services, and the National Cancer Control Programme shared two new videos about [people who may have cancer signs](#), and [people who are attending for cancer treatment](#)

Public Health Information:

COVID-19 public health advice posters are now updated to reflect movement to the next phase in managing the epidemic. These posters are now under the heading "Stay home. Stay safe. Protect each other." There are two posters that can be shared for public use - the first is a general public information poster and the other is aimed at staying safe outdoors. Further formats are available in both Irish and English on the [COVID-19 Information Resources](#) page.

For information on face coverings for public use, please see:

<https://www2.hse.ie/conditions/coronavirus/face-masks-disposable-gloves.html>

For Personal Protective Equipment (PPE) guidance please see:

<https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/guidance/infectionpreventionandcontrolguidance/ppe/>

HoldFirm – the HSE's new campaign

Thank you for all of the fantastic support for the HSE's new campaign called HoldFirm, which launched on 9th May 2020. The HoldFirm campaign takes inspiration from the words of President Michael D Higgins, written in his 1993 poem, Take Care. Acknowledging the public's monumental efforts to keep frontline and essential workers safe by staying home, some frontline staff have joined together to give new meaning to President Higgins' inspirational words, which can be viewed [here](#). You can also view the HoldFirm TV ad [here](#).

COVID 19 stakeholders are very grateful for the help in sharing the campaign message of the importance for all of us to #HoldFirm. Campaign assets are also available [here](#) filed under 'HoldFirm assets'. There are now HoldFirm colouring sheets available in this drop down menu for both children and adults. You can also download the #HoldFirm twibbon for your social media accounts [here](#).

Other Resources:

The Government's roadmap for reopening society and business can be found [here](#).

Family Carers Ireland - offering family carers free counselling sessions

Family carers sometimes have difficulty coping with their emotional well-being and their mental health and are more likely to struggle with stress, anxiety and depression than the general population. As a carer, there are times when you may find yourself struggling with your mental health and emotional well-being due to a combination of the demands of your caring role, and the additional challenges you might be facing as a result of the COVID-19 pandemic. Family Carers Ireland offer help to family carers, as they believe no one should have to care alone. They have developed a free, short-term online and phone counselling service for family carers and will connect carers with a qualified counsellor from a panel of approved professionals.

The service can be accessed through the website <https://familycarers.ie/help-and-advice/online-and-phone-counselling-service/> or through the National Freephone Careline on 1800 24 07 24.

Translated COVID-19 Resources

For those whose first language is neither English nor Irish, we have translated public health information into 24 other languages. These include Albanian, Arabic, Bulgarian, Simplified Chinese, Czech, Farsi, French, Georgian, German, Greek, Hungarian, Italian, Kurdish, Latvian, Lithuanian, Pashto, Polish, Portuguese, Romanian, Russian, Slovak, Spanish, Urdu and Yoruba. We are also working on developing resources in Somali and Eritrean.

The most up to date translated partner resources for COVID-19 can be found [here](#).

Roma

Under the resources listed above you will also find a video for the Roma Community in Romanian. This video can also be found [here](#).

There is a Roma specific resources [page](#) which includes easy read and image based communication documents and a translation of the Phase 1 government re-opening roadmap which can be found [here](#).

Migrant Health

There is also a Migrant Health resources [page](#), which includes videos in various languages and further specific [translated resources](#).

Other Resources:

The Covid 19 World Service is a joint initiative of Nasc and Together Ireland. The Covid 19 World Service has video messages from doctors and other healthcare professionals in several languages for migrants living in Ireland.

Video 1: General advice on how to prevent the contraction and spread of the virus.

Video 2: Information on self-isolation, what to do if you test positive for Covid 19 or are a contact of someone who has.

These videos can be found [here](#).

The Government's 'Community Call – Advice and Contact Information for Your County' leaflet has been translated into 12 different languages and is available [here](#).

Public Health Information:

As always, for the most up to date information and advice on Coronavirus, please go to:

<https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>,

<https://www2.hse.ie/coronavirus/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>