

Kerry Community Response Covid-19 / Coronavirus



A new Community Response Advisory Group has been established here in Kerry to co-ordinate the community response to the Coronavirus / COVID-19 emergency.



Phone: **1800 807 009**

Text: **'SUPPORT'** followed by your name to **50555**

Email: **covidsupport@kerrycoco.ie**

The **Helpline** is open **seven days a week** from
8.00am to 8.00pm.

The Helpline is available for:

- **Non-emergency** queries and advice
- **Non-medical** emergencies or queries
- People without supports e.g. those who may require **food, medicine or fuel deliveries.**
- Referring you to the right support agencies or other help-lines

**IN AN EMERGENCY
YOU SHOULD
ALWAYS PHONE
999 OR 112**

**THE HSE HELPLINE
CONTACT IS
1850 24 1850**

Please note the following useful numbers to have at hand. Your EIRCODE is important in order to help locate you. Please insert your Eircode and other useful numbers below.

EIRCODE		Kerry Co. Council	066 718 3500 www.kerrycoco.ie
Garda Station		Citizens Information Kerry	0761 077 860 www.citizensinformation.ie
Family Doctor		Kerry Public Participation Net.	087 689 1105 www.kerryppn.ie
Hospital		Kerry Volunteer Centre	066 711 7966 www.volunteerkerry.ie
An Post		Kerry GAA	066 712 2061 secretary.kerry@gaa.ie
Local Link Kerry	066 714 7002 www.locallinkkerry.ie	NEWKD (North, East and West Kerry)	066 718 0190 info@newkd.ie
Civil Defence	087 669 4011 tbrosnan@kerrycoco.ie	SKDP (South Kerry Development Partnership)	066 947 2724 info@skdp.net
Irish Red Cross Tralee	087 708 8395 communitysupport.tralee@irishredcross.com	IRD Duhallow (East Kerry)	029 606 33 duhallow@irdduhallow.com

Additional Support Agencies and Helplines:

TravelWise	01 613 1733 - The Dept. of Foreign Affairs helpline for those with travel related concerns about coronavirus.	Pieta House	1800 247 247 - Free 24/7 helpline for those at risk of suicide and self-harm, and those bereaved by suicide.
ALONE	0818 222 024 - Open 8am - 8pm for older people who have concerns or are facing difficulties related to coronavirus.	Women's Aid	1800 341 900 - 24-hour support for women living with abusive partners. If you have concerns about your immediate safety, please call 999.
SeniorLine	1800 804 591 - Open everyday from 10am - 10pm, which now supports older people with concerns related to coronavirus.	Rape Crisis Centre	1800 778 888 - 24-hour service for women and men who have been raped, sexually assaulted, sexually harassed or sexually abused in their lifetime.
Asthma Advice	1800 445 464 - Free call-back service available to people with asthma and the parents/carers of young people with asthma.	FLAC	1890 350 250 or 01 874 5690 - If you have a legal query, the Free Legal Advice Centre's helpline is open Monday to Friday, 9.30am-1pm / 2pm-5pm.
COPD Advice	1800 832 146 - Chronic Obstructive Pulmonary Disease call-back service - not to be used as an emergency service.	Worker's Rights Centre	1890 747 881 - SIPTU helpline, open 8.30am-5pm, Monday to Friday, for issues related to work.
Askonefamily	01 662 9212 - Helpline for people parenting alone, shared parenting and for those separating.	Threshold	1800 454 454 - If you are a renter and are worried about the security of your tenure during the pandemic, this helpline is open Monday to Friday, 9am-9pm.
Samaritans	116 123 - If you are worried or finding it difficult to cope, this helpline is free and is open day and night.	MABS	0761 07 2000 - Advice service for money management and debt issues, open weekdays 9am - 8pm.



Please ensure that you use trusted sources. The most up-to-date information on Coronavirus (Covid-19) can be found at **HSE.ie** or by calling the HSE Helpline on **1850 24 1850**



Check for updates on **Garda Síochána - Cork Kerry & Limerick - Southern Region's** Facebook page. Please note that this page is not monitored 24/7 and should not be used to report a crime.



Deaf Irish Sign Language users can use **Irish Remote Interpreting Service (IRIS)**. For more information, please visit **www.slis.ie** or email **remote@slis.ie**.



Mind your mental health during this time!

Stay informed but set limits around news and social media.

Visit **www.yourmentalhealth.ie** for more advice.



Coronavirus may be avoided by practicing good **hand hygiene** and **social distancing**.

The most common symptoms of Coronavirus:

- Cough
- Fever
- Shortness of breath

IF YOU DEVELOP SYMPTOMS YOU WILL NEED TO SELF-ISOLATE AND PHONE YOUR GP. DO NOT GO TO A GP SURGERY, PHARMACY OR HOSPITAL. THE GP WILL ASSESS YOU OVER THE PHONE. IF THEY THINK YOU NEED TO BE TESTED FOR CORONAVIRUS, THEY WILL ARRANGE A TEST.