

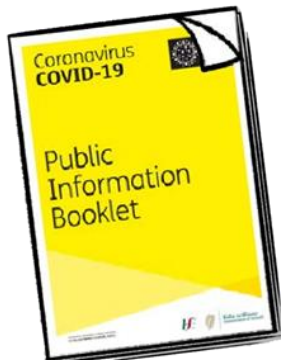
Coronavirus COVID-19 Cocooning Public Health Advice



Coronavirus
COVID-19
Public Health
Advice



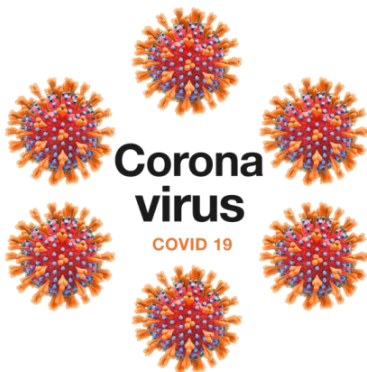
About this booklet



This booklet is about Cocooning because of Coronavirus (COVID-19) in Ireland.



The government is trying to slow down how fast Coronavirus (COVID-19) spreads. They can only do this with your help.



The impact of Coronavirus (COVID-19) is changing every day.



The HSE is keeping you informed everyday on www.hse.ie

What is Cocooning?



Cocooning is the word used to describe you staying at home most of the time until you are told not to by the government. This is to make sure you are safe.

Who should Cocoon?



The government have a list of people who are vulnerable. These people are being asked to Cocoon.



Older people aged over 70 in the general population.

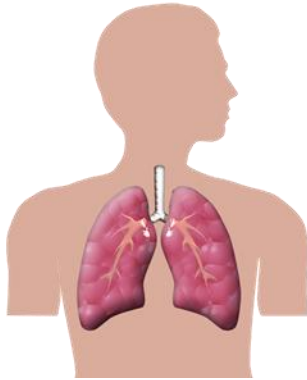


People who are very sick

- People who have some cancers
- People who have rare diseases.



People who have had an organ transplant.



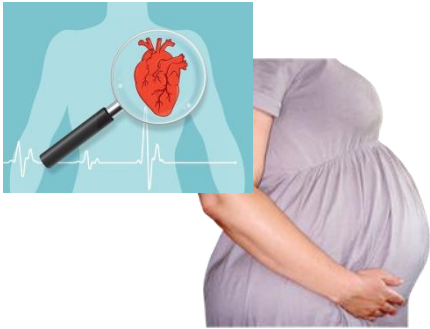
People who have lung illnesses

- People with Cystic Fibrosis
- People with Severe Asthma
- People with COPD
- People with Lung Fibrosis.



People who live in residential homes.

People who live in long term care homes.



People who are pregnant and who have a severe heart illness.



If you are on this list you are vulnerable. This means you may get sick quicker if you get Coronavirus (COVID-19).



Cocooning in your home all of the time will keep you safe from getting Coronavirus (COVID-19).

How you Cocoon at home



You need to make sure you do not contact people face to face in your home.



You need to stay away from groups of people in your home.



You cannot have visitors to your home.



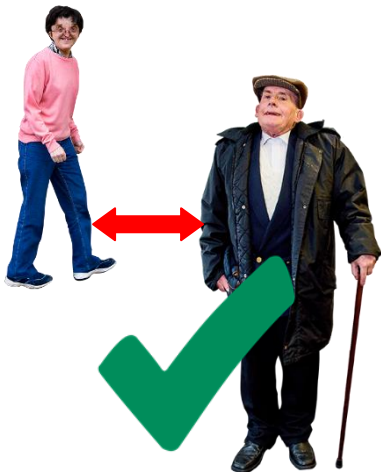
You will need to stay 2 metres away from people you live with if you can unless you are cocooning with them.



People who care for you must stay away if they have symptoms of Coronavirus (COVID-19).



It is ok to be near people when they are providing you with care that you need.



You can take a short walk for exercise each day.
Stay 2 metres away from people when you go for a walk.



During your walk outside you can meet up with 4 people.
Stay 2 metres away from these people.



You can go for a short drive.
You can go with someone who lives in your home and is cocooning with you.
You need to stay within 5km distance from your home.



Someone can deliver things that you need.



You can get food delivered to your home.
You can get your medicine delivered to your home.

They can be left outside your front door.



You can keep in touch with your family and friends.
You can telephone them.



You can video chat with your family and friends.
or you can use the internet to communicate with your family and your friends.

Things you should keep doing when you are Cocooning at home



Wash your hands a lot.
Use soap and water.
Wash your hands for 20 seconds.



Keep toilets and bathrooms clean.
Keep all the things you touch in your house clean.



Keep your mealtimes the same time each day like you normally do.



You can keep doing the things you like to do in your house or in your garden.



Exercise in your home or in your garden.



Keep your bedtime the same time each day like you normally do.

Where you can get help



If you feel unwell do not leave your house. Telephone your doctor or you can call 112 or 999.



You can telephone
the HSE helpline.
The number is
1850 24 1850
or visit the website
www.hse.ie



The charity ALONE
the government
and the HSE
have set up a telephone
line
for help and support.
The number is
0818 222 024.



Family Carers Ireland
have a careline.
The number is 1800
240724
or visit the website
www.familycarers.ie



Alzheimer Society of
Ireland provide a helpline.
The number is 1800 341
341
or email
helpline@alzheimer.ie
or visit the website
www.alzheimer.ie

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