







National Updates

| | |
|---|---|
|  <p>Feidhmeannacht na Seirbhíse Sláinte Health Service Executive</p> | <p>HSE promises faster turnaround time for COVID19 test results</p> <p>The Health Service Executive has promised to speed up the turnaround time for COVID19 test results and for contact tracing. Over 250,000 tests have now been performed and the number of patients testing positive is reducing. The HSE said it has the capacity to meet the demands for COVID19 testing, even with the recently expanded test criteria. Click here for the full story</p> <p>The Chief Medical Officer has said there will be a role for non-medical grade face coverings in the community as part of the response to COVID19. Dr Tony Holohan said that there will be communication in the coming days on the nature of these coverings, as well as their effective use. Speaking at the Department of Health yesterday evening, Dr Holohan said that "perhaps" the use of coverings may be recommended in situations such as retail stores or on public transport. Full story here</p> |
|  <p>THE ALZHEIMER SOCIETY of IRELAND</p> | <p>Managing Changes in Behaviour</p> <p>Infectious disease outbreaks, like COVID19, can be worrying. Feeling anxious and the change in daily routines can also affect our behaviours. Understanding the reasons for changes in behaviours, and how you can support a person's feelings and emotions can help you and your loved one through these very different times. The Alzheimer Society of Ireland have practical tips on how to manage changes in behaviours - check them out here</p> |
|  <p>Age & Opportunity</p> | <p>My Inspirational Older Person Competition</p> <p>Age & Opportunity are asking all kids, big and small, to tell them about an inspirational older person in their life as part of their new competition. You can do this through a number of different art forms including drawings, poems, stories, songs or dance to name a few. There are 5 different categories with the chance to win some great family days out in the future. Click here for further information and details on how to get involved.</p> |



| | |
|--|---|
|   | <p>Learn a Language in Lockdown</p> <p>Lingualift – an online interactive language learning platform have put together a list of recommended language learning mobile apps. If you are interested in learning a new language to pass some time check it out here</p> <p>IrishCentral.com have also put together a guide on how to learn the Irish language for free online no matter where in the world you are. Check it out here</p> |
|  | <p>Twitter says many employees may work remotely 'forever'</p> <p>Twitter has said it is unlikely to open its offices before September, and that many of its employees will be permitted to work from home permanently even after the end of the coronavirus lockdowns. The San Francisco-based company said it was among the first to move to remote work in March as a result of the health crisis and that it will continue that policy indefinitely as part of a move towards a "distributed workforce". "We were uniquely positioned to respond quickly and allow folks to work from home given our emphasis on decentralisation and supporting a distributed workforce capable of working from anywhere," a Twitter spokesperson said. "The past few months have proven we can make that work. So, if our employees are in a role and situation that enables them to work from home and they want to continue to do so forever, we will make that happen." Full story here</p> |
|  | <p>51 Fun Things to Do At Home To Banish Boredom</p> <p>Are you stuck for ideas on what to do next? Getting bored of the same daily routine? Livebold&bloom have put together a list of 51 fun things to do at home. From baking to yoga to scrapbooking there is something for everyone. Why not check it out and see if you can find some inspiration.</p> |

Local Updates


| | |
|--|---|
|   | <p>Build a Box Challenge</p> <p>Galway City Partnership in collaboration with Ballinfoile Castlegar Neighbourhood Centre & Ballybane Community Resource Centre are calling on local communities to get involved in the Build a Box Challenge. People are being asked to build a box suitable for planting flowers or vegetables, or even donate a box they may not be using anymore. Boxes can include flowers or seeds, or they can be empty, they can be painted or unpainted. Donated boxes will be distributed to those who are currently isolated or cocooning during this difficult time. Read more here</p> |
|--|---|

| | |
|---|--|
|  | <p>Dublin cafe expands free lunch scheme to help cocooners</p> <p>A cafe in Ringsend in Dublin has expanded its free lunch scheme to provide 150 nutritious packed lunches every day to people who are cocooning in the community. The Fair Play Cafe had been running its "share your lunch" initiative before COVID19, which saw it provide free meals to people in need, but since restrictions were put in place and its doors were closed to the public, the initiative has grown into something bigger. Every day the staff of the cafe volunteer their time to prepare and assemble lunch packs for people cocooning in the Ringsend, Sandymount, Irishtown and Donnybrook areas. The packs contain sandwiches, soup, pastries and fresh fruit. This is an excellent resource for cocooners – well done to all involved. See full story here</p> |
|---|--|

Your Voice

| | |
|---|---|
|  | <p>We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at rleavy@meathcoco.ie Information is one thing we can share right now!</p> |
|  | <p>Waterford Older People's Council members make the press!</p> <p>Two members of Waterford OPC have had articles featured in both local and national newspapers recently.</p> <p>Ray McGrath from Checkpoint, Waterford, has a new column in the Waterford News & Star 'Notes from the cocoon: step by step' as he adjusts to a life in isolation. Check it out here</p> <p>Bernadette Philips from Ferrybank, Waterford featured in the Irish Times with 'Older People are Individuals' where she urges everyone to view older people as 'individuals who are as different as all other people are'. Check it out here</p> <p>Well done to Ray and Bernadette!</p> |

International Updates

| | |
|---|--|
|  | <p>Updates from the World Health Organisation</p> <p>The World Health Organisation has issued guidance on 'Moving around during the COVID19 outbreak' available here in 4 different languages.</p> <p>They are also looking to hire a temporary Technical Officer for their Healthy Ageing Team working on multisectoral action with a focus on national and local action. Further details available here</p> |
|---|--|



Iceland to offer airport arrivals Covid-19 tests to avoid quarantine

Iceland, which has successfully contained the coronavirus and conducted more tests per capita than any other country, has said it plans to offer arriving travellers a Covid-19 test to avoid a 14-day quarantine. Full story [here](#)

Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

Coronavirus COVID-19



If you have fever and/or cough you should stay at home regardless of your travel or contact history.
If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.risika.is](#)

How to Prevent

| | | | | | |
|---|--|--|---|---|---|
| | | | | | |
| Wash your hands well and often to avoid contamination | Cover your mouth and nose with a tissue or elbow when coughing or sneezing and discard used tissue | Avoid touching eyes, nose or mouth with unwashed hands | Clean and disinfect frequently touched objects and surfaces | Stop shaking hands or hugging when staying in close proximity to other people | Distance yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell |

All people are advised to:

- > **Reduce** social interactions
 - > **Keep a distance** of 2m between you and other people
 - > **Do not** shake hands or make close contact where possible
- If you have symptoms visit [hse.ie](#) or phone HSE Live **1850 24 1850**

Symptoms

> Fever (high temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit

[www.gov.ie/health-covid-19](#)
[www.hse.ie](#)

Useful Contacts

Age Friendly Ireland Shared Service Office T: 046 9097413 E: rleavy@meathcoco.ie

HSE Advice Line: Callsave 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday

The following is the list of each **Local Authority's Helpline phone numbers**

Local Authority

Carlow County Council
 Cavan County Council
 Clare County Council
 Cork City Council
 Cork County Council
 Donegal County Council
 Dublin City Council
 DLR County Council
 Fingal County Council
 Galway City Council
 Galway County Council
 Kerry County Council
 Kildare County Council
 Kilkenny County Council
 Laois County Council
 Leitrim County Council

Community Response Number

1800 814 300
 1800 300 404
 1800 203 600
 1800 222 226
 1800 805 819
 1800 928 982
 01 222 8555
 1800 804 535
 1800 459 059
 1800 400 150
 1800 928 894
 1800 807 009
 1800 300 174
 1800 500 000
 1800 832 010
 1800 852 389

| | |
|-----------------------------------|--------------|
| Limerick City and County Council | 1800 832 005 |
| Longford County Council | 1800 300 122 |
| Louth County Council | 1800 805 817 |
| Mayo County Council | 094 906 4660 |
| Meath County Council | 1800 808 809 |
| Monaghan County Council | 1800 804 158 |
| Offaly County Council | 1800 818 181 |
| Roscommon County Council | 1800 200 727 |
| Sligo County Council | 1800 292 765 |
| South Dublin County Council | 1800 240519 |
| Tipperary County Council | 076 106 5000 |
| Waterford City and County Council | 1800 250 185 |
| Westmeath County Council | 1800 805 816 |
| Wexford County Council | 053 919 6000 |
| Wicklow County Council | 1800 868 399 |