

National Updates

How to use  
Face Coverings



ALWAYS CLEAN YOUR HANDS BEFORE AND AFTER WEARING A FACE COVERING

Correct Covering

Medical masks should be reserved for health workers or patients in treatment. If you have been advised to wear a medical mask, always have the cloth well above flowing and the metal band at the top of your nose.



Check Your Fit

Check that the face covering is made from a fabric that you are comfortable wearing.

Check that it is easy to fit and completely covers your nose and mouth, all the way down under your chin.

Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit. Do not touch or fidget with the face covering when it is on.



**FOLLOW THESE TIPS TO STAY SAFE:**  
 ALWAYS wash your hands before and after handling your face covering.  
 ALWAYS change your face covering if it is dirty, wet or damaged.  
 Carry unused face coverings in a sealable clean waterproof bag, for example a plastic bag.  
 Carry a second sealed bag to put used face coverings in.  
 CHILDREN UNDER 13 should not wear face coverings.  
 ALWAYS wash cloth face coverings on the highest temperature for fabric.

Safe Removal

Use the ties or ear loops to take the face covering off. Do not touch the front when you take it off.



Disposing Of Single-Use Mask

Always dispose of single use masks properly in a bin. Don't forget to clean your hands and keep social distance.



Stay safe. Protect each other.



Wearing of masks mandatory in retail outlets from Monday

From Monday, it will be mandatory to wear face coverings in shops and shopping centres. Prior to this it was an advisory.

There has been a spike in Covid-19 numbers in the Republic in recent weeks. The five-day average has gone from a low single figures per day to approaching 50 per day. The Government is fearful of a rise in community transmission (as in cases where the source of infection is not known) which could put the country back to where we were at the start of the pandemic.

The European Centre for Disease Prevention and Control (ECDC) recently found the correct use of face masks by people who are asymptomatic may help reduce the spread of infection in the community who otherwise may have unwittingly spreading the virus. Masks work by stopping most of the droplets which occur when people cough, sneeze or talk. They are better at protecting you from other people than vice versa, but if everybody wears a mask, the impact can be dramatic.

The legislation allowing for compulsory face coverings is the same as that used for compulsory face coverings on public transport. The wearing of face coverings will be enforced by a statutory instrument under the Irish Health Act 1947 as amended in 2020. It allows for a fine of up to €2,500 or six months in prison.

Will everybody have to wear a face covering?

As with public transport, no child under the age of 13 has to wear a mask in shops. Other exemptions are: those who cannot put one on, wear or remove a face covering because of any physical or mental illness, impairment or disability or without severe distress.

Anyone who needs to communicate with another person who has difficulties communicating, as in someone who is hard of hearing, is also exempted.



## Reminder to download the COVID Tracker App

COVID Tracker is a free app for your mobile phone. It will help us to protect each other and slow the spread of coronavirus (COVID-19) in Ireland. This easy-to-use mobile phone app can:

- alert you if you have been in close contact with someone who has tested positive for coronavirus
- advise you on what to do to protect yourself and others
- alert other app users that you were in close contact with, if you test positive for coronavirus

Using the COVID Tracker app along with the existing public health measures will help us all stay safe when we meet up, socialise, work or travel.

Download the App



## Coronavirus community assessment hubs

Community assessment hubs help manage the increase of coronavirus cases in the community.

**Hubs are for people who:**

- are very unwell
- have tested positive for coronavirus
- are likely to have coronavirus
- need a face-to-face appointment with a GP

**Your GP may refer you to a hub for a face-to-face assessment if you:**

- feel [your symptoms are getting worse](#)
- feel you can't manage your symptoms at home
- are concerned about your breathing - such as shortness of breath or it's causing you pain or distress
- are concerned about a separate, existing health condition

Hubs are for people aged 16 years and over. Your GP or GP Out of Hours will decide if you need a face-to-face consultation at a hub. Once your GP makes a referral to a hub, they will text you with details of your appointment as soon as possible. **Make sure your GP has your up-to-date phone number.**

**Remember to take a list of your regular medicines with you to your assessment appointment.**

**\*\*Hubs do not provide coronavirus testing\*\***



Rialtas na hÉireann  
Government of Ireland

## **A Safe Return to Health Services - restoring services in a COVID Environment**

The HSE has published a schedule for our Safe Return to Health Services that were curtailed during the initial response to COVID-19 since March. While many services were protected during COVID, and many are now returning, there remain challenges in some areas, and there is a need to take extra care to protect both patients, service users and our staff delivering care. Read more about the schedule [here](#).

Watch Bernard O'Regan, Head of Strategy and Planning HSE Disability Services, explain the safe return of adult disability services [here](#).

### **Guidance on Visitation to Residential Care Facilities**

With effect from 29<sup>th</sup> July, the guidance around visiting residential care facilities is changing. You can find the updated guidance [here](#).

### **Updated Deaf and Hard of Hearing Communications Resources**

The COVID-19 pandemic and the wearing of face coverings have made communication challenging for people who are Deaf or Hard of Hearing who may rely on lip-reading. HSE COVID-19 resources for use by Healthcare workers and people who are Deaf or Hard of Hearing have recently been updated and can be found [here](#). These resources include guidelines for staff, communication supports and videos in Irish Sign Language.

### **Updated World Service Videos**

The COVID-19 World Service is a joint initiative of Nasc and Together Ireland and includes video messages in a range of languages. These videos have recently been updated and can be found at: <https://nascireland.org/covid-19-world-service>.

### **[GOV.ie](#) advice on Travel and Education**

The [GOV.ie](#) website has been updated recently with new information about travel to and from Ireland [Travel Advice](#)



## **Budget 2021 must support our ageing population**

*An interesting read from Social Justice Ireland*

Covid-19 disproportionately affected older people, particularly those accommodated in congregated settings. People aged 65+ accounted for 25 per cent of all Covid-19 cases, 55 per cent of all hospitalised cases, and 93 per cent of all confirmed Covid-19 related deaths. Ireland has an increasingly ageing population and it is imperative, both from the perspective of the individual and the supporting structures, that ageing in place becomes the default approach.

[Click on this link to read the full article](#)



sexualwellbeing.ie

### HSE's 'Play it Safe' Campaign

Thanks to Fergal Fox, HSE Health and Wellbeing for sharing information with us regarding the HSE's 'Play it Safe' campaign which was released this week. This is a new campaign, developed in partnership with the Irish Pharmacy Union (IPU) and its aim is to provide young adults with information about sexual health in the midst of the coronavirus pandemic. The campaign is about reducing the risk of crisis pregnancy and STIs as well as coronavirus transmission. [Click here for further information.](#)



### Siel Bleu At Home 8th - 14th August

Coming up this week we have jam packed week of exercise classes for you! Why not try joining Martina on Tuesday afternoon for her famous, high tempo, Chair Aerobics Class. Paul will be putting everyone through their paces on Friday morning with a rather intense Circuit Exercise class. Looking for something challenging? Then this is your class. Of course we always have multiple Chair Gym classes available at 2pm for people who'd like a more gentle approach to exercise.

Here is the full schedule of classes below. The red arrow indicated the class is available on [YouTube](#) and the majority of our classes are available on [Facebook](#). Don't forget to like and subscribe to each page to keep up to date with everything happening in Siel Bleu and with Siel Bleu At Home!

Siel Bleu are still interested in hearing from you about your experience with Siel Bleu At Home. If you haven't done it already, they'd really appreciate your feedback by filling out the survey, just click the button below. It shouldn't take any longer than 5 minutes.

#### [SURVEY](#)



**LIVE EXERCISE CLASSES FOR PEOPLE WHO NEED THEM**

	AUG	11AM	2PM
<b>SAT 8TH</b>	MOBILITY & STRETCH WITH DEBORAH	@SIELBLEUIRELAND	
<b>MON 10TH</b>	CIRCUIT CLASS WITH JAMES	CHAIR GYM - WITH CORMAC	
<b>TUE 11TH</b>	STRENGTH & BALANCE WITH PAUL	CHAIR AEROBICS - WITH MARTINA	
<b>WED 12TH</b>	CIRCUIT CLASS WITH PAUL	CHAIR GYM - WITH SHANE	
<b>THU 13TH</b>	EXERCISE, COPD & ME WITH SHANE	CHAIR AEROBICS - WITH MARTINA	
<b>FRI 14TH</b>	FRIDAY MORNING CIRCUIT WITH PAUL	CHAIR GYM - WITH MICHAEL	

EXERCISE FOR CANCER SURVIVORS WED @ 10AM

CLASS AVAILABLE ON FACEBOOK  
 CLASS AVAILABLE ON YOUTUBE

ALSO AVAILABLE - ONLINE ONE TO ONE CLASSES WITH OUR TRAINERS - SEND MESSAGE FOR MORE INFO





## Wexford Festival Opera goes online in series of free performances

Wexford Festival Opera is going ahead this year, just not as you knew it before. The Shakespeare-themed programme announced by incoming artistic director [Rosetta Cucchi](#) last October has been rescheduled to 2021. In its place is Waiting for Shakespeare...The Festival in the Air, a free eight-day online celebration from October 11th-18th.

Details of Waiting for Shakespeare...The Festival in the Air are available on [wexfordopera.com](http://wexfordopera.com)

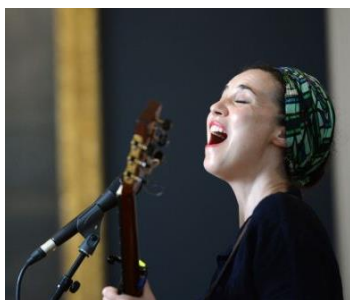


## Clare Co Council says swim ban could be in effect until Saturday

A chartered environmental scientist with Clare County Council has said it could be Saturday afternoon at the earliest before a swimming ban on several beaches in the county is lifted.

The council, on the advice of the Health Service Executive, placed a temporary ban on swimming at a number of beaches due to increased bacterial levels in the bathing water. It impacts the beaches at Kilkee, Spanish Point, Lahinch, and White Strand near Miltown Malbay.

There is a potential for pathogens being in the water that could cause sickness, and so the water is unsuitable for bathing in, it came about due to heavy rainfall over the last couple of days. Cathal Brodie, chartered environmental scientist with Clare County Council has said the situation is being constantly monitored and that the council has 14 designated bathing areas in Co Clare - if people want to find an alternative area, there are plenty available, visit [www.clarecoco.ie](http://www.clarecoco.ie)



## Other Voices' team hosting virtual German-Irish concert

[Ireland](#) and [Germany](#) will bridge the pandemic gulf with culture on Friday evening, with a unique concert linking the edge of [Europe](#) with its centre.

The creative team behind Dingle's "Other Voices" series have joined forces with Haldern Pop, one of Germany's biggest summer festivals, using technology to fill in the gap left by Covid-19 restrictions on live music and travel.

The [Dingle](#) end of Friday evening's concert brings together performers like [Lisa Hannigan](#), [Cormac Begley](#) and [Peter Broderick](#). The Haldern side offers alternative folk three-piece All the Luck in the World, classical jazz poet Loney Dear and Black Country, New Road whose repertoire runs from experimental rock to [Mariah Carey](#) covers.

A cornerstone of the evening will a renewed collaboration between Lisa Hannigan and European instrumental collective stargaze. They performed a year ago in [Berlin](#) in a special Other

Voices concert during President Michael D Higgins’s state visit to Germany.  
 Friday’s German-Irish concert builds on that evening and was inspired by the recent “Other Voices Courage” lockdown concert series now seen by over 2.5 million people.  
 Friday’s concert opens with the first movement of Beethoven’s fifth symphony, a nod to the German composer on his 250th birthday, followed by what Other Voices founder [Philip King](#) says will be a cocktail of traditional Irish and European art music.  
 The concert streams live from 8pm Irish time on the Other Voices [YouTube](#), [Twitter](#) and [Facebook](#) pages.

**Local Updates**




**Bandon, Co Cork Age Friendly Town Committee**  
**Memory Project**

*“Share your experiences of this unique time in history”*

We would like to capture your thoughts and feelings of what has happened over the past few months in the form of a poem, story, art work, photography, etc.

This information will be gathered together to make a booklet. "We would love to get your feedback, good and bad and you can remain anonymous". Drop in your contribution to St. Michael's Centre before the 31st of August 2020. More information can be picked up in St. Michael's Reception and if you have any suggestions or queries please call 086-8597236 or 087-9872777.

[Click here and take five minutes out to read some truthful thoughts on Cocooning from Bandon, Co. Cork Age Friendly Town](#)



**Toot-toot Drive through Bingo**

Ray Community Group is one of the many small communities that was impacted by the Covid 19 pandemic. They normally were very busy with different initiatives and creating opportunities in bringing groups of all ages together, but this all stopped in March. Being the proactive committee they are, the thinking caps went on and were the first to come up with the idea of a drive through bingo. This particularly targeted the older members of the community who had been cocooning and also families with or without children.



To get approval for this to go ahead, the group waited till the 5km restrictions were extended and then they commenced the Drive-In Bingo. Members of Milford GAA and Mulroy Hoops Basketball Club, who are organisations that avail of facilities at Ray Community Centre, help on the Bingo night. Details of the people attending are recorded in the event of contact tracing needing to occur even though participants are advised to attend only with people from their own household.

On the first night 100 cars lined up outside the Ray Community Centre, the car park was full of all ages, the numbers were called out with speakers surrounding the carpark and if you were a winner you tooted your horn. Bingo now happens weekly creating a social outing for the whole community. Ray Community Group continue to be innovative during covid and reach out to the members in their community they have also booked a company to provide a Drive In Cinema during a weekend in August and will have at least one 'old' movie on that weekend for the Older people.

## Your Voice



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](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



### Pope Francis names six women to Vatican economic council

Pope Francis has appointed six women to the Vatican's economic council, a first for the financial watchdog overseeing the administrative and financial structures of the Holy See. The women will serve as lay experts on the 15-member body, which also includes eight cardinals and another male lay expert, the Vatican said in a statement.

Pope Francis instituted the council in 2014 as part of wider ongoing efforts to bring more oversight to the Vatican's financial dealings after a series of damaging scandals.



## Born under the blast: Labour video captures explosion

Proud father-to-be Edmond Khnaisser was filming as his wife Emmanuelle went into labour at St George's hospital in Beirut when a huge explosion rocked the Lebanese capital.

Footage shows Emmanuelle being wheeled into a delivery room on a stretcher, just as a blast resonates and windows implode from the explosion, which killed at least 149 people and injured 5,000. Baby George was safely delivered amid signs of commotion visible from the windows of the St George hospital.

Watch the video here - <https://youtu.be/lxKU4Dh5F3M>

## 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.dh.ie](http://www.dh.ie)

### How to Prevent



**Wash**  
Wash hands well and often to avoid contamination



**Cover**  
Cover your mouth and nose with a tissue or sleeve when coughing or sneezing and dispose and wash



**Avoid**  
Touching eyes, nose or mouth with unwashed hands



**Clean**  
Clean and disinfect frequently touched objects and surfaces



**Stop**  
Shaking hands or hugging when leaving public places



**Distance**  
Avoid close contact with 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](http://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](http://www.gov.ie/health/covid-19)  
[www.hse.ie](http://www.hse.ie)

Minister for Health: Simon Harris TD  
#An tAire Doimníne



Riádan na Míreann  
Government of Ireland

## Useful Contacts

**Age Friendly Ireland Shared Service Office** T: 046 9097413 E: [rleavy@meathcoco.ie](mailto: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

### 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



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association



Fingal County Council	01 890 5000
Galway City Council	1800 400 150
Galway County Council	1800 928 894
Kerry County Council	1800 807 009
Kildare County Council	1800 300 174
Kilkenny County Council	1800 500 000
Laois County Council	1800 832 010
Leitrim County Council	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