

Coronavirus COVID-19

The Midlands Traveller Health Unit and local Traveller organisations have a Traveller specific information helpline available to Travellers living in the counties of Laois, Offaly, Longford, Westmeath, Louth and Meath.

If you are worried and would like to talk to someone, phone or text [083 100 6 300](tel:0831006300)

What is Coronavirus:

Coronavirus is a new illness that can affect your lungs and airways. It can be passed by being in close contact with someone who has the virus, by shaking hands and then touching your eyes nose and mouth. It can also be passed through coughing or sneezing, when people are standing too close together (less than six feet apart- or at least 3 arm's length)

What are the Symptoms -What to look out for:

Fever- high temperature- (38 degrees Celsius or above) or chills – Cough - Shortness of breath - Breathing difficulties

If you develop any of the above you will need to self-isolate and phone your Doctor (GP). Do not go to your Doctor's surgery, chemist or hospital.

Self-Isolate:

- Stay at home in a room with an open window
- Keep away from others in your home as much as you can
- Phone your Doctor
- Do not go out to public places or invite visitors to your home

Personal Hygiene:

- Wash your hands properly with soap and water regularly during the day
- Do not touch your face with your hands, or at least without washing your hands thoroughly first
- Cover your mouth and nose with a tissue or sneeze and cough into your elbow
- Put used tissues into a bin and wash your hands

Social Distancing:

- Keep at least at least 2 metres (6 feet - or at least 3 arm's length) away from others and limit any social contact or gatherings

Phone or text [083 100 6 300](tel:0831006300) or contact the HSE Helpline on [1850 24 1850](tel:1850241850)