

COVID-19 is a new viral infection caused by the SARS-CoV-2 virus spread mainly through droplets produced by coughing or sneezing. You could get the virus if you: 1. Come into contact with someone who has the virus and is coughing or sneezing 2. Touch surfaces or objects that someone who has the virus has coughed or sneezed on, and then touch your mouth, nose or eye

What to do if you have symptoms

- Self-isolate & call GP immediately
- DONT go the GP, chemist or hospital
- Tell the GP that you are a Traveller and your symptoms as they will prioritise you

WHAT WILL HAPPEN NEXT?

- If test is needed, the GP will arrange - this could take a few days
- Give the right mobile number
- A number for your test will be sent to your mobile, you will need to bring this with you
- You will not be tested if you don't have an appointment
- If you don't need a test, stay at home and self-isolate for 2 weeks with your family
- If you get worse, phone your GP or ambulance. DON'T go to the hospital

We Must **Social Distance** to Save Lives
 I-----2m or 6ft apart-----I

Clonmel Primary Healthcare
 Project for Travellers

Corona virus can be passed by anyone to anyone? There is no shame ...there is no blame !!! We are all in this together now!

Clonmel Primary Healthcare Project for Travellers



COVID 19 Information Pack



South Tipperary Development CLG

Social Inclusion & Community Activation Programme



Pavee Mental Health Supports

It's normal to feel worried, stressed and scared about what's happening with COVID 19 (Coronavirus) at the moment- but there are supports out there to help.





If you are worried or finding it difficult to cope this free helpline is open day or night
Samaritans 116 123

Free 24/7 professional helpline for people at risk of suicide and self-harm and those bereaved by suicide
Pieta House 1800 247 247

If you are feeling depressed or anxious
Aware 1800 80 48 48

Teen-Line Ireland
1800 833 634

Traveller Counselling Service
0863081476 or email info@travellercounselling.ie

Exchange House Ireland National Traveller Mental Health Service (9am - 5pm, Monday to Friday)
Call 01 8721094 (then press 1) for support, help or advice

Turn2MeFree online counselling and online support groups for people over 18
Visit www.turn2me.org

MyMindOnline counselling service
Visit www.mymind.org or email hq@mymind.org



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



**NATIONAL COVID-19
TRAVELLER HOTLINE**

TEXT OR CALL:

083 100 6300

Contact Us

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