



COVID-19 Mitigation Plan: Traveller Health Unit – Community Healthcare West (Galway, Mayo & Roscommon)

This aim of this Mitigation Plan is to identify local policies and actions that can be implemented in order to strengthen our efforts to reduce the risk and lessen the impact of COVID-19 on the Traveller communities in Galway, Mayo and Roscommon - through a structured collective response.

It provides guidance for key tasks the Primary HealthCare Traveller Projects (PHCTPs) should take in order to remain connected with the local Traveller community, and be able to get up-to-date relevant information out to the community at a time when people are asked to keep apart physically. PHCTPs provide peer health information to the Traveller community in their local areas and are central to the work of the Traveller Health Unit.

The Plan highlights some specific relevant information and signposts to relevant advice/guidance available on the HSE, Department of Health and/or Government websites. Government advice changes according to latest developments – *please ensure you keep up to date by following the latest published advice from the Government and the HSE.*

LATEST UPDATES

- [Pavee Point COVID-19 information resources](#)
- **HSE Social Inclusion** sharing resources for THUs – [Traveller COVID 19 sharing resources](#), [Roma COVID 19 sharing resources](#), [Migrant Health COVID 19 sharing resources](#), [Addiction COVID 19 sharing resources](#), [Homeless COVID 19 sharing resources](#), [DSGBV COVID 19 Sharing Resources](#) and <http://www.drugs.ie/resources/covid/>
- **HSE Coronavirus (COVID-19)** and **HPSC Vulnerable Groups guidance**
- **Department of Health COVID-19 (Coronavirus): Health advice**
- latest Government information, advice and guidelines on [COVID-19 \(Coronavirus\)](#)
- [COVID-19 \(Coronavirus\) Information](#) from across Government from the daily government briefings
- [Yellow COVID-19 information booklet sent to every household](#)

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The HSE **Community Healthcare West** (formerly CHO2) **Traveller Health Unit** (THU) is in place to improve the health status of the Traveller community, improve the capacity of the mainstream health services to respond to the needs of the Traveller community and respond to the social determinants that impact on Traveller Health. Now more than ever the THU has a role to play in ensuring the better coordination of health services to meet the needs of the Traveller community during the COVID-19 worldwide health emergency.

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What is COVID-19 coronavirus?

COVID-19 is a new illness that can affect your lungs and airways. It is caused by a new coronavirus (SARS-CoV-2), which is spread mainly through sneeze or cough droplets. From what we know about the virus, you cannot catch it from the wind. To infect you, it has to get from an infected person's nose or mouth into your eyes, nose or mouth. This can happen - *if*:

- you come into **close contact** (<2 metres/6 feet) with someone who has the virus and who is coughing or sneezing (we say keep 2m/6ft distance because droplets from a cough or sneeze can travel some distance)
- you **touch** - with your hands - surfaces or objects that someone who has the virus has coughed or sneezed on, and then touch your mouth, nose or eyes without having washed your hands thoroughly.

Keep this in mind. It will help you remember all the things you need to do to protect yourself and others from the virus.

As it is a new illness, we do not know how easily the COVID-19 virus spreads from person to person. Spread is most likely from those who have symptoms. COVID-19 can be a mild or severe illness with symptoms that include fever (high temperature, usually more than 38 degrees Celsius), cough (usually a dry cough), shortness of breath and difficulty breathing.

Being a Traveller does not mean that a person is more likely to catch COVID-19 or to become very ill with COVID-19 if they do catch it. **Travellers** are included in the **vulnerable groups and priority groups for COVID-19 testing** because many Travellers live in situations or environments where it may be difficult to manage symptoms, to practice Physical/Social Distancing or to self-isolate.

There are things EVERYONE can do to protect themselves, their families and communities from COVID-19.

The best way to protect yourself and others against COVID-19:

- ✓ **Wash your hands frequently***
- ✓ **Avoid touching your eyes, nose or mouth**
 - ✓ **Cover your cough and sneeze**
 - ✓ **Don't shake hands with people**
 - ✓ **Avoid crowded places**
- ✓ **Keep your distance from other people if you are outside your home****
 - ✓ **Clean and disinfect frequently touched surfaces every day**
- ✓ **If you develop flu-like symptoms – self-isolate and phone your GP for advice**

**by doing this you get rid of viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose*

***keep separate by at least 1 metre (3ft), ideally at least 2 metres (6ft)*

As part of responding to coronavirus – everyone is being asked to practice physical distancing/**social distancing – this is for EVERYONE** – we should all be following this and staying at home as much as possible.

There are some groups of people who may be [at more risk of complications \(or severe illness\)](#) if they catch this new coronavirus, due to underlying health conditions. This is similar to other infections such as flu. These people need to take extra care to protect themselves from coronavirus. This is on top of the advice that everyone needs to follow to protect themselves and others from coronavirus.

Cocooning

Some people in the at-risk groups are [extremely medically vulnerable](#) and need to **cocoon**.

- Cocooning is [about protecting people](#) from coming in contact with COVID-19 in the first place – by minimising their interactions with other people – by **staying at home at all times** and avoiding face-to-face contact with other people
- Cocooning will need to happen for as long as the Government measures are in place and while the Government is still advising cocooning – we don't know how long that will be for
- The main cocooning measures can be found on the HSE website (check [here](#) for updates):
 1. Strictly avoid contact with someone who is displaying symptoms of COVID-19. These symptoms include high temperature and/or new and continuous cough
 2. Do not leave your house
 3. Do not attend any gatherings. This includes gatherings of friends and families in private spaces for example family homes, weddings and religious services
 4. Do not go out for shopping and, when arranging food or medication deliveries, these should be left at the door to minimise contact
 5. Keep in touch using remote technology such as phone, internet, and social media
 6. Do use telephone or online services to contact your GP or other essential services
 7. Ensure you keep phones/devices charged, and have credit on your phone so that you can stay connected.

Further information on cocooning and the supports available:

- **A Pavee's Guide to Cocooning** <https://www.paveepoint.ie/staying-safe-from-coronavirus-protect-yourself-and-others/>
- **HSE** <https://www2.hse.ie/conditions/coronavirus/cocooning.html>

Assessment of Risk in the HSE Community Healthcare West area

Challenges faced by Travellers in relation to COVID-19

1. Challenges in **protecting** Travellers against COVID-19: understanding the public health message/preventing the spread of COVID-19
 - a. Low levels of literacy and as a result low health literacy and ability to fully understand (a) the COVID-19 health message, (b) what is involved in social distancing (physical distancing), (c) what is involved in self-isolation
 - b. Poor self-care / organisation skills to maintain self-isolation over 14 days
 - c. Educational disadvantage a growing risk
 - d. Community norms around gathering socially / in large family groups and lack of family support around self-isolation – extended family may not understand the need for it

2. Challenges in **protecting** Travellers against COVID-19: many Traveller community members are living in substandard accommodation with inadequate services in the region – with challenges for (a) **social distancing**, (b) **self-isolation**, and (c) **cocooning**
 - a. Social distancing and self-isolation will be extremely difficult for Traveller families who are homeless, experiencing addiction issues, living in overcrowded conditions/ sharing communal sleeping areas and or living on poorly serviced halting sites
 - b. Families who have no access/ shared access to water, sanitation, electricity
 - c. Increased hardship for the Traveller families living on the roadside without access to the basic services
 - d. Accessing safe clean hot running water to enable regular hand-washing in poorly serviced halting sites or on the side of the road
 - e. Over-crowding and lack of space to self-isolate
 - f. Halting site and road side accommodation – unsuitability for self-isolation

3. Challenges in **detecting** COVID-19
 - a. Awareness of symptoms of COVID-19 and how to access care
 - b. Testing for COVID-19 across the Traveller population in HSE Community Healthcare West area

4. Vulnerability to the **health impact** of COVID-19:
 - a. Poor baseline health/ disproportionate burden of chronic health conditions¹ compared to the majority population make the Traveller community more vulnerable to the impact of COVID-19 if they catch it (greater risk of more severe disease for those medical conditions such as chronic lung conditions/asthma, chronic heart conditions, diabetes etc.)

5. Vulnerability to the **mental health impact** of COVID-19 and the impact of the need to reduce physical contact with other people (Social Distancing), and to stop gatherings and travelling

¹ All Ireland Traveller Health Study, <https://www.paveepoint.ie/resources/our-geels-all-ireland-traveller-health-study/>

- a. Members of the Traveller community experience a high level of mental health issues and will be further vulnerable due to the isolating nature of what we're asked to do to limit spread of the virus
 - b. Shame and stigma (already a big issue in relation to some aspects of general health) – they won't want people to know
 - c. Coping with restrictions on visiting family members who may be severely ill in hospital with COVID-19 or other illness
 - d. Coping with bereavement within the Traveller community due to either (a) contracting the COVID-19 virus and/or (b) from other condition during this time – and - coping with the limitations placed on people gathering in groups and the need to mourn /grieve respectfully (impact on funerals)
6. Vulnerability to the **educational impact** of COVID-19:
- a. Young Travellers are at increased risk of educational disadvantage & early school leaving
 - b. Challenge of home schooling Traveller children.

The particular influence of social determinants (SDH) on the poor health of Travellers namely poor accommodation, low levels of education and discrimination and the low levels of trust from Travellers in health professionals and the high levels of reporting of poorer encounters with health professionals were noted in the All Ireland Traveller Health Study 2010. As the SDH play a key role in the ability of the Traveller community / organisations to respond to COVID-19, guidelines issued in relation to any of these areas pertaining to COVID-19 will be taken on board in order to ensure that symptoms of COVID-19 infection are mitigated within the Traveller community.

Existing and additional actions needed to respond to these risks

General

1. The THU will support the 4 PHCTPs in the region (Galway Traveller Movement (GTM), Western Traveller Intercultural Development (WTID) Tuam, Mayo Traveller Support Group (MTSG) and County Roscommon Traveller Health Programme to develop project mitigation plans that will ensure the effective circulation/dissemination of up to date relevant health information out to the Traveller community across Galway, Mayo and Roscommon
2. The Traveller Health Unit Co-ordinator will participate in the National Traveller Health Advisory Group weekly coordination conference calls and disseminate the learning to the region. The Co-ordinator will convene THU CHW conference calls on a weekly basis during this public health emergency.

Challenges in **protecting** Travellers against COVID-19: preventing the spread of COVID-19 / understanding the public health message

1. Additional Health Promotion will be required to ensure that people understand the health advice and how to apply it in / what it means for their daily lives – some **key messages that PHCTPs could work on with the community** include:
 - 1.1. Symptoms of COVID-19 coronavirus infection (*Appendix 1 – COVID-19 symptoms, self-isolation, testing & follow-up*)
 - 1.2. What to do if you have symptoms of COVID-19 infection – in terms of (a) taking care of yourself (healthcare) (b) protecting others (self-isolation) (*Appendix 1 – COVID-19 symptoms, self-isolation, testing & follow-up*)
 - 1.3. How to protect yourself and others from COVID-19 infection ([HSE Protect yourself and others](#))
 - 1.4. Managing day to day activities – shopping, cleaning etc. (*Appendix 2 – Managing day to day activities at home*)
 - 1.5. What COVID-19 means for travelling, visiting, gatherings, funerals (*Appendix 8 – COVID-19 restrictions on travel and gatherings*)
 - 1.6. Keeping well during this time – linking in with usual health/ mental health/ immunisation services (*Appendix 7 – Health Services and Supports during COVID-19*)
 - 1.7. Talking through worries/concerns, getting advice (*Appendix 4 – Helplines for COVID-19*).

Raise awareness – remind Travellers to

- **wash hands** frequently with soap and hot water or use an alcohol-based hand rub (at least 60% alcohol) if hands are not visibly dirty
- **wash hands** before eating, drinking, smoking, preparing food and using the toilet and arriving home after using public transport/ travelling
- practice good **respiratory hygiene**, i.e. when coughing and sneezing, cover your mouth and nose with flexed elbow or tissue – discard tissue immediately into a closed bin and clean your hands with alcohol-based hand rub or soap and water
- **avoid touching your eyes, nose and mouth** – if you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself

- exercise a common sense approach to interaction with other Travellers and country people, e.g. avoid shaking hands, avoid making close contact if possible, especially with those who are coughing and sneezing; reduce cash handling
- stay home if they are feeling unwell, are in regular contact with someone who is unwell, or are concerned they may have been exposed to coronavirus

Challenges in **protecting** Travellers against COVID-19: substandard accommodation with inadequate basic services

1. The THU will link with the four Traveller organisations and ask for an update and report regarding the living conditions and emergency interventions necessary for members of the Traveller families living in substandard accommodation (**risk assessments**; *Appendix 3 – Risk assessments to identify the most vulnerable*)
2. On receipt of same the THU will ask for **meetings with the Local Authorities** in Galway, Mayo and Roscommon with the view to addressing the emergency public health concerns, plans for self-isolation (for those with symptoms) and capacity for cocooning of the most vulnerable (*Appendix 3 – Risk assessments to identify the most vulnerable*)
3. The THU will be guided by - the 18 March 2020 circular distributed by the Dept of Communities & Local Government (DCLG) Traveller Accommodation Support Unit to Local Authority Directors of Service - Housing, the direction of the HSE National Social Inclusion section and advice from HSE West Department of Public Health
4. Issues to cover in **discussions with the local authorities** (see DCLG circular) include:
 - 4.1. basic physical needs (see picture) for basic preventative measures – such as safe clean hot running water for frequent hand-washing, cleaning etc. (see Community Work Ireland’s [Marginalised Groups: Planning for Resilience in the COVID-19 Crisis](#); graphic on previous page)
 - 4.2. distribution of hygiene packs to Traveller families
 - 4.3. plan for a **self-isolation space** if a Traveller becomes unwell with symptoms of COVID-19 – within his/her own residence or site OR at another location off-site – and a **clear process for accessing this facility both in and out of hours**
 - 4.4. cocooning of vulnerable Travellers – need to reduce overcrowding / reduce shared bathroom/washing facilities, shared/communal sleeping areas; may need to support cocooning of a whole household/family unit if a medically vulnerable child
 - 4.5. to support self-isolation and cocooning:
 - additional interim works and portable toilet facilities being provided to specific families with overcrowding and/or medical needs
 - re-let / essential repairs on vacant Traveller accommodation units being prioritised to assist with space for (a) cocooning, and (b) standby for self-isolation
 - procurement of additional accommodation units or pods for (a) cocooning, and (b) standby for self-isolation
 - off-site accommodation for (a) cocooning, and (b) standby for self-isolation
 - 4.6. continuation of a maintenance service on sites; essential repairs, clean-up works; access and egress on sites
 - 4.7. additional waste collection on site as required


4.8. consideration of disinfecting public/communal areas

4.9. raising awareness e.g. large information signs / social distance markings on sites

1. BASIC PHYSICAL NEEDS

Basic physical needs are those which are essential for survival such as food, water, shelter, heat and clothing.

In the context of the COVID-19 crisis, assessing and developing responses to the basic physical needs of each group could include asking the following:



- 1.1 Do members of each group have access to clear and accessible information about COVID-19, how to protect their health and what to do if they have symptoms? (Consider language, literacy, accessibility)
- 1.2 Can members of each group self-isolate?
- 1.3 Is it possible for members of each group to practice physical distancing?
- 1.4 Do members of each group have access to clean warm water and soap?
- 1.5 Can members of each group access essentials such as groceries, medical supplies and fuel/heating?
- 1.6 Do carers have access to the safety equipment they require such as Personal Protection Equipment?
- 1.7 Do members of each group have decent, safe accommodation?
- 1.8 Do they have access to laundry facilities?
- 1.9 Do they have enough money for what they need?

Marginalised Groups: Planning for Resilience in the COVID-19 Crisis 2

Community Work Ireland <https://www.communityworkireland.ie/marginalized-groups-planning-for-resilience-in-the-covid-19-crisis/>

Challenges in **detecting** COVID-19 / accessing care

1. Additional Health Promotion will be required to ensure that people understand
 - 1.1. the symptoms of COVID-19 (*Appendix 1 – COVID-19 symptoms, self-isolation, testing & follow-up*)
 - 1.2. what to do if they have symptoms/ are unwell – how testing is organised (*Appendix 1 – COVID-19 symptoms, self-isolation, testing & follow-up*)
2. Addressing stigma and misinformation (see Community Work Ireland's [Marginalised Groups: Planning for Resilience in the COVID-19 Crisis](#)).

Vulnerability to the **health impact** of COVID-19

1. Some key messages that PHCTPs could work on with the community include:
 - 1.1. Need to **cocoon** if have serious underlying medical conditions that make them more vulnerable to becoming seriously ill if they catch COVID-19 infection (see [HSE – Cocooning](#) and [A Pavees Guide to Cocooning](#))
 - 1.2. Advise community members that they still need to keep in touch with their doctor/other healthcare provider for non-COVID-19 illnesses and to keep their children up to date with their vaccines (*Appendix 7 – Health Services and Supports during COVID-19*).

Vulnerability to the **mental health impact** of COVID-19

1. The THU Mental Health Subgroup members will work on developing a coordinated response to meeting the mental health needs of the Traveller community exacerbated by the COVID-19 virus. Actions may include (*see separate THU Mental Health Mitigation Plan for details*):
 - 1.1. Ensuring people know what mental health services and supports are available, and where to get help if needed (*Appendix 7 – Health Services and Supports during COVID-19*)
 - 1.2. Distributing leaflets/ information to promote positive mental health and wellbeing among Travellers during the crisis
 - 1.3. See **Connections & Social Supports**, and **Resilience** in Community Work Ireland’s [Marginalised Groups: Planning for Resilience in the COVID-19 Crisis](#)
2. The THU and the Traveller organisations in the region will work with the Traveller Mental Health Co-ordinator in order to develop a response to the potential trauma caused if members of the Traveller community die due to COVID-19 coronavirus and/or die from unrelated COVID-19 issues. In these circumstances, the usual traditional funeral practice is limited by the COVID 19 Public Health restrictions. Actions may include:
 - 2.1. Raising awareness of the Government restrictions on travel and gatherings (that apply for everyone) and of different ways of offering condolences/supporting the bereaved at this time (*Appendix 8 – COVID-19 restrictions on travel and gatherings: see Irish Hospice Foundation links within this*)
 - 2.2. Share/distribute leaflets and messages developed to encourage Travellers, who may not attend funerals, to offer condolences at a distance.

Vulnerability to the **educational impact** of COVID-19

1. Advocacy and linking families in with the available supports
 - 1.1. Interventions to ensure that Traveller young people have access to online and other supports to maintain their participation in education
 - 1.2. Consider posting resources to families who have no access to internet, online school work or homework clubs, or telephone support for families (see **Resilience** in Community Work Ireland’s [Marginalised Groups: Planning for Resilience in the COVID-19 Crisis](#)).

Contact Requirements

The designated person within the HSE in relation to the COVID-19 situation who will link in with all other staff within the HSE and nationally with THAF is Mary Syron, THU Co-ordinator. In the event that Mary is unable to attend work, the designated person is Olive Gallagher.

HSE	Contact details	Mobile No.
Mary Syron	mary.syron@hse.ie	087-6182073
Olive Gallagher	olive.gallagher1@hse.ie	086-0272990

The designated person within each of the projects are outlined below

Project	Manager	Mobile No.	Co-ordinator	Mobile No
GTM	Margaret O’Riada	087- 0517321	Kathleen Sweeney Vivienne Ivers	087-7993073 087-0517322
WTID Tuam	David Collins	087-7831687	Caroline Canny	085-1638981
MTSG	Edith Geraghty	086- 0820266	Keith Maughan	085-1832215
CRTHP Roscommon	Gail Murray	086-8532915	Patricia Madden	086-8194698

Appendix 1 – COVID-19 symptoms, self-isolation, testing & follow-up

Symptoms of COVID-19 coronavirus infection

It can take up to 14 days for symptoms of coronavirus to appear after catching it. They can be similar to the symptoms of cold and flu. Common symptoms of coronavirus include:

- a fever (high temperature - 38 degrees Celsius or above)
- a cough - this can be any kind of cough, not just dry
- shortness of breath or breathing difficulties
- HSE <https://www2.hse.ie/conditions/coronavirus/symptoms-causes.html>

If you have any of these **symptoms**, it is **IMPORTANT** that you **SELF-ISOLATE** straight away and **PHONE** your GP

- Your GP will discuss your symptoms with you over the phone & decide if a test for Coronavirus (COVID-19) is needed
- Do not go to your GP surgery in person – unless your GP asks you to
- You can also call HSELive on **1850 24 1850** for further guidance.

Getting a test for COVID-19 (coronavirus)

- As the COVID-19 crisis has developed, the criteria that people need to fulfil in order to be eligible for the test have changed. Your GP will be aware of the latest criteria for testing – these can also be found on the HSE website [here](#)
- Travellers and Roma are included in the **priority groups** for testing
- Pavee Point [Getting a test for COVID-19 \(coronavirus\)](#)
- HSE information on testing: <https://www2.hse.ie/conditions/coronavirus/testing.html>

What happens next?

- If your GP thinks you need a test for COVID-19 coronavirus, then you should immediately start to act as if you have the virus. This is to protect other people from getting the virus (in case you have it). **KEEP SELF-ISOLATING!**
- Your GP will refer you for the test – this will most likely be at a Community Testing Centre (in Galway, Mayo or Roscommon), unless your GP thinks you might need to be checked out in hospital when they will organise a referral for you; or, the test may happen in your home
- You may have to wait a few days for the test if the Testing Centres are very busy – if your symptoms worsen while you are waiting, call your GP. If you have difficulty breathing or are feeling very unwell, call 112 or 999 and tell them about your symptoms
- You will get a text message with the time and location of your test a few days after your GP arranges your test. The text will include a reference number. You will need to bring this to your appointment
- After you have your test:
 - If the test is negative you will get a text message to say so
 - If the result is positive, you will be contacted by the HSE to as part of CONTACT TRACING.

Contact tracing

- During the time you are waiting for your test *OR* after your test result comes back (if it's positive) you will also receive a phone call from either:
 - the local Department of Public Health OR a HSE Contact Tracing Call Centre
 - asking you about people you have been in contact with since, and immediately before you became unwell. This information is needed so that your contacts can also be followed up to check if they have symptoms and need to be tested. This is to try and stop the spread of coronavirus
 - A person's contacts will NOT be told who the person is that now has COVID-19. They will only be told that they have been in contact with a suspected or confirmed case of COVID-19. Personal details (name etc) of the case will not be shared by the HSE with any contacts
- Remember to **KEEP SELF-ISOLATING** during this time!

Self-isolation at home

- Self-isolation is for anybody who has **symptoms** that might be / that are COVID-19 coronavirus – and who needs to be kept separated from others so that they don't pass the infection on to them
- Self-isolation means staying indoors and completely avoiding contact with other people – including those in your own household
- If you have symptoms then you **MUST** self-isolate and contact your GP by phone. If they think you need to get tested for the virus, they will organise this
- While you wait for the test results or if you test positive but have mild symptoms, you can self-isolate at home
- You will need to self-isolate for **14 days** from when your symptoms first started
- **Key points**
 - Own room for the person who needs to self-isolate – as they will need to spend most of their time there for the 14 days
 - Try to identify a primary/ main carer within the family for the person who is ill, so that other family/household members can reduce their physical contact with that person
 - This is especially if the person who is ill is someone who needs help with their activities of daily living, such as feeding and toileting, small children who can't be left alone etc.



More detailed information on self-isolation

- [HSE self-isolation leaflets](#) – on what self-isolation means, on sharing a home with someone who has symptoms of COVID-19, and explaining home isolation & restricted movement [NB. **please check for the most recent update** – this information is updated regularly]
- Yellow [COVID-19 information booklet](#) sent to every household
- **Pavee Point** [information on self-isolation](#)
- **Family Carers Ireland** [Coronavirus \(Covid-19\) Information & Advice](#) – this includes practical advice for caring for a person who **has or may have COVID-19** (see picture) [also useful advice if caring for someone who needs to cocoon because they are more vulnerable].

Appendix 2 – Managing day to day activities at home

Cleaning and disinfection of surfaces

- It is thought that the COVID-19 coronavirus can stay alive for hours to days on some surfaces – so take a pro-active approach in doing more cleaning of visibly dirty surfaces, followed by disinfection
- Clean and disinfect regularly touched objects and surfaces using a household cleaning product/bleach (follow label instructions) – especially all **hard surfaces** in common areas and locations **that are touched frequently** by people throughout the day, e.g.
 - door handles/ doorknobs, grab rails/ hand rails, plastic-coated or laminated worktops, tables, light switches, and toilets/taps/sanitary fittings
 - electronics – follow the manufacturer’s instructions for cleaning & disinfection; consider use of wipeable covers for electronics; if no manufacturer’s advice is available, consider the use of alcohol-based wipes or spray containing at least 60% alcohol to disinfect touch screens; dry surfaces thoroughly to avoid pooling of liquids
- Wear rubber gloves when cleaning surfaces, wash the gloves while still wearing them, then wash your hands after you take them off; use soap and hot running water to wash hands
- Make sure you have good ventilation (windows open) while you are using the cleaning/disinfection product (such as bleach)
- Make sure that you have enough bins available for easy disposal of tissues (preferably covered bins, lined with a bin bag, replace when three-quarters full).

Looking after companion animals

- Department of Agriculture questions on COVID-19 coronavirus for animal owners <https://www.agriculture.gov.ie/customerservice/coronaviruscovid-19/fagsregardingcovid-19foranimalowners/>

Protect yourself and others

- HSE information <https://www2.hse.ie/conditions/coronavirus/protect-yourself.html>

Shopping

- Shopping safely with physical distancing measures <https://youtu.be/tbxIU9pyk> (HSE/DOH)
- Groceries and COVID-19 coronavirus <https://www.safefood.eu/Food-Safety/Groceries-and-COVID-19.aspx> (SafeFood)

Appendix 3 – Risk assessments to identify the most vulnerable

The Primary HealthCare Traveller Projects (PHCTPs) in Galway, Mayo and Roscommon will work with the Local Authorities to complete risk assessments to identify:

- Travellers who are at risk of severe COVID-19 illness if they catch the infection i.e. **extremely medically vulnerable** and advised to cocoon (Category 1) or **medically vulnerable** and need to take more care to protect themselves from COVID-19 infection (Category 2)
- Travellers living in **overcrowded** conditions who won't be able to self-isolate if unwell.

Self-isolation is usually only for 14 days (time-limited). Cocooning will need to continue for as long as Government restrictions are in place (duration uncertain, but longer time period). This should be taken into consideration when allocating resources based on priority need.

Category 1: Travellers extremely medically vulnerable /over-60 and advised to cocoon

ALL Travellers over 60 and with the underlying medical conditions listed here need to be supported in **cocooning**. People in this group are most at risk of serious illness if they catch coronavirus (NB. this does not mean that this will happen) and need to be protected.

People in this Category have the following medical conditions (see [here](#) for updates):

- Have had a solid organ transplant (e.g. kidney, lung, heart or liver transplant)
- Specific cancers
 - Lung cancer AND undergoing active chemotherapy or radical radiotherapy (radium treatment) at the moment
 - Blood / bone marrow cancers (like leukaemia, lymphoma or myeloma) at any stage of treatment
 - People having any cancer treatments that target/affect the immune system (e.g. antibody treatments, protein kinase inhibitors, PARP inhibitors)
 - People who had a bone marrow or stem cell transplant in the last 6 months, or who are still taking immunosuppressive drugs
- Severe lung conditions like: cystic fibrosis, severe asthma, severe COPD/ emphysema
- Rare diseases or metabolic conditions that increase the risk of infections – like Severe combined immunodeficiency (SCID)
- On treatments that suppress the immune system to such an extent that they are at more risk from infection (your doctor can tell you if you are on this type of treatment)
- Women who are pregnant AND who have significant heart disease (not pregnancy on its own).

People who are elderly (over-60) AND have these medical conditions are very vulnerable and should be a priority for identifying and ensuring that they have the necessary supports in place. This is a suggested prioritisation framework (with Category 1A highest priority)

- **Category 1A:** Over-60 AND extremely medically vulnerable because of one of the conditions
- **Category 1B:** Extremely medically vulnerable because of more than one of the conditions listed e.g. if have severe COPD and on treatment for lung cancer
- **Category 1C:** Extremely medically vulnerable because of one of the conditions listed OR over-60 years of age.

Category 2: Travellers medically vulnerable and need to take more care

People with these underlying health conditions are also more at risk of serious illness if they catch COVID-19 coronavirus. This is similar to other infections such as flu.

While they are not formally instructed by Government to cocoon to protect themselves, they do need to take extra care to protect themselves from coronavirus, and may choose to cocoon. They should be supported in this, and may also need help with collecting groceries, medicines and other essential items.

This group includes people who (see [here](#) for updates):

- have a long-term medical condition such as - **heart disease** (e.g. angina or heart attack), **high blood pressure**, **cerebrovascular disease** (e.g. stroke or brain haemorrhage), **chronic lung disease** (e.g. COPD/emphysema, bronchiectasis, lung fibrosis), **diabetes**, **cancer** (active malignancy in the last 5 years), **chronic renal disease** (e.g. needs to be on dialysis), **chronic liver disease**
- have a **weak immune system** (immunosuppressed)
- have a medical condition that can affect your breathing
- are residents of nursing homes and other long-stay settings
- are in specialist disability care and are over 50 years of age or have an underlying health problem.

Suggested prioritisation framework for ensuring the necessary supports are in place for Travellers identified during risk assessments as medically vulnerable and needing to cocoon and/or to take more care to protect themselves:

- Category 1A highest priority
- Category 1B
- Category 1C
- Category 2

It is important to remember also that people who suffer with **poor mental health** may find that the stress of coronavirus restrictions and restricted movements very stressful, particularly if living in overcrowded conditions. This may lead to a deterioration in their mental health condition. These vulnerabilities should also be taken into account when allocating / prioritising resources.

REMEMBER - the advice now for EVERYONE is to STAY at HOME

Appendix 4 – Helplines for COVID-19



National COVID-19 (coronavirus) helpline for Travellers

- Set up by Offaly Traveller Movement, the Midland Traveller Health Unit, Midlands Traveller organisations and the Traveller Mental Health Service
- To provide information and advice/ reassurance for the Traveller community
- Staffed by:
 - the Director of Offaly Traveller Movement who is also a Mental health Social Worker
 - the Public Health Nurse for Travellers in HSE Midlands
 - the Mental Health Coordinator of the Travelling to Wellbeing Mental Health Service
 - HSE Traveller Mental Health Coordinators from five CHO areas
- Operational in the Midlands since 20 March 2020 and nationally from 26 March 2020
- Phone: **083 1006300**
- Hours: from 9am to 9pm seven days a week (hours may change depending on the demand)

National COVID-19 (coronavirus) helpline for Roma

- Set up by Pavee Point for people from the Roma community in Ireland
- Provides general information on coronavirus and advice on accessing medical care if unwell
- Information can be provided in Romanes and Romanian
- Phone: **087 126 4606**
- Hours: Monday to Friday, 9am until 5pm

ALONE national COVID-19 support line for older people



- Set up by ALONE in collaboration with the HSE and the Department of Health
- Professional staff will be available to answer queries regarding COVID-19 (Coronavirus), give advice and reassurance where necessary, and/or offer practical support
- Phone: **0818 222 024**
- Hours: Monday to Friday, 8am-8pm (hours may be extended depending on the demand)

HSE national helpline (HSELive)

- For questions about health services, your entitlements, or how to access HSE health or social services in your area; also COVID-19 (coronavirus) information/ advice
- Callsave: **1850 24 1850**
- Hours: Monday to Friday, 8am - 8pm AND Saturday and Sunday: 10am - 5pm
- Email: hselive@hse.ie
- Webpage: <https://www.hse.ie/eng/hselive/>



Community Support Fora in each Local Authority area

- On Sat 28 March 2020, the Minister for Housing, Planning & Local Government tasked Local Authorities with setting up Community Support Fora as part of the Government COVID-19 response to coordinate and ramp up work to help ensure all **vulnerable members of communities required to cocoon** are appropriately supported (see [press release](#))

- Each Forum will be chaired and coordinated by each local authority Chief Executive and will consist of the HSE, the council, county champions, An Post, Community Welfare Service, An Garda Síochána, other State organisations, charities and other stakeholders
- The Forum will lead the co-ordination of COVID-19 community supports and resilience in each area to ensure clients are identified and supported consistently in every area
- Each Local Authority forum should provide the following services
 - Collection and Delivery – food, essential household items, fuel, medication in line with guidance
 - Transport to: Community testing centres, Clinical Assessment Hubs, GP and hospital appointments
 - Social Isolation - supports, engagement
 - Meals and their delivery
 - Garda-related
 - Other medical/health needs
- **Helpline:** There will be a community support helpline/call centre operating from early morning to late evening, 7 days per week, in every local authority; it will be cross-referenced by the ALONE National Helpline

Location	Phone number	Email
Galway City Council	1800 400 150	covidsupport@galwaycity.ie
Galway County Council	1800 92 88 94	covidsupport@galwaycoco.ie
Mayo County Council	094 9064660	covidsupport@mayococo.ie
Roscommon County Council	1800 200727	covidsupport@roscommoncoco.ie

Appendix 5 – Media resources

Pavee Point have developed Traveller-specific COVID-19 coronavirus information

- **video clips** on hand hygiene, sneezing, social distancing, cough hygiene etc. in line with the HSE guidance <https://www.paveepoint.ie/covid-19-information-resources/>
- videos to raise awareness on Vimeo <https://vimeo.com/paveepoint>
- **Pavee Point podcasts** on Soundcloud <https://soundcloud.com/user-191932918-464071478>

COVID-19 videos	
Department of Health YouTube channel	New Measures in Response to COVID-19 for the General Public https://youtu.be/8xrKcmgyORI
	Protect Yourself from COVID-19 (Coronavirus) https://youtu.be/zti7JhMt3Wc
	Why is Soap so Effective against COVID-19? https://youtu.be/vVzHGLqf5YU
HSE YouTube channel	Learn about hand hygiene and preventing the spread of coronavirus (COVID-19) https://youtu.be/5JYhm9oa-DM

Examples of simple messaging		
<i>Spread the message not the virus</i>	<i>#SolidarityNotStigma</i>	<i>#FactsNotFear</i>
<i>#HealthyAtHome (WHO challenge)</i>	<i>#StaySafeStayHome</i>	<i>#StayHomeSaveLives</i>
<i>#WashYourHands</i>	<i>#InThisTogether</i>	<i>#PaveesStaySafe</i>

COVID-19 posters	
Information posters for public use	https://www.gov.ie/en/collection/ee0781-covid-19-posters-for-public-use/ (includes A3 posters, A5 leaflet, and Screen posters)
	Printable materials for workplaces & communities https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/
Public Health advice (multiple topics)	https://www.gov.ie/en/publication/472f64-covid-19-coronavirus-guidance-and-advice/#public-health-advice-posters
Cough hygiene: 'Cover your cough & sneeze'	https://www.healthpromotion.ie/hp-files/docs/HPS01325.pdf https://www.healthpromotion.ie/hp-files/docs/HPS01324.pdf
Hand hygiene	https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/
Department of Health floor graphics	These explain social distancing as part of COVID-19 (indoor/outdoor) https://www.gov.ie/en/publication/472f64-covid-19-coronavirus-guidance-and-advice/#social-distancing-graphic

Appendix 6 – COVID-19 coronavirus information for Roma

Pavee Point Traveller & Roma Centre

- Pavee Point are working collaboratively with [Cairde](#) (Challenging ethnic minority health inequalities), the [Capuchin Day Centre for Homeless People](#), and other agencies nationwide on COVID-19 information and resources
- Roma Co-ordinator at Pavee Point (post funded by the HSE): **Marianna Prontera**, email marianna.prontera@pavee.ie, mobile number **083 1904207**.

Organisation	Title	Webpage
HSE Social Inclusion – sharing resources	Roma COVID 19	https://www.hse.ie/eng/about/who/primarycare/socialinclusion/travellers-and-roma/roma/roma-covid-19-sharing-resources.html
	Homeless COVID 19	https://www.hse.ie/eng/about/who/primarycare/socialinclusion/homelessness-and-addiction/covid-19-sharing-resources-homeless.html
	Migrant Health	https://www.hse.ie/eng/about/who/primarycare/socialinclusion/intercultural-health/covid-19-sharing-resources-migrant-health.html
	Translated resources (including Romanian)	https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/
Pavee Point	COVID-19 information for Roma in Ireland	https://www.paveepoint.ie/covid-19-coronavirus-information-for-roma-in-ireland/ https://vimeo.com/397211387 (information video)
Roma Community Inclusion Programme (Roma Community Enniscorthy Project/ Wexford Roma Health Advocacy Project)	Hand-washing video	https://youtu.be/Q7l6nbmoAMQ
	Other videos based on the HSE yellow Coronavirus information booklet (March 2020)	https://www.youtube.com/channel/UC-mrs2LrEajzxc4gCJS_Tw
	Facebook page with audio recording in Romanian of the HSE yellow COVID-19 info booklet	https://www.facebook.com/romaenniscorthy/videos/669612460479038/ *useful for Roma who don't speak English and are not literate in Romanian

Specific COVID-19 issues identified for Roma and recommendations from Pavee Point

1. Access to testing – consider outreach mobile testing at safe and accessible locations
2. Contact Tracing – funding of Roma workers (language, trust) to support this where there are no existing workers to undertake this work; encourage Roma to record on their phones who they have had contact with on a daily basis to facilitate the contact tracing
3. Facilities for self-isolation – responsibility of local authorities to make provision
4. Health Service Awareness Campaign of the vulnerabilities of Roma
5. Access to translation facilities in healthcare settings – GP helplines, HSE settings
6. Access to food/supplies/ support if self-isolating/ cocooning.

Appendix 7 – Health Services and Supports during COVID-19

Because of the [Public Health Measures introduced by the government on 1st April 2020](#) to prevent the spread of COVID-19:

- Non-essential surgery, health procedures & other non-essential health services are postponed
- Pharmacists are allowed by law to dispense medicines outside the dates spelled out in prescriptions according to their own professional judgement.

Addiction services (Drugs and Alcohol)

- The Addiction Services in HSE CHO2 area will maintain (for now) a reduced service to clients by assigning a counsellor to support clients in each of the three counties. These Counsellors are responsible for maintaining **telephone support with all clients** of the service in each of their respective counties; face-to-face meetings with clients should not take place. In your voicemails and email, please direct your clients to your county-specific number, as follows:

Location	Addiction Counsellor providing phone support	Mobile number
Galway	Jen Corbett	(087) 3823321
Mayo	Olive Branagan	(087) 3395522
Roscommon	Mary McCartney	(087) 2220380

- The methadone clinic remains operational and continues to work with referrals
- WRDATF activities are suspended for the duration of the COVID-19 outbreak and staff have been reassigned to other work
- Lead for Addiction Services in HSE Community Healthcare West area: Dr Shane McGuire
- HSE Social Inclusion – [COVID-19 and Addiction sharing resources](#) and <http://www.drugs.ie/resources/covid/>
- Pavee Point [substance use/misuse and COVID-19](#)

Attending your GP or hospital - if unwell

Your GP

- There have been reports of patients with chronic illnesses, including heart disease, not contacting their GP, over fears that COVID-19 pandemic restrictions will mean they won't be seen. However, ALL MEDICAL CENTRES are accepting phone calls from patients and - where it is deemed safe and necessary – patients will be asked to come in to see a doctor – your doctor will arrange this in a way that is safe for you and for healthcare staff
- It is IMPORTANT that you do not avoid or delay in looking for medical help if you are unwell – please **phone your doctor for advice**

Hospital

- **Emergency Departments** continue to operate 24/7 and if you/your family member is very ill they may need to be brought to hospital – your GP or Public Health Nurse can advise
- See [Hospital service disruptions and visiting restrictions \(COVID-19\)](#)
- In hospitals in Galway, Mayo and Roscommon ([Saolta Hospital Group](#)), there are arrangements in place to make sure that people who come to hospital with **COVID-19 symptoms** are treated

separately to people who come to hospital with **non-COVID-19 illnesses** from the moment they arrive at the hospital (e.g. separate entrances to the hospital, and separate parts of the Emergency Department/hospital for treatment and care).

Cancer Care

- Hospital updates on cancer services: see HSE webpage on [hospital service disruptions and visiting restrictions \(COVID-19\)](#)
- Irish Cancer Society: [information and advice about coronavirus for cancer patients, cancer survivors and their families](#)
 - Phone: **1800 200 700**
 - Email: cancernurseline@irishcancer.ie



Caring for children during coronavirus

- HSE [advice for parents](#) on caring for and protecting their child/children during the coronavirus outbreak, including advice for parents whose children move between homes.

Children's Health Ireland (CHI) at Crumlin helpline for families re COVID-19

- For families who are concerned or have further questions about attending Crumlin Hospital with their child/children
- Phone: **01 409 6117** / Hours: Mon to Fri 9-5pm

Childhood vaccines/ immunisation

- During the COVID-19 coronavirus pandemic, it is still VITALLY IMPORTANT for babies to receive their vaccines at 2, 4, 6, 12 and 13 months. The vaccines should be given on time or as soon as possible after to protect babies from serious infectious diseases
- All GP practices have been advised by the HSE that they MUST maintain their childhood immunisation clinics / services – please **phone your GP /practice nurse** to make an appointment, do not turn up at the surgery
- The school programme is currently on hold, no vaccines will be given by the HSE School Vaccination Teams at this time (this will be reviewed regularly)
- HSE information on [Vaccines during COVID-19](#).

Diabetes

- All diabetic patients registered with the hospital with upcoming appointments need to still keep the appointment – but this will be over the phone instead of visiting the hospital for the appointment. The doctor will phone them at the appointment time on their mobile or landline. They will receive a reminder text in advance (*Prof Fidelma Dunne, UCHG*)
- They should have beside them their pills or recent prescription and their home blood sugar readings as the doctor will discuss these and make changes to their treatment if necessary.
- Diabetes Ireland have *What preparations should I do to prepare for getting COVID-19?* advice for diabetics on their website at [COVID-19 & DIABETES – QUESTIONS & ANSWERS](#)



Domestic Violence Refuges/ Services

- Safelreland national domestic violence agency has a rolling update on the [WHERE TO FIND HELP](#) page on its website on services available for women and children during the coronavirus emergency. It is vital that women know that these vital frontline services continue to be available to them through this extraordinary time
- Women are urged to ring the **24hr National Freephone Helpline 1800 341 900** and **local** 24-hour helplines (see below) if they need immediate support.
- Frontline services in Galway and Mayo remain operational and have identified space for self-isolation where necessary

Waterside House Galway	091 565985 (24hr helpline)
Mayo Women's Support Services	094 9025409
Roscommon Safe Link Domestic Abuse Service	071 9664200

- Pavee Point [information for women on domestic violence & COVID-19](#), including national Domestic & Sexual Violence Services available during COVID-19
- HSE Social Inclusion [DSGBV COVID 19 Sharing Resources](#)
- National Women's Council of Ireland [Support for Women Experiencing Violence During COVID-19](#)

Heart and Stroke services

- For people with heart and stroke conditions, **prevention** is key. They need to be extra careful about COVID-19 coronavirus, by following the advice of the HSE, being aware of the symptoms and by taking the recommended actions to protect themselves.
- Croí Galway [COVID-19: Advice For Individuals Living With Heart Disease Or Stroke](#)
- Remember these are also conditions where people need to **act quickly to get help** if they are unwell. Quick treatment for people having a heart attack or a stroke can save lives and reduce the disability a person might have after their stroke or heart attack.




F - Face Has their face fallen on one side. Can they smile?

A - Arms Can they raise both their arms and keep them there?

S - Speech is their speech slurred?

T - Time To call 999 if you see any single one of these signs.



[When Stroke Strikes, Act F.A.S.T.](#)

Every minute matters, act F.A.S.T.

Maternity services

- Maternity Units continue to run, also Clinic scans, inductions & elective Caesarean Sections
- Tuam and all the other outreach Midwives Clinics are still running
- There is a **strict no visitor's policy** with partners only allowed in labour ward for the birth and they then must leave (this applies to everyone attending the Unit)

- The Maternity Unit has staggered appointment times to reduce the footfall in the department and help with physical distancing, and there is a security presence on the front door to help manage this
- They stress the importance of social/physical distancing amongst the women when they come in so wait times are little and consultations are priority
- *Contact person:* Anne Marie Grealish, Assist Director of Midwifery, Women & Children's Directorate, Galway University Hospital. Telephone: 091 -544541 & Bleep 204. E-mail annemarie.grealish@hse.ie
- Pavee Point [information on COVID-19 \(coronavirus\) for pregnant Traveller women.](#)

Mental Health Services

- **Jacopo Villani**, Mental Health Service Co-ordinator for Travellers, is the main point of contact for Primary HealthCare Traveller Project (PHCTP) staff in Galway/ Mayo/ Roscommon who are seeking support in relation to mental health issues that arise in the community
- He can be contacted at jacopo.villani@hse.ie or by phone at 087-3829634
- During this time – all referrals to hospital-based Mental Health Services will be through a person's GP; or, the person may decide to refer themselves to the Emergency Department.

Exchange House Ireland National Traveller Mental Health Service



- Telephone, online services & supports are available; face to face & group services are stopped
- Call **01 8721094** (then press 1) for support, help or advice (from 9am to 5pm every day)
- Visit www.exchangehouse.ie for more information
- Exchange House Ireland family support service is available on the phone nationally over the weekend (9-5pm), **Rebecca Dunne** and **Trisha Maher** are counsellors working with the service and are available for phone support nationwide.

Organisation	Resource	Link
HSE	List of HSE mental health supports & services available online or by phone	https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html
HSE Your Mental Health information line	A phone service that members of the public can call any time. Not a counselling service, but an information line to help point people to the correct mental health service for their/ their loved ones needs	https://www2.hse.ie/wellbeing/mental-health/yourmentalhealth-information-line.html Freephone: 1800 111 888
Pavee Point	Traveller Mental Health supports	https://www.paveepoint.ie/minding-your-mental-health-during-coronavirus-crisis-advice-and-tips/

for additional detail, see separate document with **THU Mental Health sub-group Mitigation Plan*

Public Health Nurses (PHNs)

- Public Health Nurses are continuing to see all post-natal mothers and babies in their home
- For all other appointments for children the PHN will contact the family directly
- PHNs risk assess all clients over the phone before they visit the home
- Most people (under 70s) are coming in to the health centre and waiting in the car until called by the PHN to be seen (to minimise contact with others)
- End of life care continues to be provided in the home
- This is constantly kept under review and it may change depending on the circumstances (Mary O'Malley, A/Director PHN, Mayo)

Location	Public Health Nursing – Health Centre contact
Galway	091 54600
Mayo	094 9022333
Roscommon	090 6637518/ 090 6637584

HSE national helpline for support with quitting smoking



<https://www2.hse.ie/quit-smoking/>

- Sign up for a Quit Plan to get free help and support to stop smoking – you can get:
 - daily email and text support
 - a personalised web page to track your progress
 - one-to-one support from a trained stop smoking advisor
 - tips from people who have stopped smoking

Other national helplines

- Asthma Society - Helpline **1800 44 54 64**


Appendix 8 – COVID-19 restrictions on travel and gatherings

Because of the [Public Health Measures introduced by the government on 1 April 2020](#) to prevent the spread of COVID-19:

- EVERYONE is asked to **STAY AT HOME** wherever possible (see link above for exceptions)
- Please do not travel during this time of restrictions – or have family members come to stay with you – as it is people moving around who spread the virus and make it difficult to protect others in the community who are really vulnerable
- You cannot arrange a gathering with anybody you do not live with
- All VISITS to hospitals, residential healthcare settings (e.g. nursing homes, residential care facilities), other residential settings or prisons are stopped with specific exemptions on compassionate grounds
- Anyone coming into Ireland, apart from Northern Ireland, will be required to **restrict their movements on arrival for 14 days**. This includes Irish residents (see [Gov. advice, 8 April](#)).

Church / religious services

- On 12 March 2020, the obligation on Catholics to physically attend Sunday Mass was removed by Ireland’s Catholic bishops because of coronavirus, with people asked to participate in church services through local radio and online. Religious personnel are among those deemed essential under expanded Government regulations to tackle coronavirus, but significant numbers of Irish Catholic priests are cocooned in their homes as they are over 70 years of age
- No Church of Ireland public services will take place until further notice. Mosques have also cancelled public prayers

Resource	Webpage
The Parish of the Travelling People (Dublin Archdiocese)	 http://www.pttav.ie/
Masses available via broadcast, online and parish radio (Ireland)	https://www.catholicbishops.ie/2020/03/16/broadcast-online-and-parish-radio-mass/
Prayer resources for use during the coronavirus pandemic	https://www.catholicbishops.ie/2020/03/16/prayer-resources-for-use-during-the-coronavirus-pandemic/

Funerals / Wakes

- Funerals/ burials/ cremations: on Tuesday 31 March 2020, the Government advised that **up to 10 members of the immediate family of a deceased person can attend** (members of the person’s household, close family members, close friends if the deceased has no household or family members)
 - the limit of maximum 10 people applies to the place of worship and at the graveside; the numbers might be restricted to less than 10 if any part of the ceremony is taking place in a confined space
 - physical distancing protocols should be followed
 - IMPORTANT: this applies to ALL FUNERALS, including those for people who have not died with COVID-19 symptoms
- In some regions, funeral Masses/services have been stopped. The six west of Ireland Catholic bishops have agreed that funeral Masses can continue but in accordance with current Government guidelines – in the presence of **no more than 10 people**. The Church of Ireland has said that no funeral services should happen till restrictions are lifted. Many churches have

webcam facilities so that the service can be streamed live to other mourners who cannot attend due to the restrictions – ask your church about this

- As a result of the Government restrictions, **families may be advised:**
 - Mourners should follow the advice on physical distancing (of at least 2m) when travelling to and from the funeral. Where possible, close contacts and relatives of the deceased should use their own transport for attendance at the funeral
 - Physical interactions including shaking hands and hugging should be avoided
 - The funeral notice can be placed in newspapers or online, but we ask that the funeral arrangements are not advertised, to avoid crowds gathering which might result in the funeral being disrupted
 - Please advise relatives privately of the funeral arrangements and that a private funeral will take place due to government advice regarding public gatherings
 - Please ask those who would have liked to attend the funeral, but cannot due to current restrictions, to send condolences through social media, websites such as www.rip.ie (can leave a personal message in the section below 'Condolences'), by text or by letter
 - Plan to have a **Memorial Service at a later date** once restrictions are lifted – this will allow families to honour the life of the person who has passed with their wider community
- The **Irish Hospice Foundation** has developed a very good [range of materials](#) to inform/support people and help find new ways of dealing with death, dying and bereavement; this includes **advice** on different ways to say goodbye, and **on planning funerals** where people have died with COVID-19 or of another illness
- Wakes: the Government restrictions of 1 April 2020 (see [link](#)) advise that you cannot arrange a gathering with anybody you do not live with. Some families organise virtual gatherings over video using digital platforms like Zoom, Skype etc.

Prison visits



IrishPrisonService_C
COVID19-info for prisc

The Irish Prison Service has announced that all face-to-face family visits to prisons have stopped since 27 March 2020. Arrangements are being made for the introduction of visits by video link/camera phone (limited to 15 minutes duration).

Visiting restrictions in hospitals

- Hospitals in Galway, Mayo & Roscommon have restricted visitors during this time, except for:
 - people visiting patients at end of life
 - people visiting patients in critical care
 - parents of children in the Neonatal Intensive Care Unit or the paediatric ward
 - birthing partners of women in labour
- Children should not visit the hospital even in these cases
- Only ONE visitor per patient is allowed
- Do NOT visit the hospital at all if you have symptoms of coronavirus (high temperature, cough or shortness of breath)
- These restrictions apply to EVERYONE.

Appendix 9 – THU members and contact details

HSE			
Name	Role	Contact details	
Mary Syron	Regional Co-ordinator - Traveller Health Unit	087-6182073 mary.syron@hse.ie	
Olive Gallagher	Staff Officer, Traveller Health, HSE Community Healthcare West	Olive.Gallagher1@hse.ie 086-027 2990	
Richard Broderick	Administrator, Primary Care Unit, HSE Community Healthcare West	091-775673 richard.broderick@hse.ie	
Noreen Goonan	A/Dir PHN Dept., HSE Community Healthcare West	091-546342 091-546237	
Anne Marie Grealish	CNM3; on behalf of Helen Murphy, Director of Midwifery, UCHG	091-544541 & Bleep 204. annemarie.grealish@hse.ie	
Geraldine Hodgins	Assistant Director Mental Health Nursing GR4	Geraldine.Hodgins@hse.ie 086-8097813	
Dr Aileen Kitching	Consultant in Public Health Medicine, HSE West Department of Public Health	Aileen.Kitching@hse.ie	
Anne Marie Murphy	Health Promotion & Improvement Officer, HSE Community Healthcare West	Annemarie.Murphy2@hse.ie 071-9673530	
Dympna Smyth	Assistant Staff Officer, Finance Dept, Mayo/Roscommon, Primary Care, CHO2		
Jacopo Villani	Mental Health Service Co-ordinator for Travellers	jacopo.villani@hse.ie 0873829634	
Orla Walshe	Regional Drugs & Alcohol Taskforce, HSE West	Orla.Walshe@wrdatf.ie 087-738 9175	
Primary Care Traveller Health Projects (PCTHPs)			
PCTHP	Name	Role	Contact details
County Roscommon Traveller Health Programme (CRTHP)	Bridie Mongan	Community Health Worker (CHW)	
	Gail Murray	Co-ordinator	gail@ridc.ie 086-8532915
Galway Traveller Movement (GTM)	Ann Ward	Community Health Worker (CHW), GTM Galway City	
	Bridget Kelly		bridget@gtmtrav.ie
	Kathleen Sweeney	Galway City PHC	Kathleen@gtmtrav.ie 087-7993073
	Vivienne Ivers		Vivienne@gtmtrav.ie 087-0517322
Mayo Traveller Support Group (MTSG)	Edith Geraghty	Co-ordinator	coordinator@mtsg.ie 086 -0820266
	Keith Maughan	Community Health Worker (CHW)	085-1832215
Western Traveller Intercultural Development (WTID), Tuam	Caroline Canny	Primary Health Care Co-Ordinator, Tuam	caroline.westtrav@gmail.com
	David Collins	Co-ordinator	david@westtrav.ie 087-7831687
	Kathleen Ward	PHC Tuam	
	Martin Ward	Co-ordinator	martin.westtrav@gmail.com