



## Public Health advice for visiting this facility

Dear Visitor,

You are a valued visitor to our facility. We wish to thank you for your continued support in working with us to ensure the health and safety of your loved ones and the staff caring for them.

As we enter the winter season, residential care facilities are at risk of outbreaks of infections that circulate in the community. These include infections like flu, COVID-19 and the winter vomiting bug.

These infections can spread rapidly among residents affecting their health and our service.

In addition to our infection prevention and control measures, your efforts are a key to protecting our residents and colleagues against these infections. Therefore, we ask you to consider the following:

### Advice for visitors when feeling ill

- If you have symptoms of a **viral respiratory infection**, such as cough, sore throat, shortness of breath, muscle aches, exhaustion or watery eyes, please do **not visit this facility until 48 hours after** symptoms have mostly or fully resolved.
- If you have been diagnosed with **COVID-19 or flu**, you're more likely to give it to others in the first 5 days. Therefore, please do **not visit this facility until 5 days after** you first got sick.
- If you have **diarrhoea or vomiting**, please do **not visit this facility until 48 hours after** your last episode of diarrhoea or vomiting.

### Hand hygiene

- Each time you visit, please clean your hands by using the alcohol hand gel on entering and before leaving. If your hands are visibly dirty, please wash your hands for at least 20 seconds.
- Hands should be washed or cleaned:
  - before and after visiting;
  - after helping with personal care, for example, helping with toileting or feeding;
  - after coughing/sneezing and
  - after using the toilet.

### Keep up to date with recommended vaccinations

- For more information about the vaccines recommended for you, visit [www.hse.ie](http://www.hse.ie)

### Flu vaccination

- The flu vaccine is safe and effective. It helps to protect you and your loved ones from flu.

- The vaccine is available from October to April each year. The best time to get the flu vaccine is before the flu season starts – so as soon as you can once it becomes available.
- The flu vaccine is free if you are at higher risk from flu.

### **COVID-19 vaccination**

- The COVID-19 vaccination is safe and effective. It gives you and your loved ones the best protection against serious COVID-19 illness.
- Recommended COVID-19 vaccination depends if you are at higher risk from COVID-19.
- The protection from previous vaccine doses or a COVID-19 infection may weaken over time. Vaccination or booster doses help develop/boost your antibodies. These antibodies protect you from becoming seriously ill or needing to go to a hospital if you get COVID-19.

**You can get your COVID-19 vaccination and flu vaccine at the same time. Speak with your GP or pharmacist for advice.**

### **If you have questions or worries about visiting**

- Contact us and we can give you advice if you:
  - have any visiting queries or concerns, or
  - are uncertain about visiting if you are unwell



**Advice provided by the Department of Public Health – HSE Dublin and Midlands on 10<sup>th</sup> October 2024.**