## Medicines and prescriptions

If you need regular medication for a health condition, keep a list of your medicines and regularly check if you have enough. When you need a repeat prescription, phone your GP and they can send it to your local pharmacy for you to collect.

Antibiotics do not work for COVID-19 or other viruses such as most coughs, sore throats, tummy bugs or ear infections. Taking antibiotics when you do not need them can cause side effects such as skin rash or diarrhoea.

## Community Call support co-ordinated by local authorities

Contact your local Community Call helpline if you need:

- collection and delivery of food, medication, fuel or other household items
- someone to talk to or keep in touch with
- help with other practical supports
- signposting and referral to reliable information and services

| Community Call | Contact | Email |
| --- | --- | --- |
| Dublin City Community Call | 01 222 8555 | covidsupport@dublincity.ie |
| Dún Laoghaire-Rathdown Community Call | 01 271 3199 | covidsupport@dlrcoco.ie |
| Fingal Community Call | 1800 459 059 | covidsupport@fingal.ie |
| South Dublin Community Call | 1800 240 519 | covidsupport@sdublincoco.ie |

You can also visit **gov.ie/healthyireland** for information and resources on the 'Keep Well' campaign.

## Age Action COVID Tracker App Guide

If you're not already using the mobile phone COVID Tracker app, Age Action have a new Getting Started Kit that will show you how.
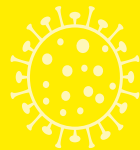
**Call Age Action Ireland on 01 873 0372 and they will post a free guide to you.**

### COVID-19

**Please don't attend any healthcare facility if you have:**
- **any symptoms of COVID-19**
- **if you have been in close contact with someone who has the virus**
- **if you are waiting for the results of a COVID-19 test**

**You could pass the virus to others, including essential healthcare staff.**

Coronavirus
**COVID-19**
Public Health
Advice

# Keeping well this winter

The health service is here for you this winter, from routine appointments to urgent care.

This leaflet contains useful contact details for local health services that you or someone you know might need over the coming months.

And look out for your Keeping Well this Winter booklet in the post. It contains lots of health information and advice from the HSE, including tips for eating well, exercise and physical activity, and minding your mental health over the coming months.

Rialtas na hÉireann
Government of Ireland

## Keep this list of your healthcare contacts handy:

**My GP** If you don't have a GP, use the **GP finder** on **hse.ie** to find one near you

📞 ..................................................................................................................

**My pharmacy**

📞 ..................................................................................................................

| GP out of hours | Contact |
|---|---|
| DDOC (Dublin North City & County) | 1850 22 44 77 |
| EDOC (Dublin South East & Dún Laoghaire) | 01 223 4500 |
| DUBDOC (Dublin 2, 8, 10, 12, 20, parts of D6 and West Co. Dublin) | 01 454 5607 |
| TLC DOC (Tallaght D24, Lucan & Clondalkin) | 1890 20 22 24 or 045 848 707 |

You can find more details for GP out of hours services in your county on **hse.ie** or call **HSELive** on **1850 24 1850**.

### Mental health information and support

For advice on how to mind your mental health at this time and information on support services, visit the HSE's website **yourmentalhealth.ie** or call Freephone 1800 111 888, 24 hours a day.

### COVID-19

If you have symptoms of COVID-19 (coronavirus), self-isolate (stay in your room). Phone your GP straight away to see if you need a free COVID-19 test. Other people in your household will need to restrict their movements (stay at home).

If you have COVID-19 and your symptoms get worse, or you become very unwell with breathing problems, call 112 or 999. Tell the person on the phone that you have the virus.

Please remember that if you have any symptoms of COVID-19, you should not go to any healthcare facility in person. You could pass the virus to others, including essential healthcare staff.

## Injury units

Teams at injury units can treat broken bones, dislocations, sprains, strains, wounds, scalds, and minor burns. The Urgent Care Centre at CHI at Connolly also treats vomiting and diarrhoea, fever in babies older than 12 weeks and mild asthma.

| Your local injury unit | Availability | Contact |
|---|---|---|
| Urgent Care Centre CHI at Connolly, Blanchardstown, D15 | 10am to 5pm Monday to Friday. Children and young people (0 to eve of 16th birthday) | 01 640 7500 |
| Mater Smithfield, Rapid Injury Clinic, D7 | 8am to 6pm Monday to Friday and 10am to 6pm Saturday and Sunday. Age 16 and older | 01 657 9000 or 01 657 9022 |
| St. Columcille's Injury Unit, St. Columcille's Hospital, Loughlinstown | 8am to 6pm, 7 days per week (including Bank Holidays). Age 14 and older | 01 211 5048 |

## Emergency Department

If you are seriously ill, you should go to the Emergency Department (ED) or call the emergency services on 112 or 999. Emergency Departments are open 24 hours a day, 365 days a year. Please attend the ED alone if possible and always wear a face covering. This will help to reduce the risk of infection for everyone.

Please do not delay seeking help for urgent symptoms such as chest pain or signs or symptoms of stroke.

Staff in EDs are working hard to keep you safe with strict infection control procedures in place. A healthcare professional will ask questions to check if you have symptoms of COVID-19 or if you have been exposed to the virus recently. This assessment will not delay your treatment and care. EDs prioritise patients based on urgent need.

| Emergency Department | Area | Emergency Department | Area |
|---|---|---|---|
| Mater Hospital Dublin | Dublin 7 | Tallaght University Hospital | Dublin 24 |
| Beaumont Hospital | Dublin 9 | St. James's Hospital | Dublin 8 |
| Connolly Hospital Blanchardstown | Dublin 15 | CHI at Tallaght | Dublin 24 |
| St. Vincent's University Hospital | Dublin 4 | CHI at Temple Street | Dublin 1 |
| CHI at Crumlin | Dublin 12 | | |

For more information and advice visit **hse.ie** or call HSELive on **1850 24 1850**.