

Coronavirus COVID-19 Public Health Advice

### **Keep this list of your healthcare contacts handy:**

| My GP If you don'                        |
|--|
|  |
|  |
| My pharmacy                              |
|  |
|  |
| GP out of hours                          |
| Westdoc                                  |
| You can find more d<br>HSELive on 1850 2 |
|  |

### 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 Freephone 1800 111 888, 24 hours a day.

### COVID-19

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.

# **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.

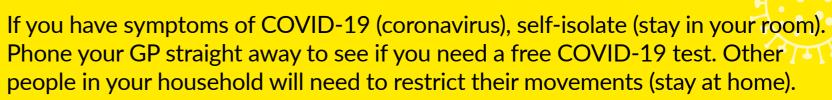
And look out for your Keeping Well this Winter booklet in the post. It contains lots of health information and advice from the HSE, including tips for eating well, exercise and physical activity, and minding your mental health over the coming months.



Rialtas na hÉireann Government of Ireland have a GP, use the **GP finder** on **hse.ie** to find one near you



letails for GP out of hours services in your county on hse.ie or call 4 1850.





### **Injury units**

Teams at injury units can treat broken bones, dislocations, sprains, strains, wounds, scalds, and minor burns.

| Your local injury unit | Availability   | Contact      |
|------------------------|--|--------------|
| Roscommon Injury Unit  | 8am to 8pm, 7 days. Adults and children aged 5 and older | 090 663 2212 |

### **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**

University Hospital Galway or Portiuncula University Hospital, Ballinasloe

# **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**

Galway City Comn

Galway County Co

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.

Visit www.westbewell.ie for information on local mental health services.

### COVID-19

- 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

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

|               | Contact                        | Email                      |
|---------------|--------------------------------|----------------------------|
| munity Call   | 1800 400 150                   | covidsupport@galwaycity.ie |
| ommunity Call | 1800 928 894<br>and 091 509390 | covidsupport@galwaycoco.ie |

#### Call Age Action Ireland on 01 873 0372 and they will post a free guide to you.



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