Keep Well this Winter

Protect yourself and your family

Here's how you can stay well and stop infections from spreading:

Cover your coughs and sneezes with a tissue or your elbow if you don't have a tissue

Keep your hands clean with soap and water or hand sanitiser

Wear a face mask in crowded areas

If you or your child feels unwell, stay at home. Don't meet with others if you're sick.

Manage your symptoms or your child's symptoms yourself but know where and when to get medical help if needed – from a Pharmacist or Doctor. If you don't have a Doctor, check the QR for free clinics.

Get vaccinated for COVID-19 (it's free) and flu (also free if you're eligible).

If you take care of or live with someone at higher risk of getting very sick from flu, you can get a free flu vaccine too.

Check **https://www2.hse.ie/conditions/flu/get-vaccine/** for more info.