















# Keep well for Christmas (08 December 2023)




## We are already seeing an increase in the usual viral infections this winter in Ireland

- RSV (respiratory syncytial virus), flu (influenza) and COVID-19 are all circulating in the community, including among Travellers.
- [Children can pick up viral infections](#) like cold & flu quite frequently. Older people are also vulnerable. Outbreaks are more likely to occur among people living in busy or crowded settings.
- There is a lot of RSV about right now and we are seeing a lot of young children (mostly babies) being admitted to hospital with RSV.
- People are getting sick, sometimes with more than one of these viruses. This can have a big impact on our health service, with hospital Emergency Departments being busy and overcrowded and longer waiting times to see a GP.

## There are things we can ALL do to help keep well and prevent the spread of these infections

- Stay at home if unwell   
- Take extra actions to avoid respiratory infections:       
- [Manage your symptoms at home](#) – but know where & when to get help    



Find more information at:  
[Health A to Z - HSE.ie](https://www.hse.ie/health-a-to-z)

Freephone HSELive:  
1800 700 700

Get yourself/ your children **vaccinated** to protect against [COVID-19](#) and [flu](#) – many Travellers are eligible for a [FREE flu vaccine](#) if they have a **health condition** themselves, or are **carers** for, or living with someone with a health condition that puts them at higher risk from flu.

The [children's flu vaccine](#) (given as a squirt up the nose) is free for all children aged 2 to 17 years. There's still time to get it before Christmas!