Keep Well this Winter

Protect yourself and your family

Infections like flu, COVID-19 and RSV are making many Travellers and the general population sick in Winter, this can lead to hospital Emergency Departments being busy and overcrowded. GPs/Doctors can also have longer waiting times.

Children can pick up colds and flu more often

Older people are likely to get sick if they pick up colds and flu.

Outbreaks are more likely if people live in crowded places

If you are unwell stop the spread of infections by keeping your distance and do not mix

Take extra care to avoid getting sick:

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 crowds

Get your COVID-19 (free) and flu (free for those eligible) vaccines/needles to keep safe.

You can find more information at **www2.hse.ie/conditions/flu/get-vaccine**

Get help from your Traveller Primary Health Care Workers, GP/Doctor or Chemist/Pharmacist.