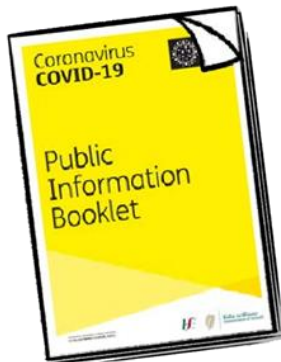


Coronavirus COVID-19 Cocooning

Public Health Advice



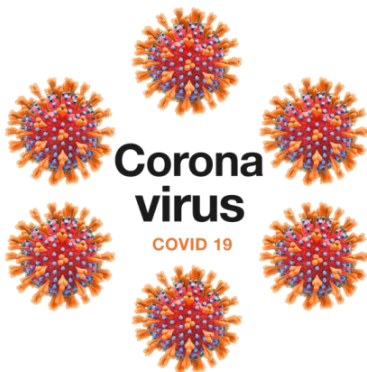
About this booklet



This booklet is about Cocooning because of Coronavirus (COVID-19) in Ireland.



The government is trying to slow down how fast Coronavirus (COVID-19) spreads. They can only do this with your help.



The impact of Coronavirus (COVID-19) is changing every day.



The HSE is keeping you informed everyday on www.hse.ie

What is Cocooning?



Cocooning is the word used to describe you staying at home all of the time until you are told not to by the government.

Who should Cocoon?



The government have a list of people who are vulnerable. These people are being asked to Cocoon.

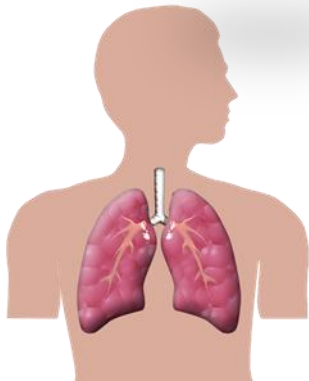


Older people aged over 70 in the general population.



People who are very sick

- People who have had an organ transplant
- People who have some cancers
- People who have rare diseases.



People who have lung illnesses

- People with Cystic Fibrosis
- People with Severe Asthma
- People with COPD
- People with Lung Fibrosis.



People who live in residential homes.



People who are pregnant who have a severe heart illness.



If you are on this list
you are vulnerable.
This means you may get sick
quicker if you get
Coronavirus (COVID-19).



Cocooning in your home
all of the time
will keep you safe
from getting
Coronavirus (COVID-19).

How you Cocoon at home



You need to make sure
you do not go outside
past your garden.



You need to make sure you do not contact people face to face in your home.



You need to stay away from groups of people in your home.



You cannot have visitors to your home.



You will need to stay 2 metres away from people you live with if you can.



It is ok to be near people when they are providing you with care that you need.



You can go to your door or your garden only.



Someone can deliver things that you need.



You can get food delivered to your home.
You can get your medicine delivered to your home.

They can be left outside your front door.



You can keep in touch with your family and friends. You can telephone them.



You can video chat with them. or you can use the internet to communicate with your family and your friends.

Things you should keep doing when you are Cocooning at home



Wash your hands a lot. Use soap and water. Wash your hands for 20 seconds.



Keep toilets and bathrooms clean.
Keep all the things you touch in your house clean.



Keep your mealtimes the same time each day like you normally do.



You can keep doing the things you like to do in your house or in your garden only.



Exercise in your home or in your garden only.



Keep your bedtime the same time each day like you normally do.

Where you can get help



If you feel unwell do not leave your house. Telephone your Doctor or you can call 112 or 999.



You can telephone the HSE helpline. The number is 1850 24 1850 or visit the website www.hse.ie



The charity ALONE the government and the HSE have set up a telephone line for help and support. The number is 0818 222 024.

This easy to read booklet was proofread by;

Mr Paul Gallen

Ambassador for Intellectual Disability Rights

Ms Geraldine Rabbitte

Ambassador for Intellectual Disability Rights

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