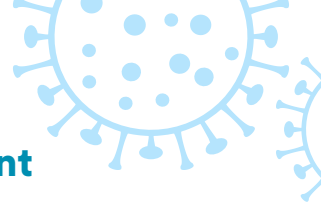


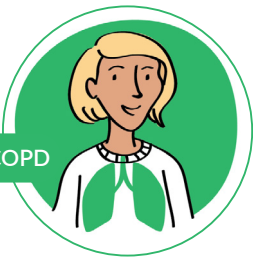


## Self-management Support



# Minding Your Long-Term Health Condition During Coronavirus (COVID-19)

Asthma & COPD



Diabetes



Heart Disease



Stroke



# Minding your long-term health condition during coronavirus (COVID-19)



Coronavirus  
**COVID-19**  
Public Health  
Advice

During this time of uncertainty, our daily lives have changed a lot. If you have a long-term health condition you still have to do the things that help you stay well.

- Set a daily routine. Get up, get dressed and get moving.
- Continue to monitor your condition.
- If your condition worsens call your GP or hospital to get the advice you need.

This guide is to help you self-manage your long-term health condition during this time.

## PROTECT YOURSELF FROM CORONAVIRUS

COVID-19 (coronavirus) can make anyone very ill. But for people with a long-term health condition the risk of getting very ill is higher. Take extra care to follow the advice on how to protect yourself from COVID-19.

For more information go to

[www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html](http://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html)

You can also talk to your GP or call **HSE Live: 1850 24 1850**

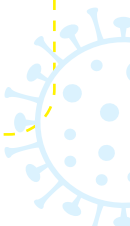
### Vaccine

The COVID-19 vaccine will offer you protection from the virus. If you do catch COVID-19 after vaccination, you should be protected from the serious illness the virus can sometimes cause.

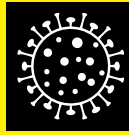
The COVID-19 vaccine is not compulsory. However it is strongly recommended that you get this free vaccine as soon as it is available to you. People who are most at risk from COVID-19 will get the vaccine first.

You do not need to contact the HSE to get the COVID-19 vaccine. You will be informed when you can register for your vaccine through your healthcare team, the news or public advertising.

For more information go to [www2.hse.ie/covid-19-vaccine/](http://www2.hse.ie/covid-19-vaccine/)



# Minding your long-term health condition during coronavirus (COVID-19)



Coronavirus  
**COVID-19**  
Public Health  
Advice

## MONITOR YOUR CONDITION

Continue to monitor your condition as you usually do. For example, note your symptoms, check your blood glucose (sugar), track your peak flow, etc. Be aware of how you are feeling.



Follow your care plan or action plan if you have one. Responding to changes quickly helps keep your long-term health condition under control. If your condition worsens contact your GP or hospital immediately to get the advice you need.



Ring these helplines to get advice and find out about the services and supports available to you.

**Asthma advice line:** 1800 44 54 64 [www.asthma.ie](http://www.asthma.ie)

**COPD advice line:** 1800 83 21 46 [www.copd.ie](http://www.copd.ie)

**Diabetes Ireland helpline:** 01 842 8118 [www.diabetes.ie](http://www.diabetes.ie)

**Irish Heart Foundation heart and stroke helpline:** 01 668 5001 [www.irishheart.ie](http://www.irishheart.ie)

**Croí Heart and Stroke Centre:** 091 544310 [www.croi.ie](http://www.croi.ie)

## TAKE YOUR MEDICATION

Keep taking your regular medications. Make sure you do not run out of any medication. Talk to your GP or pharmacist if you have any concerns. Order your medication over the phone so that it is ready for collection.



Make a list of your medicines. This is important information to give to health workers if you become sick. Ask your pharmacist for a copy of your medications. Or you can get a medication list on [www.safermeds.ie](http://www.safermeds.ie) which you can complete or ask someone to help you.



Many pharmacies offer a delivery service. Or you can ask someone you trust or phone your **Community Call helpline** if you need help to collect your medication.

# Minding your long-term health condition during coronavirus (COVID-19)



Coronavirus  
**COVID-19**  
Public Health  
Advice

## MIND YOUR MENTAL HEALTH

Being stressed about COVID-19 is normal and not unexpected. Stress and worry can make your underlying condition worse. There are things you can do to help you get through this time. Plan your day, include some nice activities, eat healthy foods that you enjoy and keep active.



Make a daily routine which includes chatting with someone at least once a day. If you need advice, talk with people you respect and trust such as your family, friends or your healthcare team.

You can also call **ALONE** on **0818 222 024** for support or a listening ear.



For more advice and information on supports available go to [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

If you need help to cope, contact your GP.

## EAT WELL

Remember to eat well. Eating well is important for everyone but especially if you are living with a long-term health condition. It can help you to feel good, give you more energy and stay at a healthy weight.



Routine is important. Try your best to plan for three healthy meals a day and include snacks if necessary.

Do a weekly shopping list or discuss having meals brought to you. The Department of Health recommends that all adults aged 65 and older take a vitamin D supplement of 15 micrograms (15µg) every day. Ask your GP or pharmacist for more advice.



For more information go to <https://www2.hse.ie/healthy-eating-active-living/nutrition/>

## KEEP ACTIVE

Being physically active is one of the key things you can do to help manage your condition. Being physically active helps your body stay strong and flexible, improves balance and coordination, and reduces stress and anxiety.



Include being active as part of your daily routine. Try to get outside for fresh air. Talk to your usual healthcare provider about exercise suitable for you.



For a number of helpful resources, including HSE physiotherapy led exercises, go to [www.corksports.ie/index.cfm/page/older-adults-activities1](http://www.corksports.ie/index.cfm/page/older-adults-activities1)

## STOP SMOKING

There are lots of good reasons to stop smoking. The health benefits of quitting start right away. You will also be protecting your family from second-hand smoke.



Talk to your GP or pharmacist about aids to help you quit smoking.



Call the **Quit Line** on 1800 201 203 or visit [www.quit.ie](http://www.quit.ie)

## REDUCE ALCOHOL INTAKE

Cutting back on alcohol can help you feel better physically and mentally.



Drinks should be spread out over the week. Aim to have 2 to 3 alcohol-free days per week. For more information and tips go to [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)



Talk to your GP if you are worried about the amount of alcohol you are drinking. For confidential information and support, call the **Drug and Alcohol helpline** on 1800 459 459



## Stay home. Stay safe. Protect each other.

**Know the symptoms. If you have them, self-isolate and contact a GP.**

**Continue to:**



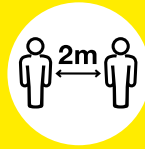
### **Wear**

face coverings on public transport, in shops, crowded streets, busy indoor workplaces and when in close contact with people



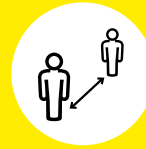
### **Cover**

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue safely



### **Distance**

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



### **Limit**

contact with others when out and about



### **Wash**

your hands well and often to avoid contamination



### **Avoid**

crowds and crowded places



### **Know**

the symptoms. If you have them self isolate and contact your GP immediately

### **COVID-19 symptoms include**

- > high temperature
- > cough
- > breathing difficulty
- > sudden loss of sense of smell or taste
- > flu-like symptoms

**#holdfirm**  
**Know the facts**

[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)  
[www.hse.ie](http://www.hse.ie)

If you need to go to hospital as a result of getting coronavirus, prepare a hospital bag. This should include:

- the name and phone number of your next of kin or emergency contact person,
- a list of the medications you take (including dose and frequency),
- any information on your planned care appointments and
- things you would need for an overnight stay (pyjamas, toothbrush, medications etc)

If you have an action plan or care plan please bring it with you.

Keep your **EIRCODE** near your phone in case you need to call **999** or **112** if you become very unwell.

### Community Call

During COVID-19 your local authority has set up a Community Call service for vulnerable people. This service has a phone line available 7 days a week. You can ring the phone line if you need help with:

- Shopping for food, fuel and other essential household items
- Transport to medical appointments
- Delivery of hot meals through local meals on wheels services
- Collection of prescribed medicines

To find out more, call the national number **0818 222 024** from 8am to 8pm, Monday to Sunday.

For more information and to find the number of your local city or county council go to [https://www.citizensinformation.ie/en/health/covid19/community\\_support\\_during\\_covid19.html](https://www.citizensinformation.ie/en/health/covid19/community_support_during_covid19.html)

The Healthy Ireland, Keep Well campaign is encouraging people to mind their health and wellbeing during these times.

For more information, including useful exercise at home videos, go to [www.gov.ie/en/campaigns/healthy-ireland/](http://www.gov.ie/en/campaigns/healthy-ireland/)

If you need some help with using digital technology, Age Action can assist. Go to [www.ageaction.ie/how-we-can-help/getting-started-kit](http://www.ageaction.ie/how-we-can-help/getting-started-kit) or call **01 873 0372**.



Your toolkit for better health

Living Well is a free group self-management programme for adults with long-term health conditions. It supports you to develop the skills and confidence to help you live well with such a condition(s).

During COVID-19 it is delivered online. The workshops are run by trained leaders, most of whom are also living with a long-term health condition.

For more information go to [www.hse.ie/livingwell](http://www.hse.ie/livingwell)

or

contact HSELive

Call: 1850 24 1850

Email: [hselive@hse.ie](mailto:hselive@hse.ie)



**Self-management  
Support**

## Resources to support you to Self-manage

For practical resources that support you to self-manage your long-term health condition go to

[www.hse.ie/eng/health/hl/selfmanagement/resources-for-people-living-with-a-long-term-health-condition/long-term-health-condition.html](http://www.hse.ie/eng/health/hl/selfmanagement/resources-for-people-living-with-a-long-term-health-condition/long-term-health-condition.html)

These resources include:

- Tips For Self-Managing your Health leaflet
- Directory of Resources and Supports during Coronavirus
- Practical, informative videos which support people to self-manage and to stay well



Protection from coronavirus.  
It's in our hands.

February 2021

