

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

Asthma & COPD



Diabetes



Heart Disease



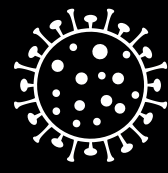
Stroke



Travellers are more likely to have long-term health conditions, including diabetes, asthma, heart disease and COPD. It's important to make sure to manage your health condition and take extra care to protect yourself from COVID-19. This might include cocooning which means that you should stay home and away from others as you're more at risk of getting COVID-19.



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Coronavirus
COVID-19
Public Health
Advice

CHECK ON YOUR CONDITION

Keep checking your condition. This means checking your blood sugar if you're a diabetic or your peak flow if you're asthmatic and have a meter. If you notice any changes or are not feeling well call your doctor or hospital right away. You can also call the national help lines:

- **Asthma advice line: 1800 44 54 64**
- **COPD advice line: 1800 83 21 46**
- **Diabetes Ireland helpline: 01 842 8118**
- **Irish Heart Foundation heart and stroke helpline: 01 668 5001**



TAKE YOUR MEDICATION

It's really important to keep taking your medication during this time and to make sure you have enough medication. If you need more of medication, call your doctor and they can arrange for the prescription to be sent to your local chemist.

Many chemists are offering delivery service. If this isn't available in your area you can ask your family member, or if you don't have family around, there are other community supports available: You can find out more information from:

- **Local Traveller organisation**
- **Traveller Primary Health Care Projects**
- **National COVID-19 Community Call helpline: 0818 222 024 (8am-8pm; Monday-Sunday)**
- **Local COVID-19 Community Call helpline through your local authority**

Make sure to have a list of your medicines, including how much and how many you take a day to give to health workers if you become sick. If you don't know the name of you medicine, ask your chemist for a copy.



MINDING YOURSELF

It is very important to eat healthy, including plenty of fruit and veg. If you need help getting groceries you can call the National COVID-19 Community Call helpline: 0818 222 024 (8am-8pm; Monday-Sunday) or your local COVID-19 Community Call helpline through your local authority, which is open 7 days a week.

It's important to get out and get some fresh air if you can while making sure you're staying well away from others. This will also help with feelings of stress and worry which can make your condition worse. Some tips for minding your mental health:

1. **Try and focus on things you can do rather than the things you can't do**
2. **Remember this will pass and we'll get through this together**
3. **Don't check news and social media (i.e. Facebook and WhatsApp) too much**
4. **Keep a routine**
5. **Keep in contact with family and friends through video calls and texts**
6. **Don't be afraid to ask for help**



GETTING HELP

This is a situation that we're not used to and can be worrying. You might find yourself smoking or drinking more to cope or to pass the time but it's important to remember that this can damage your health and puts you at a higher risk of getting COVID-19. If you notice this is happening, try and cut down as much as possible. There are number of supports available to you:

- **Local Traveller organisation**
- **HSE National Drug and Alcohol Helpline: 1800 459 459**
- **Traveller Primary Health Care Project**
- **GPs**
- **Chemists**

