

COVID-19 COMMUNITY SUPPORT

Hi Neighbours!

If you are self-isolating or are isolated by circumstances over the next weeks or months, or if you are working overtime in the healthcare sector, **please don't be afraid to call on your neighbours for support.**

If you need things from the shop, prescriptions, or errands done, please do ask for help.

You can find up to date information about the Coronavirus on the HSE website. www.hse.ie
You can also call their helpline: **1850 24 1850.**

For older people, ALONE also have a helpline in collaboration with the HSE: **081 822 2024.**

These anxious times can be particularly hard when we are isolated from each other. If you need any help – whether its messages run or if you would like to chat to a friendly neighbour, please give me a call: