Ireland is seeing a big increase in the usual viral infections this winter

Protect yourself and your loved ones

Infections like flu, COVID-19 and RSV are making many people sick around Ireland right now. This is leading to overcrowding in our hospital Emergency Departments and increased waiting times for GP (family doctor) Services.

- Children can pick up viral infections like cold and flu quite frequently
- Older people are also vulnerable to infection and can become very unwell
- Outbreaks are more likely to occur among people living in busy or crowded settings

Stay well and prevent the spread of infections:

- Stay at home if you are unwell and keep your child home if they are unwell. **Do not mix with others**
- Take extra actions to avoid respiratory infections –

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 crowded areas

- **Get vaccinated** to protect against COVID-19 (free) and flu (free for those eligible) – it's not too late!
- Manage your symptoms or your child's symptoms yourself but know where and when to get medical help if needed – from a Pharmacist or Doctor

www2.hse.ie/living-well/winter/how-to-stay-well-in-winter