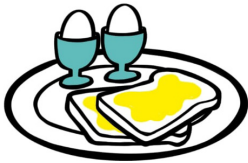


Coronavirus COVID-19 Useful Phone Numbers



Dear Neighbour,

We would like to help you through these days. Here are some tips and information we would like to share with you.



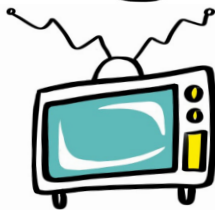
Keep to a Routine

When you get up have a good breakfast and go out to the garden for fresh air or maybe open the windows.



Keep Busy

During the day: Do some gardening, Put on the radio/music. Read a book. Do a jigsaw. Declutter your cupboards. Do some baking.



Keep Motivated

Watch a movie. Catch up on the soaps. Watch the news. Go to bed at your usual time.



Keep in Contact with the ones you love

Connect with your loved ones daily. Maybe write a letter.

Look after yourself. x

Useful Phone Numbers:

Cork City Age Friendly 0214924076

Cork City Council 0214924000

Friendly Call Cork 0214301700 or 0876366407

Garda Síochána 0214522000

HSE National Helpline Number 1850241850

Seniorline Freephone 1800804591



Developed by the students of St. Vincent's Secondary School, St. Mary's Road, Cork with support from:



Personal Numbers:

Meals on Wheels _____

Doctor _____

Pharmacy _____

EIRCODE _____



Wash



Cover



Stop



Distance



Avoid



Clean



Comhairle Cathrach Chorcaí
Cork City Council



CORK
AGE FRIENDLY
CITY PROGRAMME



Cork Healthy Cities
a healthier city together



SON LEAS
CHRÍOSTÚ
CARITAS