

Kerry Community Response Covid-19 / Coronavirus



A new Community Response Advisory Group has been established here in Kerry to co-ordinate the community response to the Coronavirus / COVID-19 emergency.



Phone: **1800 807 009**

Text: **'SUPPORT'** followed by your name to **50555**

Email: **covidsupport@kerry.coco.ie**

The **Helpline** is open **seven days a week** from
8.00am to 8.00pm.

The Helpline is available for:

- **Non-emergency** queries and advice
- **Non-medical** emergencies or queries
- People without supports e.g. those who may require **food, medicine or fuel deliveries.**
- Referring you to the right support agencies or other help-lines

**IN AN EMERGENCY
YOU SHOULD
ALWAYS PHONE
999 OR 112**

**THE HSE HELPLINE
CONTACT IS
1850 24 1850**

Please note the following useful numbers to have at hand. Your EIRCODE is important in order to help locate you. Please insert your Eircode and other useful numbers below.

| | | | |
|-------------------------------|---|---|--|
| EIRCODE | | Kerry Co. Council | 066 718 3500 www.kerrycoco.ie |
| Garda Station | | Citizens Information Kerry | 0761 077 860 www.citizensinformation.ie |
| Family Doctor | | Kerry Public Participation Net. | 087 689 1105 www.kerryppn.ie |
| Hospital | | Kerry Volunteer Centre | 066 711 7966 www.volunteerkerry.ie |
| An Post | | Kerry GAA | 066 712 2061 secretary.kerry@gaa.ie |
| Local Link Kerry | 066 714 7002 www.locallinkkerry.ie | NEWKD (North, East and West Kerry) | 066 718 0190 info@newkd.ie |
| Civil Defence | 087 669 4011 tbrosnan@kerrycoco.ie | SKDP (South Kerry Development Partnership) | 066 947 2724 info@skdp.net |
| Irish Red Cross Tralee | 087 708 8395 communitysupport.tralee@irishredcross.com | IRD Dulhallow (East Kerry) | 029 606 33 dulhallow@irddulhallow.com |

Additional Support Agencies and Helplines:

| | | | |
|----------------------|--|-------------------------------|---|
| TravelWise | 01 613 1733 - The Dept. of Foreign Affairs helpline for those with travel related concerns about coronavirus. | Pieta House | 1800 247 247 - Free 24/7 helpline for those at risk of suicide and self-harm, and those bereaved by suicide. |
| ALONE | 0818 222 024 - Open 8am - 8pm for older people who have concerns or are facing difficulties related to coronavirus. | Women's Aid | 1800 341 900 - 24-hour support for women living with abusive partners. If you have concerns about your immediate safety, please call 999. |
| SeniorLine | 1800 804 591 - Open everyday from 10am - 10pm, which now supports older people with concerns related to coronavirus. | Rape Crisis Centre | 1800 778 888 - 24-hour service for women and men who have been raped, sexually assaulted, sexually harassed or sexually abused in their lifetime. |
| Asthma Advice | 1800 445 464 - Free call-back service available to people with asthma and the parents/carers of young people with asthma. | FLAC | 1890 350 250 or 01 874 5690 - If you have a legal query, the Free Legal Advice Centre's helpline is open Monday to Friday, 9.30am-1pm / 2pm-5pm. |
| COPD Advice | 1800 832 146 - Chronic Obstructive Pulmonary Disease call-back service - not to be used as an emergency service. | Worker's Rights Centre | 1890 747 881 - SIPTU helpline, open 8.30am-5pm, Monday to Friday, for issues related to work. |
| Askonefamily | 01 662 9212 - Helpline for people parenting alone, shared parenting and for those separating. | Threshold | 1800 454 454 - If you are a renter and are worried about the security of your tenure during the pandemic, this helpline is open Monday to Friday, 9am-9pm. |
| Samaritans | 116 123 - If you are worried or finding it difficult to cope, this helpline is free and is open day and night. | MABS | 0761 07 2000 - Advice service for money management and debt issues, open weekdays 9am - 8pm. |



Please ensure that you use trusted sources. The most up-to-date information on Coronavirus (Covid-19) can be found at **HSE.ie** or by calling the HSE Helpline on **1850 24 1850**



Check for updates on **Garda Síochána - Cork Kerry & Limerick - Southern Region's** Facebook page. Please note that this page is not monitored 24/7 and should not be used to report a crime.



Deaf Irish Sign Language users can use **Irish Remote Interpreting Service (IRIS)**. For more information, please visit **www.slis.ie** or email **remote@slis.ie**.



Mind your mental health during this time!

Stay informed but set limits around news and social media.

Visit **www.yourmentalhealth.ie** for more advice.



Coronavirus may be avoided by practicing good **hand hygiene** and **social distancing**.

The most common symptoms of Coronavirus:

- Cough
- Fever
- Shortness of breath

IF YOU DEVELOP SYMPTOMS YOU WILL NEED TO SELF-ISOLATE AND PHONE YOUR GP. DO NOT GO TO A GP SURGERY, PHARMACY OR HOSPITAL. THE GP WILL ASSESS YOU OVER THE PHONE. IF THEY THINK YOU NEED TO BE TESTED FOR CORONAVIRUS, THEY WILL ARRANGE A TEST.