

# Factsheet for Northern Ireland Coronavirus (COVID-19)



## Health and social care services remain open

People who are experiencing ill health or social care problems are encouraged not to delay seeking help from GPs, hospitals or social care services.

Health and social care services have been scaled back to help focus on the response to Covid-19, but the vast majority of health and social care services are still open.

Read more: [bit.ly/2VOK4Uc](https://bit.ly/2VOK4Uc)



### Public Health Agency blog

The Public Health Agency has launched a new coronavirus blog dealing with all aspects of the pandemic with expert comment from PHA and beyond.

Read more: [bit.ly/3eJEQC0](https://bit.ly/3eJEQC0)

**Stay at home - Wash your hands - Keep your distance**

## Stress Control Classes

If you're feeling anxious, suffering from panic attacks or having problems sleeping, you can take a free online programme of stress control classes. A new programme of stress control classes has been developed on the Health and Social Care Board website to support people during the response to Covid-19.

Classes will be run on Monday 27 April and Thursday 30 April from 2-3.30pm and 8.20pm-10pm.

More at: [bit.ly/2JSVlxf](https://bit.ly/2JSVlxf)



## New email contact for PPE concerns

A new email contact point has been set up for health and social care staff to raise concerns about Personal Protective Equipment (PPE). It will be checked every day and the anonymity of staff using it will be protected.

More at: [bit.ly/2VVxmmy](https://bit.ly/2VVxmmy)

## Updated guidance for domiciliary care providers

The Department of Health has published updated guidance for Northern Ireland. More at: [bit.ly/3aCwdpC](https://bit.ly/3aCwdpC)

## Making information accessible

The Health and Social Care Board is keen to ensure that everyone in Northern Ireland has access to appropriate information about COVID-19.

A guide to information, which is available in alternative formats, is currently being collated and will be added to the Board's website. Further details will follow in the next Factsheet.

## Researchers fighting Covid-19 can now apply for financial aid

More details about the scheme from the Public Health Agency's HSC Research and Development division are available here:

[bit.ly/2yB1Qm4](https://bit.ly/2yB1Qm4)

# Treating coronavirus symptoms at home

To help yourself stay well while you're at home:

- Try to get plenty of rest and sleep
- Use over-the-counter medicines to treat some of your symptoms such as fever and headache.

## Managing a cough

- Try to avoid lying on your back
- Simple remedies including taking a teaspoon of honey may help (not suitable for infants under 1 year old)



## Managing a high temperature

A fever is your body's natural response to infection.

There are a number of things you can do to help the discomfort associated with a fever:

- Wear loose comfortable clothing and make sure the room you are in isn't too warm. You shouldn't attempt to make yourself feel cold e.g. by taking a cold shower or bath.
- Drink plenty of clear water to avoid dehydration
- Take a medicine that reduces fever such as paracetamol or ibuprofen (always read the product information and warnings to check the medicine is safe for you).

## Other treatments

If you have antibiotics at home, do not take them to treat coronavirus.

Despite the many claims reported online, there is not currently a cure or 'miracle' treatment for coronavirus.

## You can ring NHS 111 for information or advice if:

- You feel you cannot cope with your symptoms at home
- Your condition gets worse

## Volunteer drivers to deliver medicine

A new volunteer-led service dedicated to delivering medicines to patients during the current pandemic has been launched.

The Health and Social Care Board has been working with the Community Development and Health Network (CDHN) to coordinate volunteer organisations who will support community pharmacies which have been experiencing a very high demand for their services in the last month.

For more info: [bit.ly/3bwtY8x](https://bit.ly/3bwtY8x)



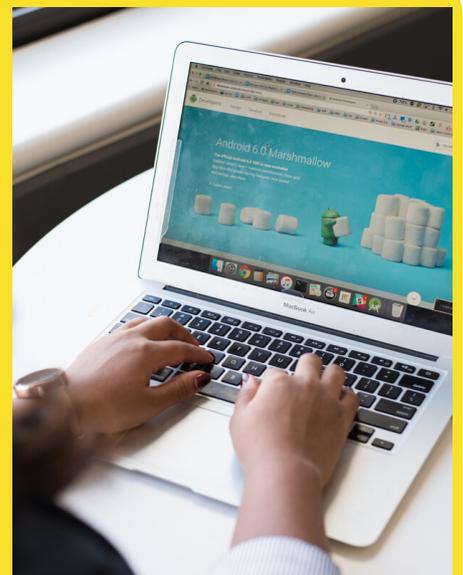
## Information at your fingertips

The Department of Health has launched an online version of the Covid-19 NI app to help people across Northern Ireland stay informed.

For anyone who doesn't have a smartphone but are able to use a computer or tablet device, the website widens accessibility to the app's content.

Like the app, this companion website provides advice to the public on Covid-19 and its symptoms.

For more info: [bit.ly/3aAB7mF](https://bit.ly/3aAB7mF)



## For more advice and information

- [www.publichealth.hscni.net/news/covid-19-coronavirus](https://www.publichealth.hscni.net/news/covid-19-coronavirus)
- [www.nidirect.gov.uk/coronavirus](https://www.nidirect.gov.uk/coronavirus)
- [www.hscboard.hscni.net/coronavirus](https://www.hscboard.hscni.net/coronavirus)
- [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)