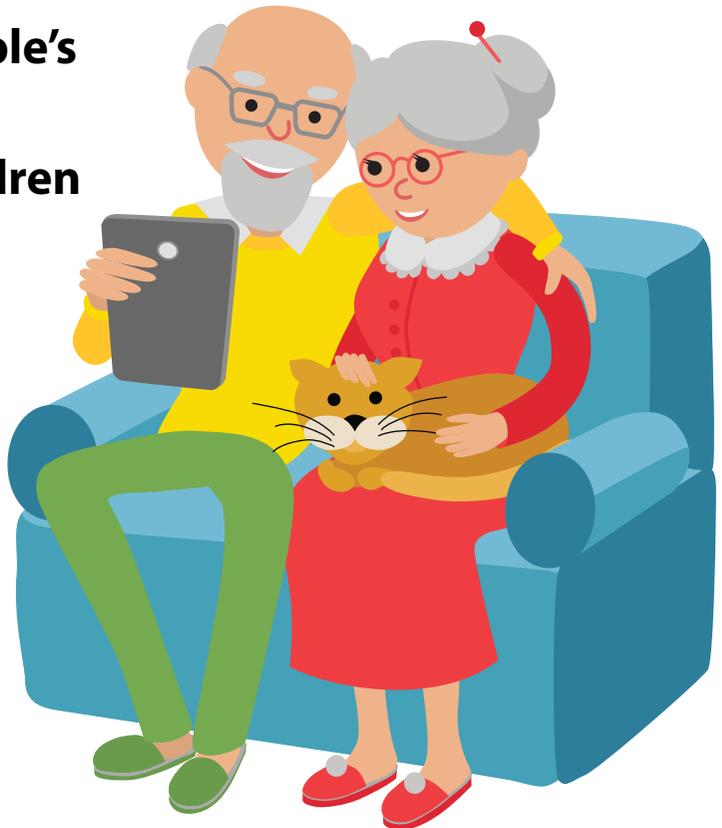




Age Friendly  
**LOUTH**

Louth  
**Community  
Call  
Message**

Message from our  
**Older People's  
Forum** on  
**Grandchildren**  
returning to  
school.



Grandparents - Grandchildren  
Stay **Safe** - Stay **Connected** - Stay **Aware** - Stay **Happy**

We are now learning to live with the COVID 19 virus. Every week we are advised by NPHET as to what steps we need to take to stay safe and avoid getting COVID, and ultimately admission to hospital. We all know, as we age, we are more susceptible to catching the virus and being more affected by it.

We have now got used to face masks, social distancing, hand hygiene, good sneeze and cough etiquette. The Louth Age Friendly County Programme and the Louth Community Call Forum would now like to highlight the importance of being even more aware of the significance of these measures when our grandchildren go back to school.

Just a few points we need to be even more mindful of.

If you are having your grandchildren **over to your home** or **visiting your grandchildren** be mindful of the NPHET guidance.

## Meeting people indoors

You can have visitors to your home or you can visit another household.

Wear a face covering when you meet with **anyone indoors**. This includes visitors and people you visit.

The people you meet should:

- 1** keep at least 2 metres away from you, if possible
- 2** wear a face covering, if they cannot maintain a 2 metre distance
- 3** wash their hands and follow good hygiene practices

If you choose to visit other people's homes, **tell them in advance** that you are coming. **Make sure that no one in the household is unwell** with coronavirus symptoms.

You should **stay 2 metres away** from other people and **wash your hands** on returning home. You should **wear a face covering** if you cannot maintain a 2 metre distance.

People **should not visit** you **if they have symptoms** of coronavirus.

- 1 Plan in advance** of the meeting so you are prepared for times there may be a breach of the guidance.
- 2 Have facemasks in your home** if the visitor does not have one
- 3 Do not be afraid to ask visitors to wash their hands.** Use kitchen roll to dry hands and dispose immediately.
- 4 Keep visitors to one room** if possible
- 5 Keep a log of your visitors** and the people you meet.

And remember if you have any symptoms **do not be afraid to call your GP.** He/she will, if they deem necessary, refer you for a test. **Both the GP call and the test are free.** Please do not hesitate to call. The sooner you know what you are dealing with is critical for good health and peace of mind. Should you have to go for a test you will need to self-isolate. Have a plan in place on how to have groceries and medication delivered to your home should you need it.

If family and friends cannot do this for you please call **1800 805 817** Louth Community Call Helpline and **we will arrange a volunteer to assist you.**

## Social and Family Gatherings

Indoor and outdoor social visits to people's homes should be limited to a **maximum of 6 visitors** from no more than **3 other households**.

This is to allow for physical distancing of 2 metres and for adequate ventilation if they are taking place indoors.

### **Meeting people outdoors is safer than meeting indoors.**

Physical distancing should be observed at all times when meeting others.

You are advised to **limit the number of people you meet with**. The more contact you have - the greater the risk of getting and spreading the virus.

You are asked to **keep a daily log of people you meet** for contact tracing purposes.



**For more information contact:**

Mary.Deery@louthcoco.ie



Comhairle Contae Lú  
Louth County Council

