

Factsheet for Northern Ireland Coronavirus (COVID-19)



Extensive work ongoing to support care homes

Similar to the rest of Europe, care homes in Northern Ireland are facing significant challenges as a result of Covid-19.



There is extensive work ongoing right across HSC to protect our residents and staff. Initiatives include significantly extending the level of testing in care homes.

Large quantities of Personal Protection Equipment (PPE) have been flowing to the independent sector from Trusts for a number of weeks - around 2.5 million items per week. All provided for free.

Significant numbers of Trust staff are also working in care homes and a £6.5 million package of additional support was announced, along with updated guidance.

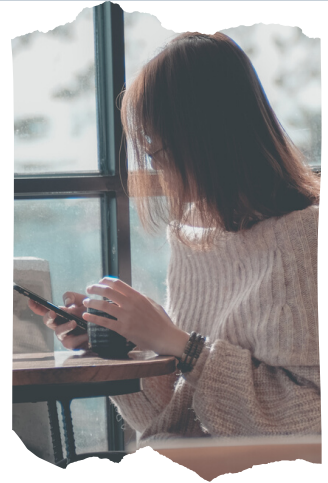
The 'surge' plan is being revised to ensure the HSC can respond effectively and appropriately to supporting residents, staff and the wider care home sector.

Stay at home - Wash your hands - Keep your distance

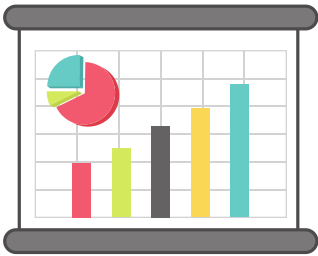
Healthcare apps to help you during COVID-19

A number of apps have been developed to help people look after their health and wellbeing during Covid-19. They will provide support and information on how to manage stress and improve wellbeing, sleep management, staying fit and nutrition.

Access the apps library via your smart phone or PC at: bit.ly/3cbL0J9



Covid-19 statistics dashboard available



The Department of Health has relaunched its Covid-19 interactive statistics dashboard.

As well as the total number of Covid-19 deaths, it includes positive test results by gender and age group, ICU beds available and occupied, including the number occupied by Covid-19 patients.

You can access the dashboard at: bit.ly/2zUpqL0

Get vaccinated for routine immunisations



People are advised to attend routine vaccinations when invited during the pandemic.

It is completely safe to attend for vaccinations as long as you don't have symptoms of Covid-19. If you do, phone your practice first.

More at: bit.ly/2W7LWbV

New maternity website to advise pregnant women

During Covid-19 normal maternity services will be temporarily changed.

A new Northern Ireland Maternity Covid-19 website has been launched by the Public Health Agency to keep pregnant women informed of these changes.

It is important that women continue to attend their antenatal appointments and if they have concerns about non Covid-19 symptoms during pregnancy they should call their team. More at: bit.ly/2yzd76v



Covid-19 bereavement resources

A range of booklets have been developed to provide advice for people who have experienced a bereavement during the pandemic period.

Two booklets offer advice on dealing with grief and bereavement, and practical advice on dealing with those aspects of a death that may be different during the pandemic.

A third booklet deals with helping children to cope with the death of a loved one. Download the booklets at: bit.ly/2W9IHB6

Help for cardiac patients

Patients in Northern Ireland who may have questions about managing their heart condition or about what coronavirus means for their condition can speak to British Heart Foundation specialist cardiac nurses through their Heart Helpline 0300 330 3311 or visit their online support hub for more expert information. bit.ly/2L7shTb



New support for stroke survivors

Stroke support helpline

028 9032 0184

Line opens Monday to Friday
9am - 5pm



A new helpline is available to provide support to new stroke survivors and their carers during the Covid-19 emergency.

Always remember if you or someone you know shows symptoms of stroke dial 999 immediately for emergency medical assistance.

More at: bit.ly/3dmpr93

Vitamin D during lockdown

There is no evidence that Vitamin D can reduce the risk of contracting coronavirus, but you are advised to take the supplement to keep bones and muscles healthy during lockdown.

More at: bit.ly/3fsJep2



Top tips for safer shopping

During the coronavirus pandemic going to the shops for essentials can be quite stressful.

By following some simple steps, you can protect yourself and others when shopping, and also take some of the worry out of a trip to pick up supplies. Download the booklet at: pha.site/safershopping



For more advice and information

- [Download previous HSC Factsheets](#)
- www.publichealth.hscni.net/news/covid-19-coronavirus
- www.nidirect.gov.uk/coronavirus
- www.hscboard.hscni.net/coronavirus
- www.gov.uk/coronavirus