



COVID-19 Household Plan – Vital Numbers

Age Action is encouraging older people, their family members and friends to have an honest conversation about how they will manage through COVID-19. Now is the time to talk with the people who need to be included in your COVID-19 plan. You may need to ask for help if you or a family member becomes sick so identify the support services in your area such as meals on wheels, your pharmacist, your local grocery shop, befriending service now and make a note of your medication needs.

Please make a note of the following vital phone numbers. You never know when you may need them:

Your local GP	
Your nearest hospital	
Your local Garda station	
Pharmacies in your area	
Your local Volunteer Centre or Volunteer Information Service	
Your local community centre	
Your residents' association/community alert group	
Your neighbours	

Helplines for older people and people supporting them are:

HSE Helpline	Monday-Friday 8am-8pm Saturday – Sunday 10am-5pm	1850 24 1850
Age Action Information Service	Monday-Friday 9.30am – 5pm	01 4756989
Alone	Monday-Sunday 8am-8pm	0818 222 024
Seniorline	Monday-Sunday 10am to 10pm	1800 80 45 91