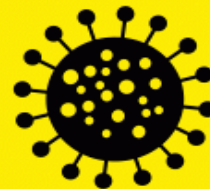




Cork City Community Response



Local Information -- Local Assistance -- Local Care

Issue 033: Wednesday 14 October 2020



Greening Our City

The very popular Greening Our City series continues online at **2.30pm on October 20th** with a particular focus on the health impacts of greening by Dr Trevor Hancock presenting on: **Healthy One Planet Communities: Creating Planetary, Community and Personal Health.**

Dr. Trevor Hancock is a public health physician and health promotion consultant and in July 2018 retired from his position as a Professor and Senior Scholar at the School of Public Health and Social Policy at the University of Victoria. Dr Hancock's areas of interest are population health promotion, healthy cities and communities, public health, healthy public policy, environment and health, healthy and 'green' hospitals, health policy and planning, and health futurism. He is one of the founders of the (now global) Healthy Cities and Communities movement, co-authoring with the late Len Duhal the original background paper for the European Regional Office of the World Health Organisation in 1986.

Once again SPACES ARE LIMITED and booking can be secured at: <https://www.eventbrite.ie/e/seminar-2-healthy-one-planet-communities-creating-planetary-community-a-tickets-122546133785>

GREENING OUR CITY is a collaboration between Green Spaces for Health, Cork Healthy Cities, SHEP Earth Aware, Environmental Research Institute of UCC, Cork Environmental Forum and Cork Chamber

Euro Games Fest

On **Thursday 22nd October**, Age & Opportunity are holding their **Euro Games Fest** online which will involve playing physical activity games via Zoom with our friends around Ireland and in Belgium and Italy from 11am to 12pm with a virtual cuppa afterwards! Contact Paul Gallier if you or your friends would like to take part on **01-8057705** or paul.gallier@ageandopportunity.ie

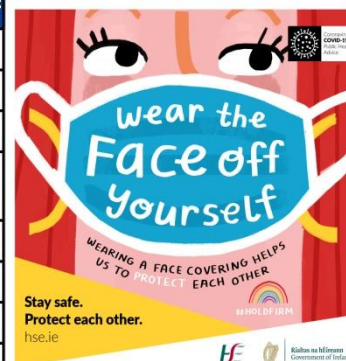


Seasonal Influenza Vaccination Programme 2020/2021

The best way to prevent flu is by getting vaccinated throughout the autumn months before influenza is circulating. You can get the flu vaccine for free if you are 65 years of age and over or belong to certain vulnerable groups. Contact your GP, Pharmacy or Occupational Health Department to book an appointment this autumn. Flu vaccine deliveries started on 17th September, and deliveries will be made to GPs and Pharmacists every two weeks until January 2021.

Know Your Symptoms with the HSE

Symptoms	Coronavirus Symptoms range from mild to severe	Flu Abrupt onset of symptoms	Cold Gradual onset of symptoms
Fever or chills	Common	Common	Rare
Cough	Common (usually dry)	Common (usually dry)	Mild
Shortness of breath	Common	No	No
Lost or changed sense of smell or taste	Common	Rare	Rare
Fatigue	Common	Common	Sometimes
Aches and pains	Common	Common	Common
Sore throat	Sometimes	Sometimes	Common
Headaches	Sometimes	Common	Rare
Runny or Stuffy Nose	Sometimes	Sometimes	Common
Feeling sick or vomiting	Rare	Sometimes	No
Diarrhoea	Rare	Sometimes in children	No
Sneezing	No	No	Common



We are all in this together



Cork City COVID-19 Community Call Helpline



Here for you if you need ...

- ✓ Food, household items, fuel, medications collected or delivered
- ✓ Someone to talk to or other social supports
- ✓ Meals delivery
- ✓ Response to Garda related concerns
- ✓ Help with other medical or health needs
- ✓ Library books



1800-222-226



covidsupport@corkcity.ie



Comhairle Cathrach Chorcaí
Cork City Council

Other Useful Phone Numbers:



Cork City Age Friendly.....021 4924076

Friendly Call Cork.....021 4301700 **or** 087 6366407



Garda Síochána (Community).....021 4522000

HSE National Helpline Number.....1850 241850



Seniorline Freephone.....1800 804591

Age Action Cork.....021 2067399



Wash



Cover



Stop



Distance



Avoid



Clean