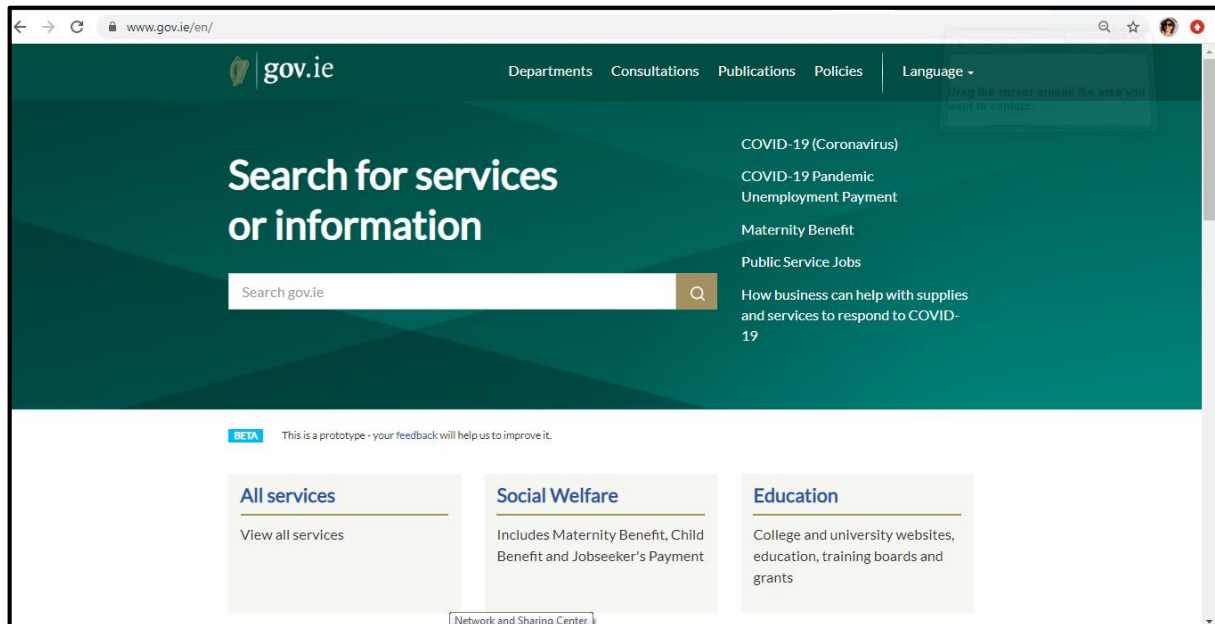
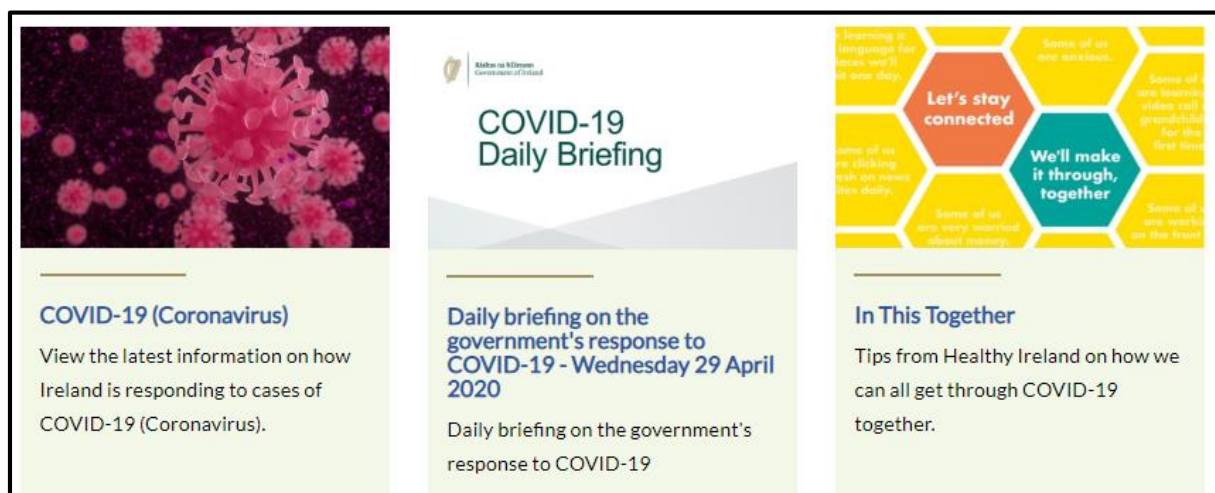


Helpful information on the www.gov.ie

Go to www.gov.ie



Scroll down the web page



Click on **In This Together**

Here you will find lots of advice and tips on how you can look after yourself during these times: **Looking after your mental, Coping at**

Helpful information on the www.gov.ie

home, Let's play Ireland, Staying active, Healthy eating, Cocooning, Helping in the community, and Local resources.

There is lots of support and advice on everything from Staying Active to Healthy Eating. Click on any of the hyperlinks to learn more

(A hyperlink is text or an image within a file on your computer that you can click on to go to another document or image. On this web page they are blue)



Helpful information on the www.gov.ie

Click on the **Coping at Home** hyperlink

There is lots of advice

BETA This is a prototype - your feedback will help us to improve it.

Publication

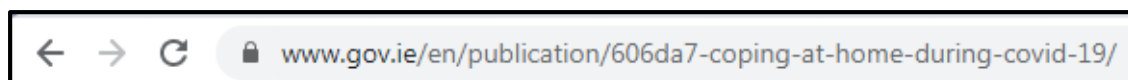
Coping at home during COVID-19

Published: 11 April 2020
From: Healthy Ireland

1. Making a new routine
2. Supporting your child at home
3. School work
4. Managing stress
5. Staying in touch
6. Creativity
7. Switching off
8. Relationships
9. Working at home
10. Managing your long term health condition

Part of
Campaign
In This Together

Use the back button



This time click on the **Healthy eating** hyperlink

Again there is lots of advice on healthy stuff like quick meals cooking with children food safety. To access this information all you have to do is click on the hyperlink

BETA This is a prototype - your feedback will help us to improve it.

Publication

Healthy eating during COVID-19

Published: 11 April 2020
From: Healthy Ireland

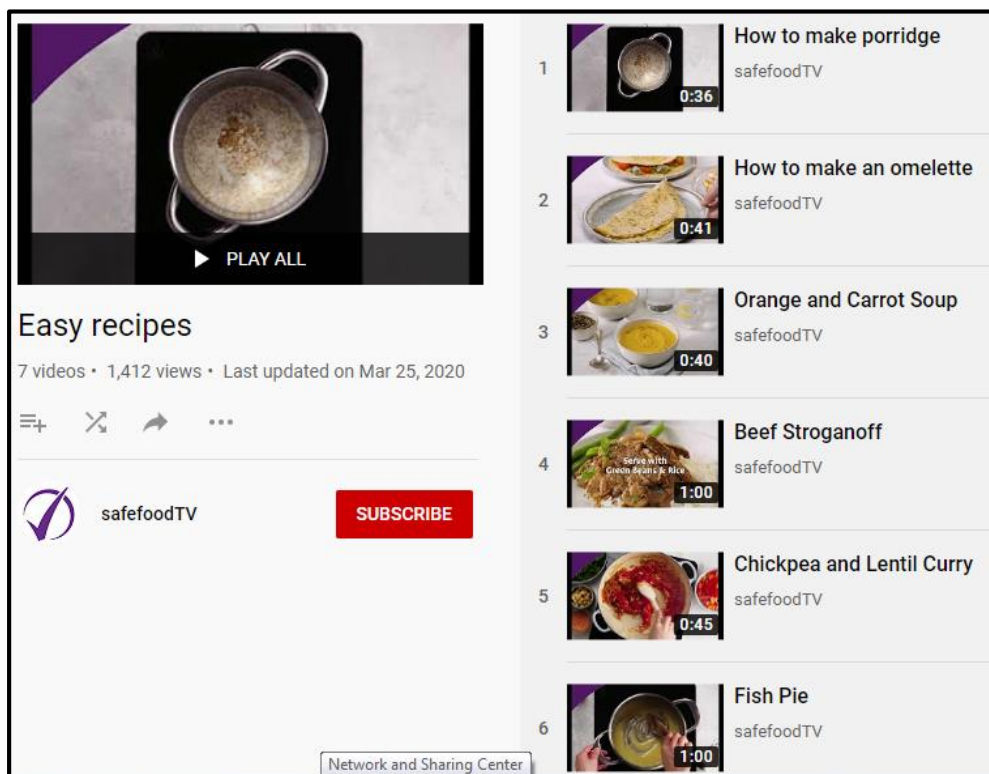
1. Healthy eating routine tips
2. Quick meals
3. Snacks
4. Takeaways
5. Older people
6. Cooking with children
7. Food safety

Part of
Campaign
In This Together

Make sure to check out Safefood Easy Recipes.

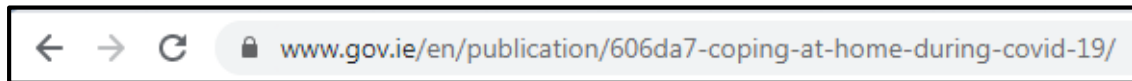
Helpful information on the www.gov.ie

Great recipes and so easy to follow just click on the hyperlink and play the YouTube clips. There are lots of recipes.

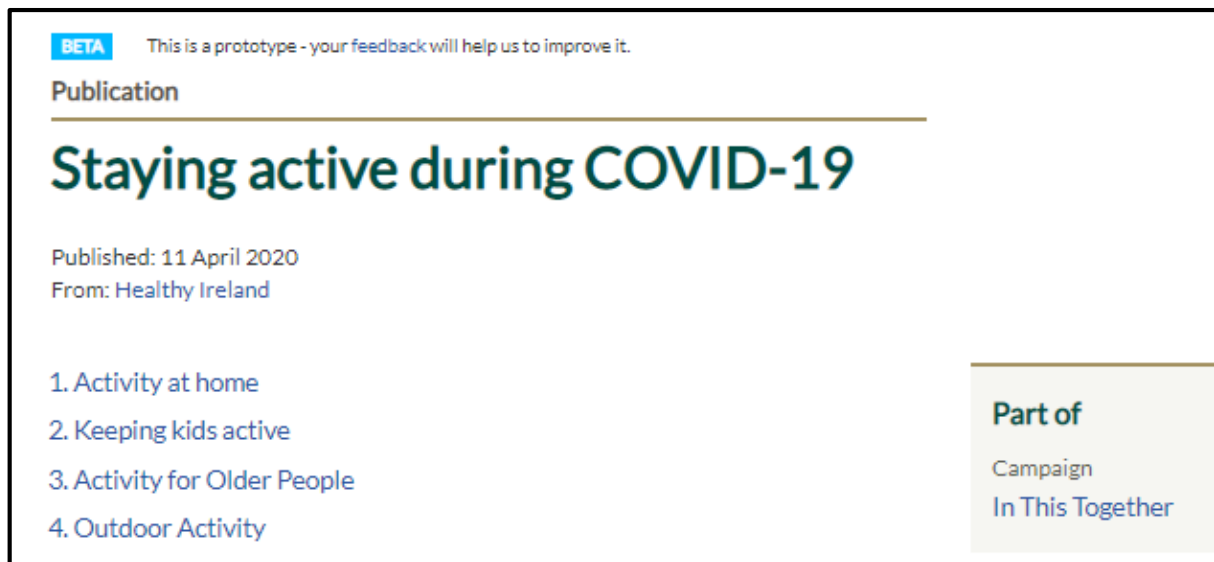


Helpful information on the www.gov.ie

Use the back button



Click on the Staying Active hyperlink



You can watch Karl Henry



You can watch P.E with Joe



Helpful information on the www.gov.ie

www.gov.ie is a very useful website. As you can see there is lots of information from the government not just for now. There is information on Social Welfare, Education, Family Relationships, Money and Tax, Housing, Transport and Travel, Health, Business, National Government, Employment, Agriculture Justice, Environment and Local Government. It's a one stop website for information.

