Go to <u>www.gov.ie</u>

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	BETA This is a prototype - your feedback will help us	to improve it.				
	All services	Social Welfare	Education			
	View all services	Includes Maternity Benefit, Child Benefit and Jobseeker's Paymen				
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#### Scroll down the web page

	COVID-19 Daily Briefing	A home of an brown with to one with and with the to one with the set of the to one with the set of the to one with the set one with the set one with the set one with the set one with the set one with the set one with the set one with the set one with the set one with the set
COVID-19 (Coronavirus) View the latest information on how Ireland is responding to cases of COVID-19 (Coronavirus).	Daily briefing on the government's response to COVID-19 - Wednesday 29 April 2020 Daily briefing on the government's response to COVID-19	In This Together Tips from Healthy Ireland on how we can all get through COVID-19 together.

#### 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

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

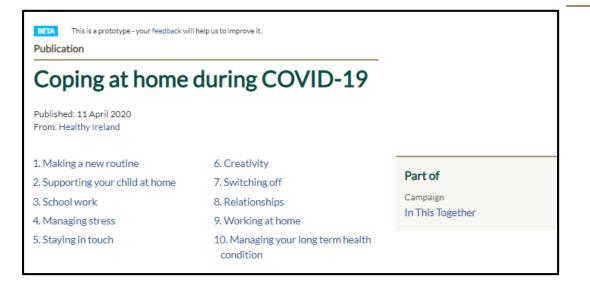
There is lots of support and advice on everything from Staying Active to Healthy Eating. Click on any of the hyperlinks to learn more

(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)



Click on the Coping at Home hyperlink

There is lots of advice

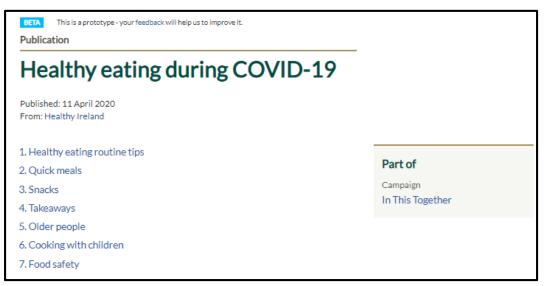


Use the back button

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www.gov.ie/en/publication/606da7-coping-at-home-during-covid-19/

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

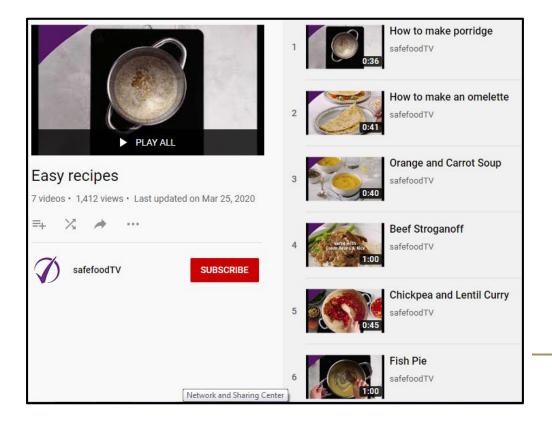


Make sure to check out Safefood Easy Recipes.

Mary Skipton

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

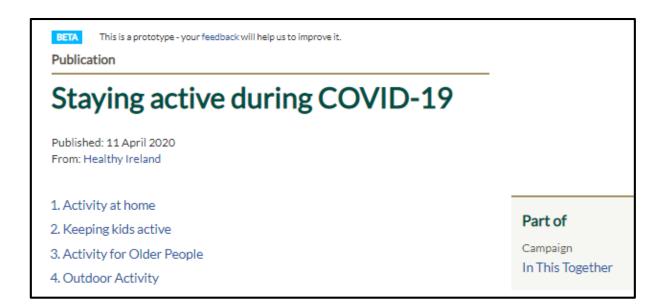




Use the back button



#### Click on the Staying Active hyperlink



You can watch Karl Henry

 Staying active #InThisTogether might look like.
 Sime of us are horming how to video call.
 Tips For Keeping Active.
 Some of us are maximum.
 Some of us are maximum.

You can watch P.E with Joe



<u>www.gov.ie</u> 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.

Search govie  This is a prototype-your feedback with  All services  View all services  Adoption applications and birth, death and marriage registration	Social W Includes M Benefit and Money a Budgetary	faternity Benefit, Child d Jobseeker's Payment	Public Service Jobs How business can help with supplies and services to respond to COVID- 19	
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Travel visas and public services	Health and	d care related services	Tools and guidance for businesses	
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Statistics, budgetary information and government services		cy claims, employment mployment rights and s	Safety information, animal and farm welfare and grants	
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