



Be Summer-Ready

Preparing you, your home
and your business for summer



Rialtas na hÉireann
Government of Ireland

COVID-19 Resilience & Recovery 2021

The Path Ahead



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Government of Ireland

Coronavirus Covid-19

This Booklet is produced under the guidance of the COVID-19 Resilience & Recovery 2021: The Path Ahead

Please see www.gov.ie/covid19 for information

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Introduction

This booklet is part of the Government of Ireland initiative to provide information to the general public on issues which may affect them during summer months in Ireland. This summer will be different from others because of the impact of COVID-19 that continues to be felt by us all. So please bear in mind all relevant Public Health advice and do not forget that all travel should be considered in line with current Government guidelines. For up to date information please see www.gov.ie/covid19

During the summer months, Ireland's waterways and beaches become very popular. More people visit the countryside, engage in outdoor pursuits, visit family farms or take holidays. With these activities there are associated risks and this booklet provides information on them.

Sadly, summer months can also bring tragedy, in the form of drowning accidents, farm accidents, accidents on our roads, or where people succumb to summer-related illnesses. Wildfires are also a more common occurrence during this period.

Information on being prepared and staying safe during these summer months, for the individual, family, home, farm, business and school, is contained in this booklet and in the links/web addresses and phone numbers contained herein. We advise people to familiarise themselves with the information in this booklet.

The booklet is published by the Department of Defence's Office of Emergency Planning, on behalf of the Government Task Force on Emergency Planning.

There is more information and useful links on our website, www.gov.ie/summerready

Tá leagan Gaeilge den leabhrán seo ar fáil freisin.

Weather Conditions



In the Northern hemisphere, meteorological summer is defined by the World Meteorological Organisation as the three warmest months which are June, July and August. However, the three months with the most sunlight are May, June and July.

WEATHER FORECASTS AND WARNINGS

Met Éireann's weather forecasts and warnings are available on www.met.ie and on the Met Éireann App. Detailed 7 day forecasts for over 1,000 named locations around Ireland are available. Additionally, the website and App has an optional feature that uses GPS location data to provide a 7 day detailed forecast for that exact location.

WEATHER WARNING ALERTING SERVICES

Push notifications of Weather Warnings are now available on the Met Éireann App. Tap Menu/My Warnings/Add. You can set up notifications for any county and warning type. Also you can sign up to receive emails of Weather Warnings on www.met.ie/warnings by tapping on the link: 'My Warning Login'.



Plan ahead and check the UV levels near you at the Met Éireann website at www.met.ie/uv-index

HEAT/SUNBURN

The Ultra Violet Index (UVI) gives an indication of the potential for skin damage. When UVI is 3 or above you need to protect your skin. In Ireland, the UVI is usually 3 or above from April to September, even when it is cloudy. Plan your day to limit time in the sun when UV is strongest, typically between the hours of 11am and 3pm.

If it is cloudy everywhere then the UVI is low to moderate (3 to 4) but sun burning can still occur. High night-time temperatures in summer (>15°C), can be more impactful, especially on the vulnerable, than high daytime temperatures.

Cloud can be variable from place to place and from time to time in Ireland and due to wind chill it can often feel cool in summer. Nonetheless, a 20 minute sunny interval can produce sunburn. Protect yourself and children by being SunSmart as part of your daily routine from April - September. Plan ahead and check the UV levels near you at the Met Éireann website at www.met.ie/uv-index

WIND AND WAVES

In the event of strong winds, high, potentially dangerous, waves can occur on lakes as well as along coasts. Even in light winds or calm conditions high waves (swell) can affect coasts/beaches. Winds can exceed general warning thresholds in exposed areas such as coasts and high ground and also in some low lying areas due to funneling effects. A storm is named by a National Met Service when Orange or Red level winds are forecast to impact over a wide land area.

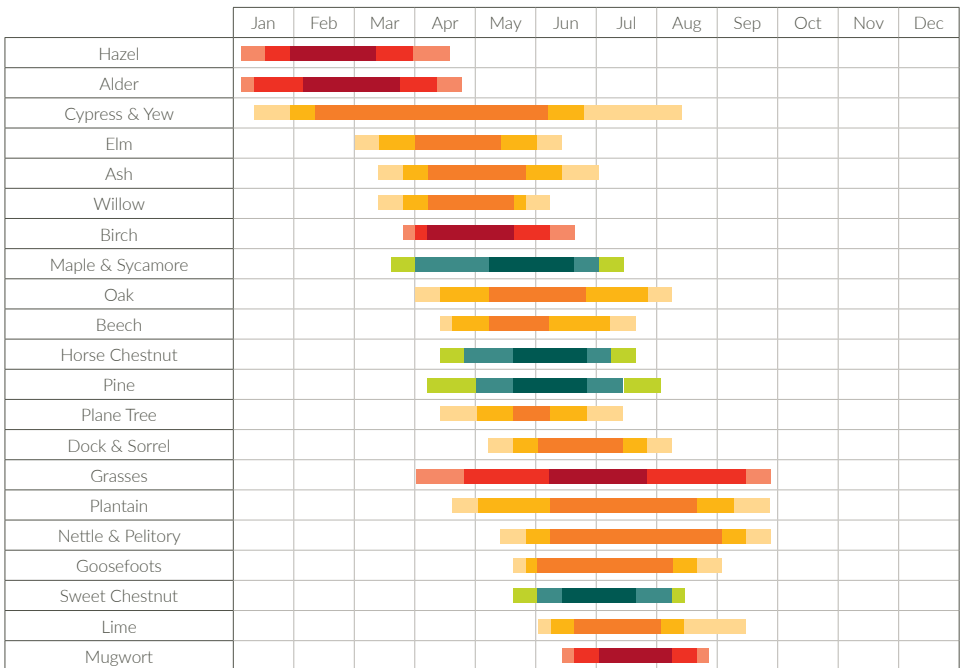
THUNDERSTORMS

In the event of thunderstorms, be aware of the dangers of lightning and do not take shelter under an umbrella or a tree. It is dangerous to be out on open water. Be careful of landline phones or any metal that connects with the ground. Lightning can strike the same spot twice. Sudden heavy downpours can lead to flash flooding and poor visibility. They can be accompanied by dangerous squally winds and potentially damaging hail.

POLLEN FORECASTS

Met Éireann issue pollen forecasts (low/medium/high) from April until September. There are four main types of pollen:

- Tree
- Grass
- Fungal spores
- Weed



High Allergenicity

- Main Flowering Period (10-90%)
- Early / Late Flowering Period (0.5-99.5%)
- Possible Occurrence

Medium Allergenicity

- Main Flowering Period (10-90%)
- Early / Late Flowering Period (0.5-99.5%)
- Possible Occurrence

Low/Absent Allergenicity

- Main Flowering Period (10-90%)
- Early / Late Flowering Period (0.5-99.5%)
- Possible Occurrence

Water Safety



WATER SAFETY TIPS

- Learn to swim and learn lifesaving skills (including CPR).
- Instructions are available from approved training providers. For more information, see www.safetyzone.ie
- When entering an aquatic environment ensure you are experienced or you are with somebody who is experienced. Inform others on shore of your plans and time of return.
- Note the location of the nearest ring buoy in case of emergency.
- When engaging in aquatic activities, do not drink beforehand.
- Swim at designated, lifeguarded waterways and beaches, between the flags, where possible. Stay within your depth.
- Follow all orders from lifeguards, and pay attention to all signs.
- Ask locals and lifeguards for advice about hazards and dangers in unfamiliar aquatic settings.
- Always wear a personal flotation device/lifejacket when boating or angling and ensure that it has correctly fitting straps.
- Wear suitable clothing such as a wet suit or warm water-proof clothing.



BE SUMMER-READY

WATER SAFETY TIPS

- Shore and beach walkers should stay away from the edge and be vigilant to the dangers of stranding by incoming tides.
- Always carry a mobile phone, and in an emergency ring 112 or 999 – ask to speak to the Coast Guard.
- Check the weather forecast and time of tides before going into or near water.
- Never enter the water at night or when darkness is approaching.
- Do not use inflatable toys in open water or swim out after anything drifting.

SAFE SWIMMING

Swim at designated bathing areas where lifeguards are on duty. See listings at www.watersafety.ie

If there are no designated bathing areas near you, then swim at known safe traditional bathing areas where there are ringbuoys erected. Always ensure that the ringbuoy is in its yellow box before entering the water. Make sure that the edges are shallow shelving so that you can safely and easily enter and exit the water:

- Know the tides and be conscious of currents.
- Never jump or dive in case of hidden hazards.
- Stay within your depth and swim parallel to shore.
- Never put pressure on others to take risks.
- Learn to use equipment before trying it out.
- Enter cool water slowly allowing your body to acclimatise.
- To escape a rip current sweeping you out to sea, remain calm and swim parallel to shore until free.
- Never swim when you are hot or tired.
- Don't swim in quarries, ESB reservoirs and tailraces.

COLD WATER IMMERSION/SHOCK

When cold water makes contact with your skin, the cold shock response causes an immediate loss of breathing control, possible dizziness and panic. This dramatically increases the risk of sudden drowning even if the water is calm and you know how to swim. For those who survive this, but are unable to get out of the water, progressive body cooling leads to hypothermia and muscle cooling, making swimming more difficult or impossible. Children cool even faster than adults.

If you fall in to cold water avoid swimming, stay calm and relax. Float or tread water and get as much of your body out of the water as possible. To lessen heat escape keep your legs together and elbows by your side.

HYPOTHERMIA

Coastal walks present a high risk of stranding as people may become trapped by incoming tides. Avoid walking on sandbanks and keep children at a safe distance from the edges of rivers, canals and inland waterways. Water temperatures can be cold, which puts people at risk of cold shock and hypothermia if suddenly immersed.



For more information about symptoms, prevention and follow up hypothermia techniques go to www.watersafety.ie



Report missing ringbuoys to your Local Authority or Harbour Master.

HOW TO USE A RINGBUOY

- Stand back from the shore edge and establish voice contact with the person, shouting 'Kick your legs!'.
- Look for the nearest ringbuoy (yellow box).
- Secure the end of the rope or hold it in your hand.
- Holding the ringbuoy, swing back, then release forward with an under-arm throw, shouting: 'Ringbuoy! Ringbuoy! Ringbuoy!'.
- Aim to land the ringbuoy beyond the person, so the ringbuoy can be pulled into their grasp.
- Instruct the person to hold the ringbuoy. Slowly pull them to land, reassuring them.
- Get others to help you, if available.



For information on open water swimming visit: www.watersafety.ie/open-water-swimming



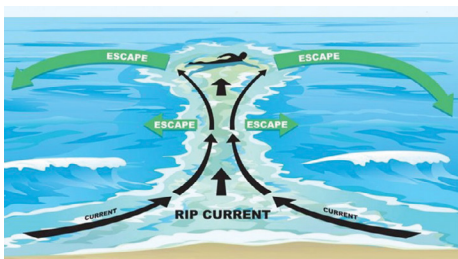
Remember: Green water is mean;
white water is nice.

RIP CURRENTS

Rips are strong currents that start near the shore and rush out seaward, quickly taking you out of your comfort zone, from the shallows to deeper water. Rip currents are the leading surf hazard for all beachgoers. They are particularly dangerous for weak or non-swimmers. Rip currents most typically form at low spots or breaks in sandbars, and also near structures such as groynes, jetties and piers.

How to identify rip currents:

- A channel of churning, choppy, green, deeper water.
- An area having a notable difference in water colour, normally dark green or blue in sunshine.
- A line of foam, seaweed, or debris moving steadily seaward.
- A break in the incoming wave.



Rip currents are often not readily or easily identifiable to the average beachgoer. Polarized sunglasses make it easier to see the rip currents. Ask a lifeguard for advice.

Tips for surviving a rip current:

- If caught in a rip current, remain calm to conserve energy and think clearly.
- Do not try to swim against the current. Swim out of the current in a direction following the shoreline. When out of the current, swim towards shore.
- If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.
- If you are still unable to reach shore, draw attention to yourself by facing the shore and calling for help.
- If you see someone in trouble, get help from a lifeguard. If a lifeguard is not available, have someone call 999 or 112.
- Throw the rip current victim something that floats and yell instructions on how to escape.
- Remember, many people drown while trying to save someone else from a rip current.

BE SUMMER-READY



Always wear a Lifejacket on or near water.



WATER SAFETY IN AND AROUND THE HOME

Each year, children die in drowning accidents in or near their home. Children are most at risk because they feel that their house is safe but there are many dangers.

Remember drowning can occur in very shallow water, in such places as:

- Streams.
- Drains at the end of a garden.
- Fish or garden ponds.
- Play pools or swimming pools.
- Wells.
- Barrels or water tanks.
- Septic tanks or slurry pits.

WATER QUALITY

Bathers should check the EPA's bathing water website www.beaches.ie to find out which beaches have safe water quality. The website shares the latest information on over 200 bathing waters sampled by local authorities during the bathing water season, which runs from 1st June to 15th September. Information on weather, tides and amenities are also available.

Water Safety Information is translated into Irish, Belarusian, Chinese, Czech, Latvian, Lithuanian, Polish, Romanian and Slovakian.

See www.watersafety.ie



Always supervise children near water.



Know the dangers around the home:

- Adults should fence off any rivers, streams or drains running near the home.
- An adult should always supervise playtime in paddling pools.
- Paddling pools should be emptied straight away after use.
- Holes or drains left exposed after building work should be closed.
- Private swimming pools should be fenced in.
- Swimming pools should have covers that can be firmly secured.
- If your home is on a farm, keep away from slurry pits.

- Rain barrels, water tanks, wells and fish ponds should be covered with wire mesh or metal grids.
- Ensure pets are adequately catered for during warm weather.

Learn how to help:

- If you see someone in difficulty dial 999 or 112 and ask for the Coast Guard.
- You, your family and your friends can learn water safety, swimming, lifesaving and rescue skills at www.watersafety.ie

Be Water Smart



All year round, but especially in summer, we should all be mindful of the amount of water we use, and try to use only what we need.



IN THE BATHROOM

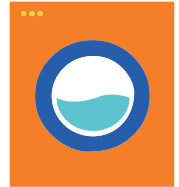
Have a shower instead of a bath. Showers use only half the amount of water required for a bath.

Spend less time in the shower. An average shower uses 10 litres of water per minute, so taking a shorter shower will save water.

Remember to turn off the tap when brushing your teeth. A running tap can use up to six litres of water per minute.

IN THE KITCHEN

Make sure your washing machine and dishwasher are always fully loaded before putting on a wash to save water and money on energy bills.



Use a basin in the sink. A basin is useful for washing dishes by hand or collecting the water you use to rinse fruit and vegetables, which can then be used for watering plants. Keep a jug of water in the fridge. Waiting for a tap to run cold water to drink can waste more than 10 litres of water in a day.

IN THE GARDEN

Use a rose head watering can in the garden and a bucket and sponge to wash your car. A hose uses more water in one hour than the average family uses in a day. Water your plants in the early morning or late evening. This saves water evaporating and avoids scorching your plants too. Add layers of plant material, like bark or straw, to your garden soil to help it retain more water.

THE STORY OF WATER

For more general information on the critical value of our most precious natural resource see The Story of Water documentary at www.water.ie/storyofwater It presents a unique perspective on the ongoing national project to upgrade the country's drinking water supply and wastewater treatment.

FOR BUSINESS

You can consider upgrading to more water efficient appliances. For example water efficient taps, shower heads, toilets, and dishwashers can make a big difference. Choosing to implement waterless processes can dramatically reduce your company's water footprint. This can include air-vacuums, high pressure air jets, and dry sweeping.



There are cheaper alternatives too. You can retrofit a dual flush system into older toilets or invest in toilet cistern bags. Businesses with showers may also wish to invest in shower timers.

Businesses can get involved in Irish Water's Water Stewardship Programme, which includes taking the Water Conservation Pledge, carrying out free Online Water Conservation Training and enrolling to become a Certified Water Steward. Find out more on the Business Water Conservation Hub at www.water.ie

Coastal and Water Based Activities

The Coast Guard has overall responsibility for coordinating Search and Rescue at sea, on Ireland's coast and on designated inland waterways. The Coast Guard also assists with inland search and rescue and provides a 24/7 service.

Coast Guard services can be contacted by:

- Dialling 112/999 and asking for the Coast Guard.
- Marine VHF radio - Channel 16.
- Activating a Personal Locator Beacon (PLB) or Electronic Position Indicating Radio Beacon (EPIRB).

All those planning to go to sea on any craft are urged to carry marine VHF equipment as the primary means of distress and safety communication. In addition, the carriage of an EPIRB and/or PLB as a secondary means of distress alerting is strongly advised. Mobile telephones should NOT be considered as a suitable substitute.

Before considering any water-based or coastal activity during the summer months, the Coast Guard recommends that you first '**PAUSE**'.

Plan your activity carefully, detail where you are going and how, what clothing (or PPE) may be required to stay protected from the sun, from the water and for any sudden change in weather, and who you will inform of your intentions (e.g. Where you're going, Who you're with and When you're due to return).

Always bring a means of effectively communicating your distress, sufficient drinking water and the correct equipment for the activity you're considering. Know how to use your equipment in an emergency and always wear a Personal Flotation Device/Lifejacket when near or on the water.

Use readily available sources of information to check the environmental conditions (weather and tides) in advance of your trip.

Seek help immediately if you or someone you observe is possibly in difficulty by calling 999/112 or using VHF Radio - Ch: 16 and asking for the Coast Guard.

Enjoy Ireland's wonderful outdoors safely and act responsibly.



If you see somebody in trouble or think they are in trouble on the water or along the coast;

Dial 112/999 or use Marine VHF radio - Ch 16 and ask for the Coast Guard.

Road Safety



SAFETY TIPS FOR DRIVING IN SUMMER

Journeys should only be taken in line with current Government travel guidelines.

Despite popular opinion, summertime is the most dangerous time of the year on our roads. In the summer, when there are no obvious dangers, and the weather is fine and days brighter, we relax our guard.

Unfortunately, there is a spike in pedestrian, cyclist and motorcyclist casualties over the

summer. The fine weather brings more people out and about. As drivers, we need to be on the lookout for them. Slow down and expect the unexpected.

All road users must also be aware of the dangers of alcohol during the summer months too - never ever drink and drive, and always be aware of the dangers the next morning. Alcohol is a factor in 38% of fatal crashes.

Never ever
drink and drive.

It's never just one life
CRASHED LIVES



At this time of year, there will also be an increase in the number of agricultural vehicles using the road.

If stuck behind a tractor, be patient and don't be tempted into any foolish or rash overtaking as the tractor might turn suddenly into a hidden entrance up ahead. Always be on the look-out for farm machinery leaving fields and farm yards.

Farmers need to be safety conscious too. If the traffic is building up behind, keep left where safe to allow others pass safely. Drivers of agricultural vehicles are also reminded to be mindful of the following:

- Wash down wheels regularly to avoid carrying mud and stones onto the public road.
- Be particularly careful when transporting material such as silage, slurry, sand and gravel and ensure that the load is covered with the appropriate covering such as tarpaulin or netting so that the load does not spill or blow onto the road or onto following traffic posing a road safety risk.
- Not to load/overload trailers so as to cause them to be unstable on the road.
- Look out for low bridges, overhanging trees, overhead cables and uneven road surfaces which could cause the load to shift and possibly overturn.
- The driving mirrors must always provide an adequate view of the road behind and all agricultural vehicles must have proper working brakes on both tractor and trailer units. All agricultural vehicles must be fitted with working lights, reflectors and indicators.
- Large farming vehicles should consider using an escort vehicle to warn other road users and ensure that tractors are driven at an appropriate speed for the road conditions.
- Do not carry a passenger unless the tractor is equipped to carry one.

IS YOUR VEHICLE SUMMER-READY?

You should ensure your vehicle is maintained in a roadworthy condition with a full service being undertaken every 10,000 – 15,000 kilometres. There are also some things you can do yourself:

- **Lights** - Make sure all your indicators and headlamps are clean and working.
- **Liquids** - Make sure the water reservoir is up to the maximum mark. You may also need to top up your coolant and screen wash.
- **Oil** - Check your dipstick and top up the oil if necessary. Look for signs of leakages on the ground under the car.
- **Electrics** - Check your dashboard before and after starting the engine. Listen for a weak battery and replace if necessary.
- **Windscreen wipers** - you should clean them regularly and replace them every 12 months.
- **Tyres** - Check your tyre treads and pressure, including the spare. The minimum legal limit is 1.6mm.
- **Safety Assist** - Check your vehicle's owner's manual and find out if it has any safety assist technology e.g. ABS.
- **Be Prepared** - Consider carrying the following: a first aid kit, at least 1 high-viz vest or jacket (fluorescent and reflective), at least 1 red warning triangle and a torch.

Further information on being prepared for emergencies when taking to the road, including guidance on vehicle maintenance and repair, and vehicle safety checks can be found on the RSA website www.rsa.ie



Be Firewise



Prolonged Spring drought conditions can facilitate wildfires which can threaten rural communities and devastate upland habitats. Most wildfires in Ireland are a result of human activities and are therefore avoidable.

KNOW THE RISKS

- Be aware of the risk of fire during Spring and Summer drought periods.
- Fire risk is typically greater in Spring than Summer.
- Types of land most prone to wildfires in Ireland include peatlands, turf cutting bogs, upland areas and immature forest lands adjacent to these.
- In extreme drought conditions, vegetation fires can take place in dried grasses and other crops across a range of farmland types, even in lowland areas.
- Active farming, appropriate livestock grazing and other fuel reduction measures can reduce the risk of fire effectively.
- Fire Danger Notices are issued to advise land managers of prevailing fire risk conditions between March and September and to allow preparedness measures to be taken in time.

During fire-fighting operations do not fly drones in the vicinity of fires or firefighting operations, as doing so could pose severe safety risks to aerial operations, flight crews and individuals on the ground. Drones flying in the vicinity of aircraft present a serious hazard and can hamper firefighting efforts.

Further information on Restrictions on Cutting Hedgerows and Burning is available at: www.npws.ie/legislation/irish-law/restrictionscutting-hedgerows

PROTECT YOUR HOME

- Ensure that hazardous flammable vegetation such as gorse, bracken and grasses are maintained at low levels to reduce fire risk.
- A minimum of 30m of fuel-free space should be maintained to protect structures.
- Keep access routes clear. Identify water sources, hydrants and open water sources and keep these free from obstructions.
- Assist older or vulnerable neighbours to manage risks and maintain vegetation at a safe level around their properties.
- Report any suspicious activity to An Garda Síochána, and uncontrolled or unattended fires immediately to the Emergency Services via 112 or 999.

COUNTRYSIDE USERS

- Do not light fires in or near forests, recreational areas or other amenities.
- Park responsibly, do not block emergency access routes.
- Obey all signage and instructions from landowners and authorised officers.

BE FIREWISE ON THE FARM

Many Spring wildfires arise from poorly conducted attempts at controlled burning in the uplands. In extreme drought conditions, unintentional fires can also affect lowland farming activities and potentially impact on surrounding communities:

- Obey the Law: Unless otherwise directed by the Minister under Section 7(1) of the Heritage Act, 2016, it is an offence to cut, grub, burn or otherwise destroy any vegetation growing on any land not then cultivated between March and 31 August in any year as per requirements of the Wildlife (Amendment) Act, 2000.
- Landowners found burning illegally could face fines, imprisonment and Single Farm Payment penalties.
- Landowners wishing to carry out prescribed burning during the legal period **must** notify in writing all forest owners within one mile and the Fire Service and local Garda station in advance of the burning operation.
- Consider smoke impacts on adjacent communities. If in doubt, don't burn.
- Plan for the likelihood of fire and prepare escape routes and assembly points for workers operating equipment in the event of fire. Keep water tankers to hand throughout harvesting operations during drought conditions.



BARBECUE SAFETY ADVICE

Outdoor activities are often a great way to spend your leisure time but they have their own set of unique fire risks that should not be underestimated.

A barbecue should be a safe and enjoyable experience but it's all too easy to be distracted when you have friends and family around you whilst cooking. To avoid injuries, or damage to property, follow these simple precautions:

- Never BBQ on a balcony.
- Make sure your barbecue is in good working order.
- Ensure the barbecue is on a flat site, well away from the house/apartment, trees or shrubs.
- Keep children, garden games and pets well away from the cooking area.
- Never leave the barbecue unattended.
- Keep a bucket of water or sand nearby for emergencies.
- Never barbecue in parks, wildland areas or any site in close proximity to vegetation, trees etc.
- Ensure the barbecue is cool before attempting to move.

FORESTS

Forest owners and managers should consider the fire mitigation measures that they can put in place to help prevent loss or damage to forest resources and habitats through fire:

- Risk assessment: Assess your property with regard to fire risk and mitigation factors.
- Prepare: Fire Plans should be developed for all forests.
- Be Vigilant: Forest owners should be particularly vigilant following prolonged dry spells. See www.teagasc.ie/crops/forestry/forest-fire-risk for current Forest Fire Risk Condition rating.
- Cooperate: Cooperation between neighbouring landowners is critical to successful fire prevention. Forest owners should cooperate with neighbours in relation to fire planning and share the burden of fire patrols and vigilance.
- Report Fires Immediately: If you see a fire, do not delay; report it to the Fire and Emergency Services straight away via 112 or 999. Do not wait for somebody else to make the call.
- Report all losses; If your forest is damaged or destroyed, report this loss as soon as possible to the Gardai and the Department of Agriculture.

Military Ranges



MILITARY FIRING RANGES - WARNING

If you are hill walking in the countryside please watch out for the special signs indicating Military Range Lands. Do not walk onto these ranges as you could be in **GREAT DANGER** at all times from unexploded shells and other dangerous ammunition.

RED FLAGS indicate **LIVE FIRING**.

If you are visiting the Glen of Imaal, Co Wicklow, you can get further information, including free maps of the area, by contacting:

**Army Range Warden Service,
Seskin School, Glen of Imaal
Tel: (045) 404653**



Watch out for the warning signs **AND TAKE CARE!**

Health Preparedness

EUROPEAN HEALTH INSURANCE CARD

All travel should be considered in line with current Government guidelines. If you have to travel ensure you obtain your free European Health Insurance Card (EHIC) before you go abroad. EHIC allows you get necessary healthcare in another EU or European Economic Area (EEA) State or Switzerland on the same basis, and cost, as a resident of that State. In some States this may be for free, or at a reduced cost. It can cover short-term stays of less than three months. You need a card for each member of your family. It's free and there's no charge to apply. Once you apply the card takes about ten working days to arrive.

SKIN CANCER

Skin cancer is the most common type for cancer in Ireland, accounting for over 13,000 cases annually. The number of people being diagnosed with skin cancer is rising rapidly, with figures set to nearly triple by 2045. Yet most skin cancers are preventable. Skin cancer develops when cells are damaged and grow uncontrollably. Exposure to UV rays, from the sun or sunbeds, is the most common cause of skin cancer. UV radiation from the sun is measured using a UV index –this is highest in Ireland between April and September even on cloudy days. Stay safe by limiting time in the sun when UV is strongest, typically between the hours of 11am to 3pm. You are at higher risk if you spend a lot of time outdoors, due to your work or leisure activities. It is particularly important to protect the vulnerable skin of babies and young children. Children's skin is very sensitive to UV from the sun.

You'll find full details of how to apply for a EHIC on www.hse.ie



Protect your skin



Know the UV index: In Ireland, the UV radiation levels are high from April to September, even when it is cloudy. Stay safe by limiting time in the sun when UV is strongest, typically between the hours of 11:00am-3:00pm.



Slop on sunscreen. Use factor 30 for adults and 50 for kids. Apply sunscreen with a sun protection factor (SPF) of at least 30+ for adults and 50+ for children, with high UVA protection, and water resistant. Reapply regularly. No sunscreen can provide 100% protection, it should be used alongside other protective measures such as clothing and shade.



Do not deliberately try to get a suntan. Avoid getting a sunburn. Never use a sunbed.



Slip on Clothing: Cover skin as much as possible, wear long sleeves, collared t-shirts, clothes made from close-woven material that does not allow sunlight through.



Slap on a wide brimmed hat: Protect your face, ears and neck.



Seek shade: Especially if outdoors between 11am and 3pm, and always use a sunshade on a child's buggy.



Slide on sunglasses: Guard your eyes from harm by wearing sunglasses with UV protection.



TIPS TO KEEP YOUR ENVIRONMENT COOL

- Keep your living space cool. This is especially important for infants, the elderly or those with chronic health conditions or those who can't look after themselves.
- Keep windows that are exposed to the sun closed during the day, and open windows at night when the temperature has dropped.
- Close curtains that receive morning or afternoon sun.
- Turn off non-essential lights and electrical equipment - they will generate heat.

HEAT AND HEAT WAVE

Extreme heat can cause exhaustion, heat stroke and aggravate pre-existing health conditions. The very young, the elderly, people with underlying medical conditions and the seriously ill are groups who are particularly at risk of health problems when temperatures increase. Never leave children alone in hot vehicles. In Ireland, the UV radiation levels are high from April to September, even when it is cloudy. Stay safe by limiting time in the sun when UV is strongest, typically between the hours of 11am-3pm. Protect yourself and children by being SunSmart as part your daily routine from April – September.

People with Disabilities



This is advice that could apply to anyone, however, it contains certain, extra elements that may be relevant to persons with disabilities. If possible, make yourself aware of a relative or neighbour's disability and ask them how best you can help them if required. Arrange regular visits or phone calls at times of severe weather.

GENERAL ADVICE

- Keep out of the sun at times advised by Met Éireann.
- Drink enough water. Staying hydrated is essential, but drinking too much tea or coffee is actually counterproductive.
- Wear light, loose-fitting cotton clothes and a hat for shade.
- Wear wrap-around sun glasses with UV protection.
- Wear sun protection factor 30 or over with a 4 or 5 Star UVA rating.
- Many prescription medicines can reduce tolerance of heat. Keep taking your medicines, but take extra care to keep cool.
- Danger symptoms to watch out for in hot weather include feeling faint and dizzy, shortness of breath, vomiting, or increasing confusion.
- Take immediate action if danger symptoms of heatstroke are present. Cool down as quickly as possible. However do not take aspirin or paracetamol – this can make you worse. Do, however, carry on taking all other prescribed medicines.
- Store medicines as per instructions on the packaging.

BE SUMMER-READY

- Seek medical advice if you are suffering from a chronic condition or taking multiple medications.
- Try to get help if you feel dizzy, weak, anxious or have intense thirst and headache; move to a cool place and measure your body temperature. Drink some water or fruit juice to rehydrate.
- Rest immediately in a cool place if you have painful muscular cramps (particularly in the legs, arms or abdomen) and drink oral rehydration solutions containing electrolytes.
- Seek medical attention as needed if heat cramps last more than one hour.
- Contact your doctor or a pharmacist if you are worried about your health during a heat wave, especially if you are taking medication, if you feel unwell or have any unusual symptoms.
- Watch for feelings of mild confusion, weakness or problems sleeping.
- If you have a respiratory condition pay close attention to pollen count warnings from Met Éireann.
- Seek advice on whether being in a building with air conditioning could aggravate a respiratory condition.

- If you are deaf, hard of hearing or have a speech impairment register for the Emergency Call Answering Service 112 Text Service; you may need to contact the emergency services.
- If you have a guide/assistance dog make sure your dog keeps cool and is adequately hydrated.

KEEPING AN EYE ON PERSONS WITH DISABILITIES

- Keep a closer eye on a person with a cognitive impairment as they may not be able to communicate distress. In some cases, they may not even “feel” the heat or discomfort.
- Ensure that they have sufficient supplies of food and medications.
- Ensure that they have access to power and water.
- If you have any doubts about the safety of someone you know who has a disability seek the assistance of the Garda Síochána or local health and social services.

The Workplace

The Health and Safety Authority is responsible for regulating the health and safety of workers in all workplaces, whether indoors or outdoors.

During the summer it requires employers to ensure that indoor workers are provided with a well ventilated and comfortable working area. For those who have to work outdoors, they must be protected from the effects of excessive sunlight as set out below. There is no maximum working temperature set in legislation for working with indoors or outdoors.

It is a legal requirement for all those who work outdoors to be protected from the effects of excessive sunshine while working, so employers are required to have safety measures in place to protect their employees.

The main cause of skin cancer is ultraviolet (UV) radiation from the sun. Outdoor workers are at an increased risk of skin cancer as the nature of their occupation exposes them to UV radiation from the sun. Outdoor workers can be exposed to between 2-3 times more UV than indoor workers.

It is good for general health to enjoy the outdoors. We just need to think about how we protect our skin when outside.



USEFUL SITES

Irish Cancer Society
www.cancer.ie

EU Health Program
www.skinmama.eu

Sun Safety at Work Canada
www.sunsafetyatwork.ca

SunSmart Australia
www.sunsmart.com.au/advice-for/workplaces

EMPLOYER PROTECTIVE MEASURES

There are a range of protective measures as follows:

- Between April and September, plan outdoor work to limit duration and intensity of employee exposure to direct sunlight, especially between 11am and 3pm, when sun rays are most intense.
- The UV index can be checked at www.met.ie/uv-index
- Skin should be protected when the UV index is above 3.
- Provide shade if possible.
- Ensure breaks are taken out of direct sunlight.
- Encourage employees to cover skin, keep clothing on with sleeves down and collars up, a wide brimmed hat and wrap around sunglasses, wear clothing made from close-woven material that does not allow sunlight through.
- Provide sun screen, broad-Spectrum (UVA/UVB) SPF of at least 30+.
- Provide wraparound sunglasses.
- Self-employed workers must provide their own safety measures.
- Give information to employees about dangers of sun exposure.
- Inform employees about the how to protect their skin.



For information on how employers and employees can work together to protect themselves from UV go to www.hse.ie/eng/services/list/5/cancer/patient/prev

You and Your Farm

STAY SAFE

Farming is always a dangerous occupation and it is even more so when extremes of weather arrive. Farmers should plan in order to minimise the effects of extreme hot weather on your farm and your family.

LOOK AFTER YOUR PERSONAL SAFETY

- Always tell someone when and where you are going out on the farm, and for how long you will be gone.
- Wear suitable clothing and appropriate personal protective equipment (even if it is uncomfortable in hot weather).
- Reduce your risk of skin cancer by protecting your skin from UV rays, particularly between April and September.
- Carry a charged mobile phone and drinking water.

LOOKING AFTER OTHERS.

- Children should always be supervised on farms.
- Visitors (including family relatives) may not be familiar with a farm environment and should be accompanied when out on the farm.

LOOKING AFTER LIVESTOCK

- Ensure your animals have sufficient reserves of water and fodder at all times.
- Ensure your animals have sufficient shelter/shade.
- Be mindful of the weather conditions when transporting animals.
- Have a plan to deal with a power outage.

You can get more information from:
www.gov.ie/en/publication/e881c-animal-welfare

The Department of Agriculture has a dedicated helpline and email address to report incidents of animal cruelty:

Animal Welfare Helpline
01 607 2379 or 0761 064 408.

Email: animalwelfare@agriculture.gov.ie



ELECTRICITY

Get a copy of the booklet “Farm Well.... Farm Safely” from the ESB Networks website www.esb.ie It tells you all you need to know about using electric equipment on your farm:

- Special regulations apply to the connection and use of generators.
- The connection must be installed by a qualified electrician.
- ESB must be notified of proposed operation of a generator.
- Incorrect connection can cause a ‘back-feed’ posing a risk to yourself, other consumers and maintenance staff.

OTHER HAZARDS

- Don’t let anyone inexperienced use machinery.
- Ensure that equipment/machinery has been serviced properly and is in good working order.
- Be careful when using equipment which you may not have used for some time.
- Do not “Risk It” - if you do not know how to use the equipment get someone to advise you or find out how to use it safely.
- Particular care is needed while using chainsaws - see the booklet “Safe Working with Timber and Chainsaws” on the HSA website www.hsa.ie

Schools



Schools should ensure they have the relevant contact details of the principal response agencies for their area, including An Garda Síochána, fire brigade and local authorities and other appropriate services. Schools should also have contact details for the transport services serving their school.

Most schools use a text messaging service to communicate with parents and staff. Local radio, the school's website or social media may also be useful to advise parents and students of any issues that may arise that could prevent schools from opening.

WEATHER WARNINGS FROM MET ÉIREANN

Schools should monitor weather forecasts in order to be prepared for any severe weather which may affect the school during the summer. During periods of severe weather school authorities should keep themselves informed and assess the situation.

SCHOOLS AND WATER USAGE

As the academic year comes to an end, Irish Water asks all schools and colleges to assess their water usage and check for leaks and to support water conservation efforts.

Contact Information

EMERGENCY SERVICES

If you have an emergency please phone the emergency services at **112** or **999**, or **Use Marine VHF Channel 16**.

In the event of any emergency on water, including offshore, along the coastline, on inland waterways, lakes or rivers call **112** or **999**, or **Use Marine VHF Channel 16** and **ask for the Coast Guard**.

Remember to have phone numbers for your doctor, chemist, children's schools, local authority, Garda station, service providers and family members conveniently to hand so that you can locate them easily should an emergency arise.



SERVICES

ESB Networks LoCall
1850 372 999

Gas Networks Ireland LoCall
1850 20 50 50

Irish Water LoCall
1890 278 278

WEATHER FORECAST

You can obtain the latest weather forecast from the following sources:

- Visit the homepage of Met Éireann website: www.met.ie
- Listen to national and local radio hourly news bulletins.
- Watch weather reports after TV news bulletins.
- Download the Met Éireann app.

HSE MAP CENTRE

The Health Service Executive has a facility on the homepage of its website www.hse.ie where you can find health services in your area. Just enter your address and choose an option to find your nearest hospital, pharmacy, doctor, Garda station, nursing home or dentist. Directions are provided from your home to the required service.

TRANSPORT

During periods of disruption, the individual transport provider sites are updated on a continuous basis.

The following are contact details for Public Transport providers. You should also keep to hand contact information for your local private transport operators.

RAIL

Iarnród Éireann including Intercity/Dart/Commuter Rail:

Customer Service Number
1850 366 222

Twitter: @irishrail

Facebook: /iarnrodeireann

Website: www.irishrail.ie

Luas Services

Luas Customer Care
LoCall 1850 300 604 or
01 4614911

Twitter: @luas

Facebook: /luas

Website: www.luas.ie

BUS

Dublin Bus Services:

Customer Service Number
(01) 8734222

Twitter: @dublinbusnews

Facebook: /dublinbusnews

Website: www.dublinbus.ie

Bus Éireann Services (Intercity/Commuter):

Contact: 1850 836 611
(International) +353 1 836 6111
or customercare@buseireann.ie

Twitter: @buseireann

Facebook: /buseireann

Website: www.buseireann.ie

Go Ahead Ireland Services:

Customer Queries – 1850 80 40 71

Twitter: @GoAheadIreland

Facebook: /goaheadireland12

Website: www.goaheadireland.ie

Local Link Services:

Services are operated and managed
by local offices throughout the country.

Contact your closest TFI Local Link office
for information on services available in
your area. For details on your nearest
office visit the TFI Local Link contact page.

Website: [www.transportforireland.ie/
tfi-local-link](http://www.transportforireland.ie/tfi-local-link)

BUS ÉIREANN TRAVEL CENTRES

LOCATION	COUNTER SERVICES
Ballina	MON-THURS: 0900-1300 & 1400-1715 FRIDAY: 0900-1300 & 1400-1700
Cavan	MON-SUN: 0700-1800
Cork	MON-FRI: 0900-1730
Dundalk	MON-SAT: 0700-1630 SUNDAY: 0800-1630
Galway	MON-FRI: 0900-1300 & 1400-1700 SATURDAY: 1030-1630
Killarney	MON-FRI: 0830-1300 & 1345-1630
Letterkenny	MON-FRI: 0900-1345 & 1445-1800
Limerick	MON-FRI: 0900-1300 & 1400-1730
Monaghan	MON-SUN: 0700-2000
Sligo	MON-FRI: 0830-1700
Tralee	MON-FRI: 0830-1300 & 1345-1630
Waterford	MON-FRI: 0930-1645

BUS ÉIREANN SCHOOL TRANSPORT OFFICES

FOR SERVICES IN COUNTIES	CONTACT OFFICE	PHONE NUMBERS
Cork	Cork	(021) 455 7137 (021) 455 7129
Clare Limerick Tipperary North	Limerick	(061) 217484
Dublin Kildare Wicklow Meath	Dublin	(01) 830 2222
Louth Monaghan Cavan	Dundalk	(042) 682 5900
Westmeath Longford Offaly Roscommon Laois	Athlone	(090) 647 3277
Mayo	Ballina	(096) 71816
Galway	Galway	(091) 537530
Sligo Leitrim	Sligo	(071) 916 0440
Donegal	Stranorlar	(074) 913 1008
Waterford Tipperary South Carlow Kilkenny Wexford	Waterford	(051) 873401
Kerry	Tralee	(066) 716 4750

AIR

Arrivals/Departure Information is available at the airport websites:

AIRPORT	WEBSITE	PHONE NUMBERS
Dublin Airport	www.dublinairport.com Twitter: @dublinairport	(01) 814 1111
Cork Airport	www.corkairport.com Twitter: @corkairport	(021) 431 3131
Shannon Airport	www.shannonairport.com Twitter @shannonairport	(061) 712000
Ireland West Airport Knock	www.irelandwestairport.com Twitter: @Irelandwest	(094) 936 8100
Kerry Airport	www.kerryairport.com Twitter: @kerryairport	(066) 976 4644
Donegal Airport	www.donegalairport.ie Twitter: @DonegalA	(074) 954 8284
Aer Arann Islands	www.aerarannislands.ie Twitter: @AerArann	(091) 593034



SEA

Arrivals/Departure Information is available at the Ferry Operator websites:

FERRY SERVICES

Brittany Ferries:

Website: www.brittanyferries.ie

Twitter: @BrittanyFerries

Phone: (01) 4277801

Irish Ferries:

Website: www.irishferries

Twitter: @Irish_Ferries

Phone: 0818 300 400

P&O Ferries:

Website: www.poferries.ie

Twitter: @POferriesupdate

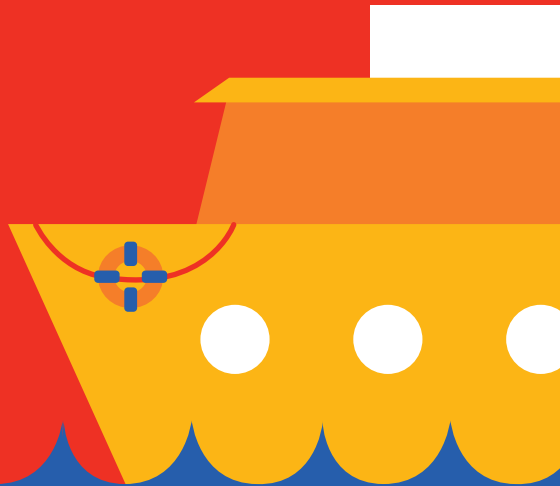
Phone: (01) 6869467

StenaLine:

Website: www.stenaline.ie

Twitter: @StenaLineUKIE

Phone: (01) 2047777



CITY AND COUNTY COUNCILS

COUNCIL	WEBSITE	PHONE NUMBERS	
		OFFICE HOURS	OUT OF OFFICE HOURS
Carlow Co.	www.carlow.ie	(059) 917 0300	(059) 917 0300
Cavan Co.	www.cavancoco.ie	(049) 437 8300	(049) 437 8300
Clare Co.	www.clarecoco.ie	(065) 682 1616	087 416 9496
Cork Co.	www.corkcoco.ie	(021) 427 6891	(021) 480 0048
Cork City	www.corkcity.ie	(021) 492 4000	(021) 496 6512
Donegal Co.	www.donegal.ie	(074) 915 3900	Water: 1850 278 278 Roads: (074) 917 2288
Dublin City	www.dublincity.ie	(01) 222 2222	(01) 679 6186
Dun Laoghaire / Rathdown Co.	www.dlrcoco.ie	(01) 205 4700	(01) 677 8844
Fingal Co.	www.fingalcoco.ie	(01) 890 5000	(01) 890 5000
Galway Co.	www.galway.ie	(091) 509 000	(091) 506 000
Galway City	www.galwaycity.ie	(091) 536 400	(091) 536 400
Kerry Co.	www.kerrycoco.ie	(066) 718 3500	(066) 718 3500
Kildare Co.	www.kildare.ie/ countycouncil	(045) 980 200	1890 50 0333
Kilkenny Co.	www.kilkennycoco.ie	(056) 779 4000	1890 252 654
Laois Co.	www.laois.ie	(057) 866 4000	(057) 866 4000
Leitrim Co.	www.leitrimcoco.ie	(071) 962 0005	(071) 962 0005
Limerick City & Co.	www.limerick.ie	(061) 496 000	(061) 417 833
Longford Co.	www.longfordcoco.ie	(043) 334 3300	1850 211 525

COUNCIL	WEBSITE	PHONE NUMBERS	
		OFFICE HOURS	OUT OF OFFICE HOURS
Louth Co.	www.louthcoco.ie	(042) 933 4549	1890 202 203
Mayo Co.	www.mayococo.ie	(094) 902 4444	(094) 903 4706
Meath Co.	www.meath.ie	(046) 909 7000	1890 445 335
Monaghan Co.	www.monaghan.ie	(047) 30 500	Monaghan: 087 650 833 Carrickmacross / Castleblayney: 087 687 3154 Ballybay /Clones: 087 204 1672 Monaghan Town: 087 242 4222
Offaly Co.	www.offaly.ie	(057) 934 6800	1890 750 750
Roscommon Co.	www.roscommoncoco.ie	(090) 663 7100	(090) 663 7100
Sligo Co.	www.sligococo.ie	(071) 911 1111	(071) 911 1111
South Dublin Co.	www.sdcc.ie	(01) 414 9000	(01) 457 4907
Tipperary Co.	www.tipperarycoco.ie	0761 06 5000	Roads / Housing: 1890 923 948 Water: 1890 278 278
Waterford City&Co.	www.waterfordcouncil.ie	0761 10 2020	0761 10 2020
Westmeath Co.	www.westmeathcoco.ie	(044) 933 2000	(044) 933 2000
Wexford Co.	www.wexfordcoco.ie	(053) 919 6000	1890 666 777
Wicklow Co.	www.wicklow.ie	(0404) 20 100	(01) 291 6117

IMPORTANT PHONE NUMBERS

EIRCODE:

DOCTOR:

(Name)

(Phone)

(Alt Phone)

VETERINARY SURGEON:

(Name)

(Phone)

(Alt Phone)

DENTIST:

(Name)

(Phone)

(Alt Phone)

NEIGHBOUR:

(Name)

(Phone)

(Alt Phone)

OTHER EMERGENCY CONTACT:

(Name)

(Phone)

(Alt Phone)

CHEMIST:

(Name)

(Phone)

(Alt Phone)

SCHOOL:

(Name)

(Phone)

(Alt Phone)

GARDA SÍOCHÁNA:

999 or 112

(Alt Phone)

**FIRE/AMBULANCE
SERVICE/COAST GUARD**

999 or 112

(Alt Phone)

SERVICE PROVIDERS

Gas

(Phone)

(Alt Phone)

Electricity

(Phone)

(Alt Phone)

Water

(Phone)

(Alt Phone)

City/County Council

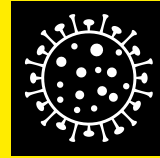
(Phone)

(Alt Phone)

DEVELOPED BY THE OFFICE
OF EMERGENCY PLANNING
IN ASSOCIATION WITH:

All Government Departments
An Garda Síochána
Bus Éireann
Environmental Protection Agency
Óglaigh na hÉireann
Health and Safety Authority
Health Service Executive
Irish Coast Guard
Irish Water
Met Éireann
National Disability Authority
Office of Public Works
Road Safety Authority
Teagasc
Water Safety Ireland

The contents of these pages are provided as an information guide only. They are intended to enhance public access to information for preparing and dealing with events during the summer. While every effort is made in preparing material for publication no responsibility is accepted by or on behalf of the Government Task Force on Emergency Planning or the Office of Emergency Planning for any errors, omissions or misleading statements on these pages or any site to which these pages connect.



Stay safe. Protect each other.

Continue to:



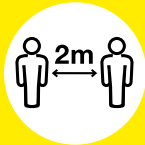
Wear

face coverings on public transport, in shops, crowded streets, busy indoor workplaces and when in close contact with people



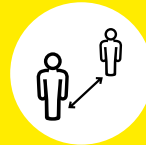
Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue safely



Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



Limit

contact with others when out and about



Wash

your hands well and often to avoid contamination



Avoid

crowds and crowded places



Know

the symptoms. If you have them self isolate and contact your GP immediately

COVID-19 symptoms include

- > high temperature
- > cough
- > breathing difficulty
- > sudden loss of sense of smell or taste
- > flu-like symptoms

#holdfirm Know the facts

www.gov.ie/health-covid-19
www.hse.ie



Rialtas na hÉireann
Government of Ireland

This booklet can be downloaded from the website www.gov.ie/summerready or by emailing or writing to the Office of Emergency Planning, National Emergency Coordination Centre, Agriculture House (2 East), Kildare Street, Dublin 2

An Irish language version is also available. Copies are available by contacting the Office of Emergency Planning.

www.gov.ie/summerready

Twitter: @emergencyIE

01 237 3800 or 0761 001 608

E-mail: oepe@defence.ie

#besummerready