

Coronavirus
COVID-19
Public Health
Advice

Coronavirus **COVID-19**

Everyone stay at home.
Everyone has the power
to **Stop COVID-19.**

Stay at home in all circumstances, EXCEPT:

- > Travel to and from work where your work is an essential service. **See gov.ie**
- > To shop for essential food and household goods
- > To attend medical appointments and collect medicines
- > For vital family reasons including caring for children, older or vulnerable people or someone who is cocooning but excluding social family visits
- > To take exercise within 2km of your home. You may include children from your household but **MUST** adhere to 2m physical distancing from other people.

Cocooning has been introduced for those over 70 years and those who are extremely medically vulnerable to COVID-19. You can find out more about this on **hse.ie**.

Remember, you cannot arrange a gathering with anybody you do not live with.

If you have symptoms, self-isolate to protect others and phone your GP.

For information and advice visit **hse.ie** or phone HSELive **1850 24 1850**

For Daily Updates Visit

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

How to Prevent



Stop

shaking hands or hugging when saying hello or greeting other people



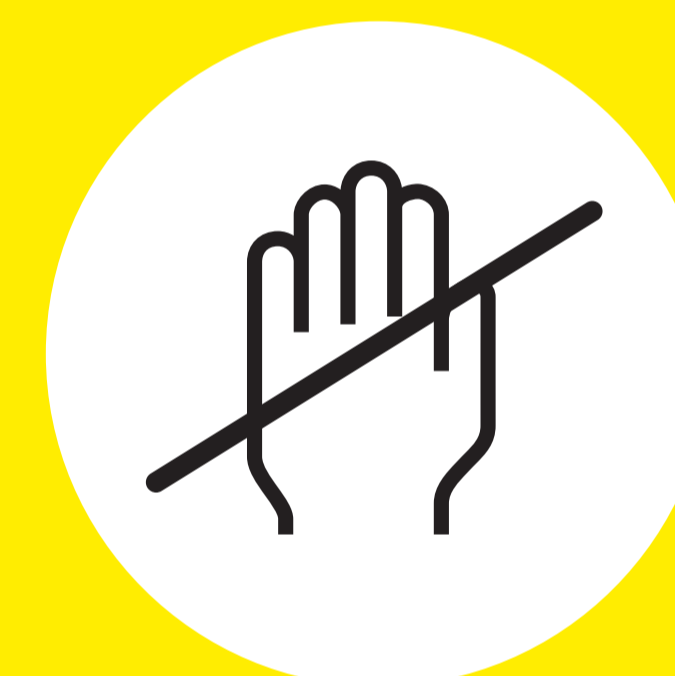
Distance

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



Cover

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



Avoid

touching eyes, nose, or mouth with unwashed hands



Wash

your hands well and often to avoid contamination



Clean

and disinfect frequently touched objects and surfaces

Symptoms

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties