

Stay home. Stay safe. Protect each other.

Know the symptoms. If you have them, self-isolate and contact a GP.
Continue to:



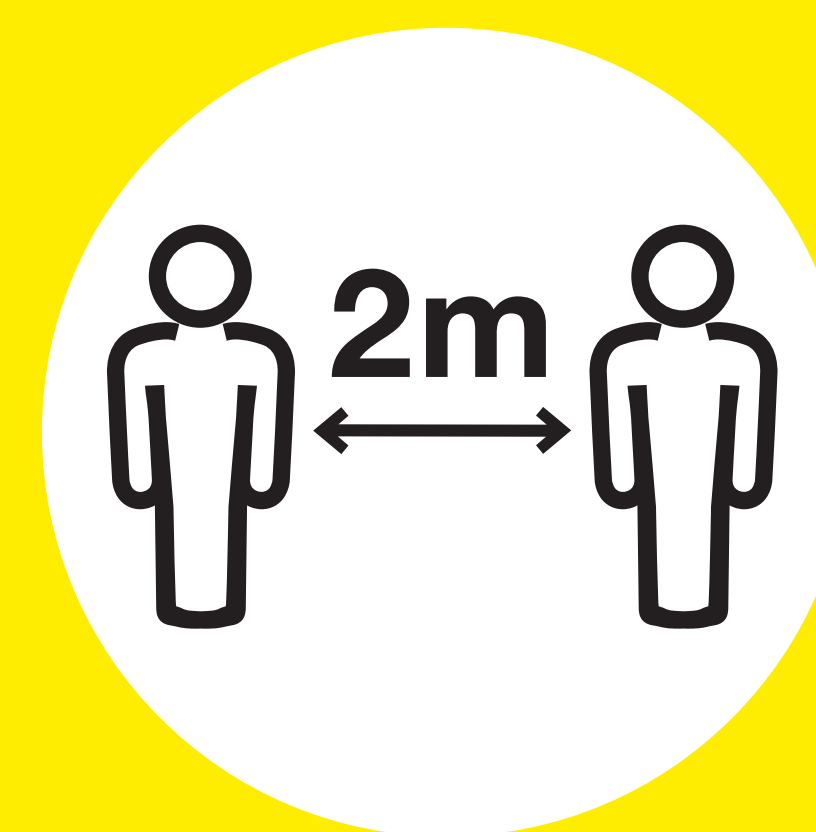
Wear

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



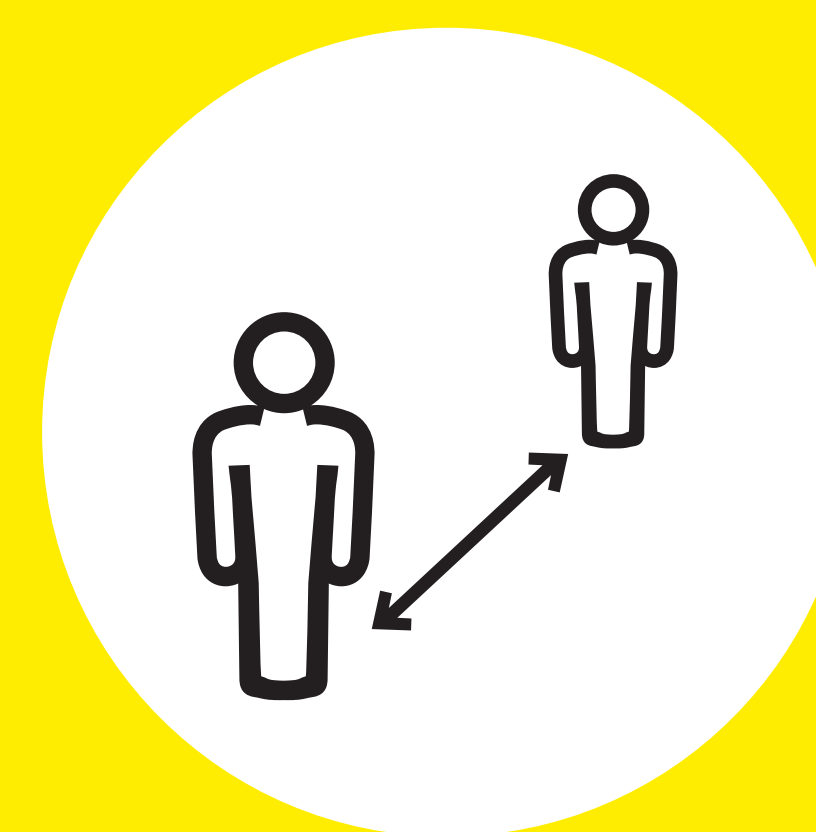
Cover

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