

Coronavirus COVID-19



Stay home. Stay safe. Protect each other.

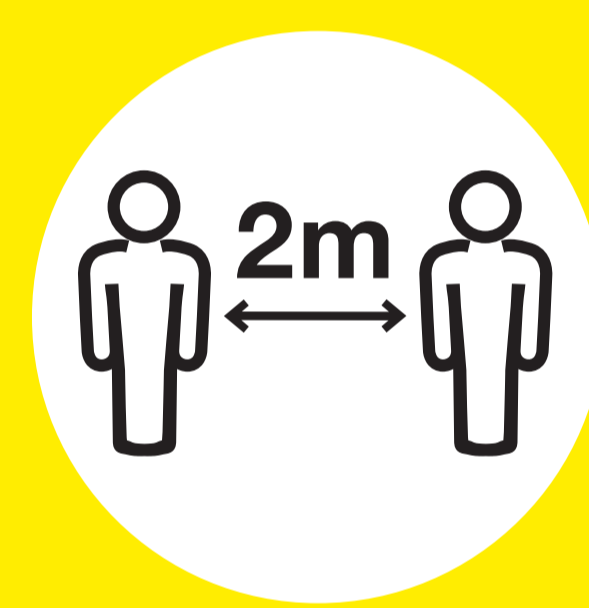
Know the symptoms. If you have them, self-isolate and contact a GP.
Continue to:



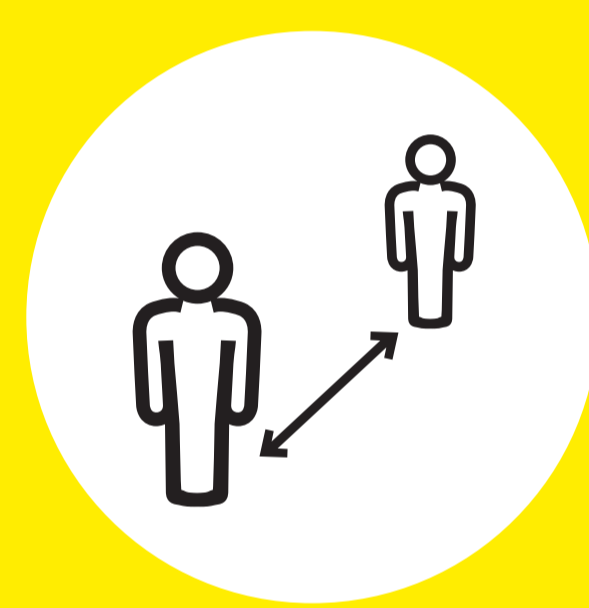
Wear
face coverings on public transport, in shops, crowded streets, busy indoor workplaces and when in close contact with people



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