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.hse.ie](http://www.hse.ie)