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