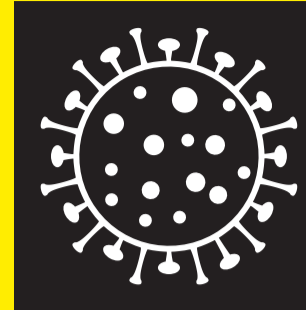Coronavirus **COVID-19**

Coronavirus **COVID-19** Public Health Advice

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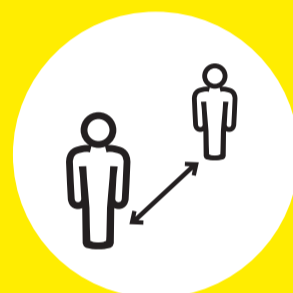
Cover
your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue safely

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

HSE

Rialtas na hÉireann
Government of Ireland