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