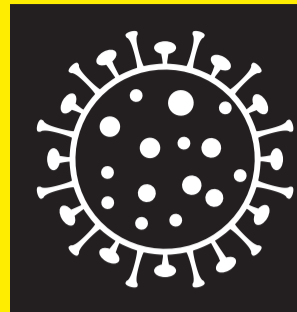


# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

## Who is at Risk?

- Anyone who has been to an affected region in the last 14 days **AND** is experiencing symptoms
- Anyone who has been in close contact with a confirmed or probable case of COVID-19 (Coronavirus) in the last 14 days **AND** is experiencing symptoms

## How to Prevent



### Wash

your hands well and often to avoid contamination



### Cover

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



### Avoid

touching eyes, nose, or mouth with unwashed hands



### Clean

and disinfect frequently touched objects and surfaces

## The Symptoms

> A Cough > Shortness of Breath > Breathing Difficulties > Fever (High Temperature)

## Affected Regions

Check the list of affected regions on [www.hse.ie](http://www.hse.ie)

## What to do if you are at risk

**I've been to an affected region in the last 14 days and**

**I HAVE symptoms**

1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP  
Phone HSE Live 1850 24 1850

**I DO NOT HAVE symptoms**

For advice visit [www.hse.ie](http://www.hse.ie)

**I've been in close contact with a confirmed or probable case of COVID-19 (Coronavirus) in the last 14 days and**

**I HAVE symptoms**

1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP  
Phone HSE Live 1850 24 1850

**I DO NOT HAVE symptoms**

For advice visit [www.hse.ie](http://www.hse.ie)

**For Daily Updates Visit**

[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)  
[www.hse.ie](http://www.hse.ie)