Stay safe. Protect each other.

Know the symptoms. If you have them, self-isolate and contact a GP.

Continue to:

- **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 safely.
- **Limit** contact with others when out and about.
- **Distance** yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell.

**Symptoms of COVID-19**
- a fever (high temperature – 38 degrees Celsius or above)
- a cough – this can be any kind of cough, not just dry
- shortness of breath or breathing difficulties

#holdfirm

Visit HSE.ie for updated factual information and advice