Social Distancing Outside

Spending time outdoors is good for our health. **But social responsibility is essential for ALL our health.**

- **Avoid** close contact with others
- **Distance** yourself at least 2 metres (6 feet) away from other people
- **Small group** sizes should be kept to a minimum
- **Don’t arrange** to meet up with other groups
- **Avoid** an area if it looks very busy and go somewhere else for your walk

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