Coronavirus COVID-19

Everyone stay at home. Everyone has the power to Stop COVID-19.

Stay at home in all circumstances, EXCEPT:

> Travel to and from work where your work is an essential service. See gov.ie
> To shop for essential food and household goods
> To attend medical appointments and collect medicines
> For vital family reasons including caring for children, older or vulnerable people or someone who is cocooning but excluding social family visits
> To take exercise within 2km of your home. You may include children from your household but MUST adhere to 2m physical distancing from other people.

Cocooning has been introduced for those over 70 years and those who are extremely medically vulnerable to COVID-19. You can find out more about this on hse.ie.

Remember, you cannot arrange a gathering with anybody you do not live with.

If you have symptoms, self-isolate to protect others and phone your GP.

For information and advice visit hse.ie or phone HSELive 1850 24 1850

For Daily Updates Visit
www.gov.ie/health-covid-19
www.hse.ie

How to Prevent

Stop
shaking hands or hugging when saying hello or greeting other people

Distance
yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

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

Symptoms

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