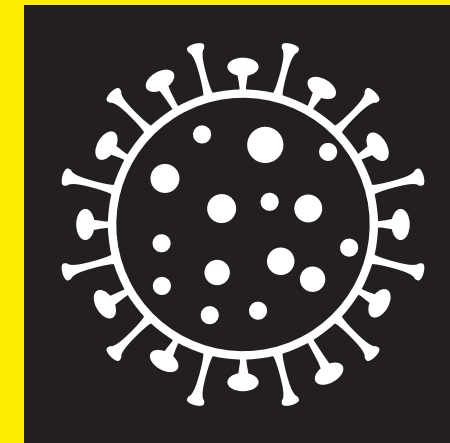


Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

Stay safe guidelines at work.



Know

the symptoms. If you have them self isolate and contact your GP immediately



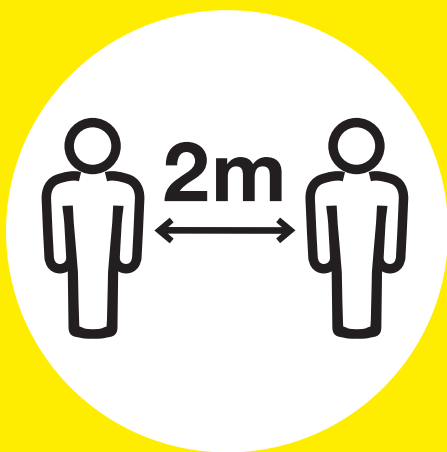
Wear

a face covering on public transport*



Wash

your hands for at least 20 seconds when you arrive to work, and regularly through the day



Stay

2m away from colleagues



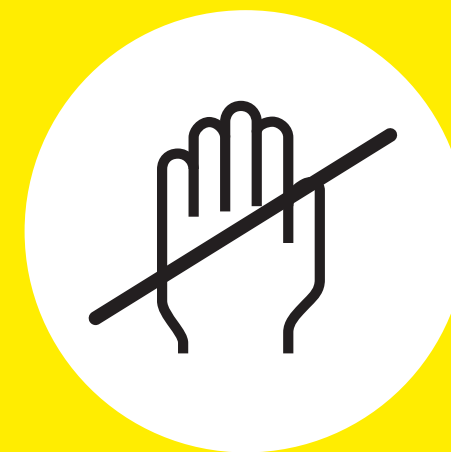
Have

fewer, shorter, smaller meetings



Disinfect

regularly touched objects



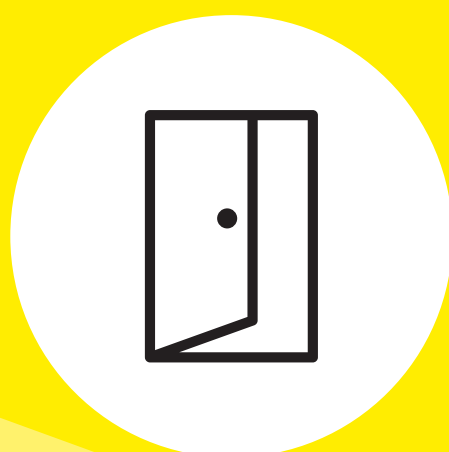
Don't

touch your face



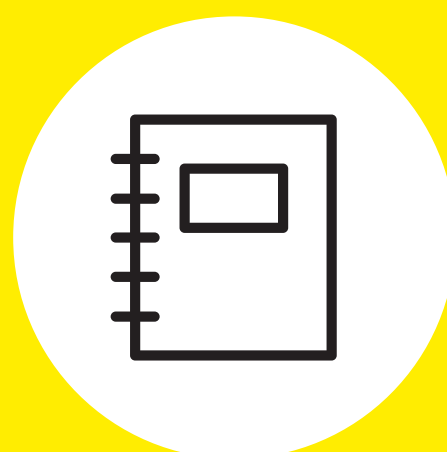
Practice

good cough /sneeze hygiene. Use your elbow or a tissue



Open

windows and doors for ventilation



Keep

a log of who you meet each day

COVID-19 symptoms include

- > high temperature
- > cough
- > breathing difficulty
- > loss of sense of taste or smell
- > flu-like symptoms

* Not suitable for children under 13 and those who have difficulty wearing them

#holdfirm

Ireland's public health advice is guided by WHO and ECDC advice



Rialtas na hÉireann
Government of Ireland