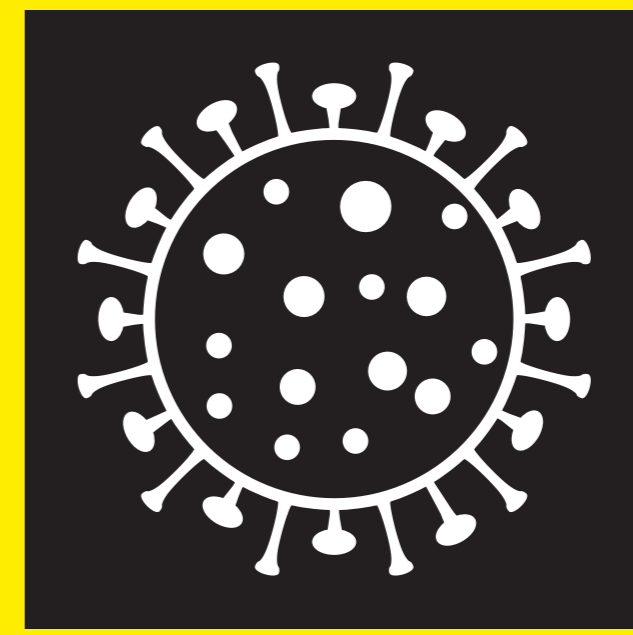


Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

Stay safe guidelines **at home.**



Wash

your hands for at least
20 seconds when you
come in



Stay

at home as much as
you can



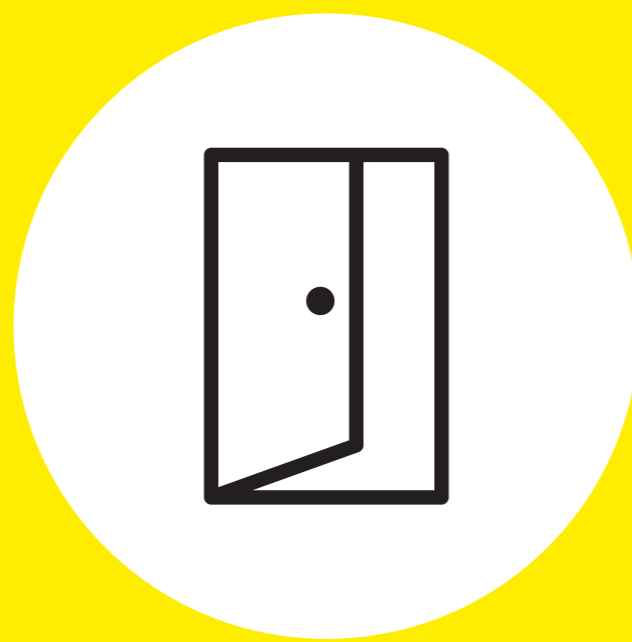
Minimise

the number of people
in your social network



Limit

the number of people
you invite into your
home



Open

windows and doors
for ventilation



Clean

and disinfect
surfaces regularly



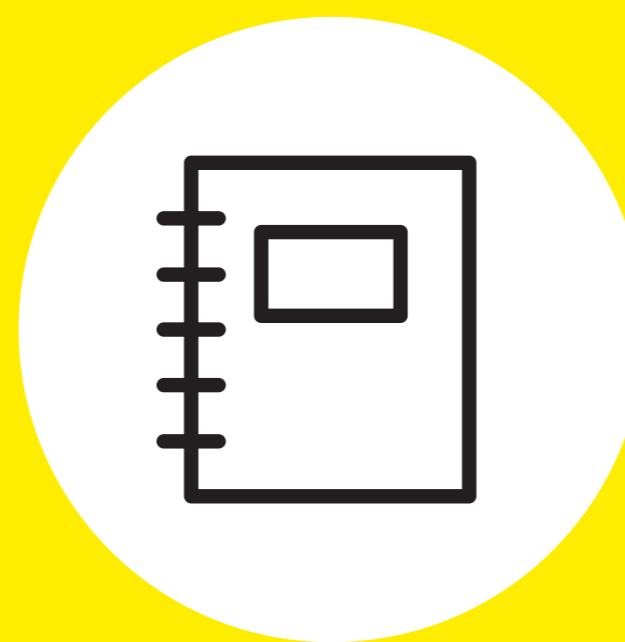
Practice

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



Know

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



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

#holdfirm

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



Rialtas na hÉireann
Government of Ireland