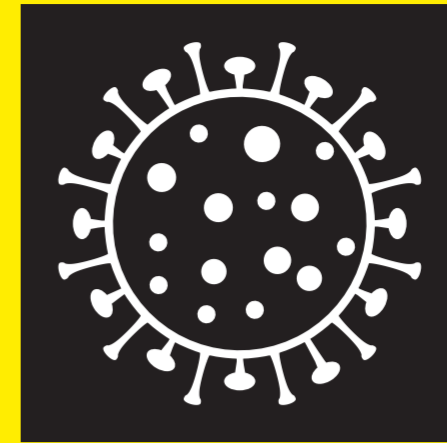


# Coronavirus COVID-19



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



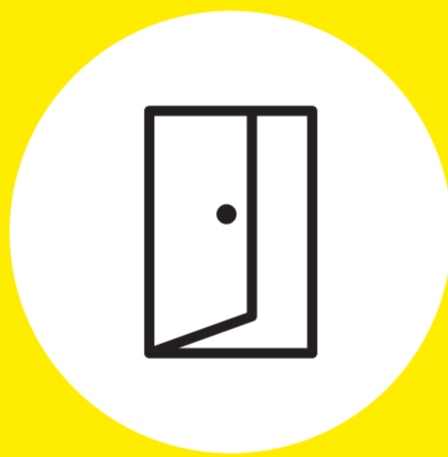
### Minimise

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



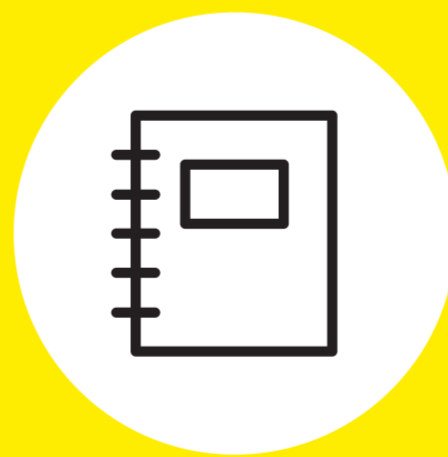
### Practice

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