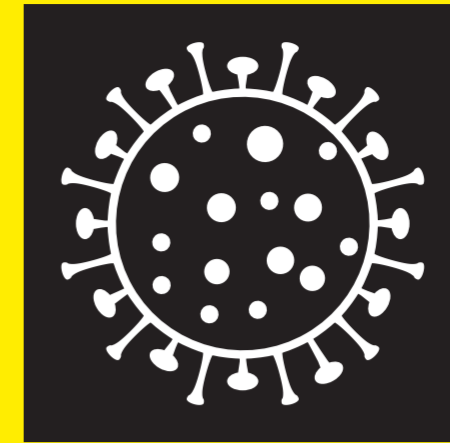


Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

Stay safe guidelines exercising outdoors.



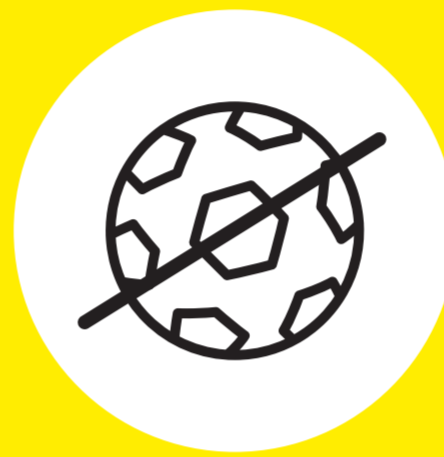
Know

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



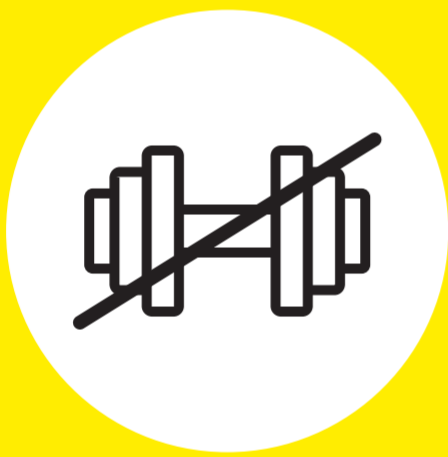
Stay

2m away from people



Avoid

contact sports



Don't

share exercise equipment



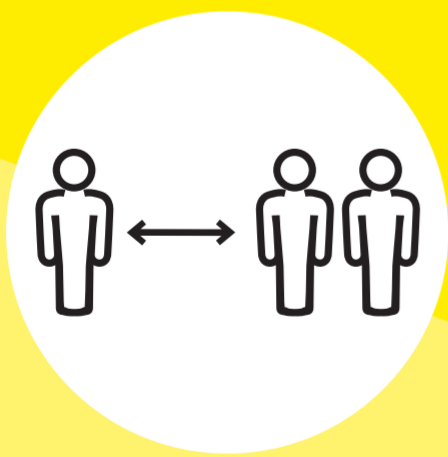
Pay

special attention to vulnerable people



Practice

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



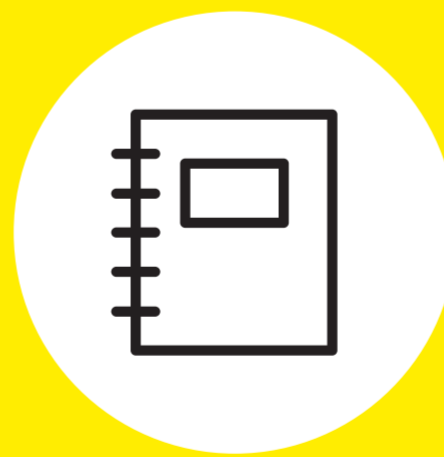
Step

aside to give others space



Wash

your hands for at least 20 seconds when you return home



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