

# Stay safe guidelines while visiting someone cocooning.

Coronavirus  
COVID-19



## Wash

your hands or use hand  
sanitiser when you arrive



## Wear

a face covering at all  
times during the visit\*



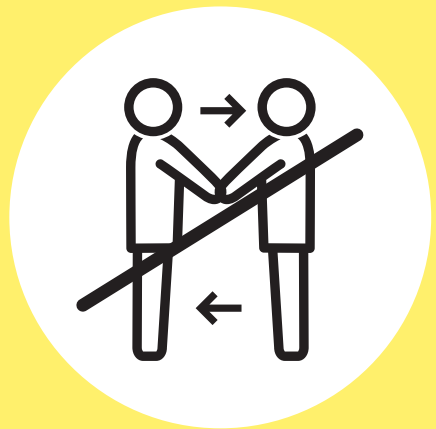
## Practice

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



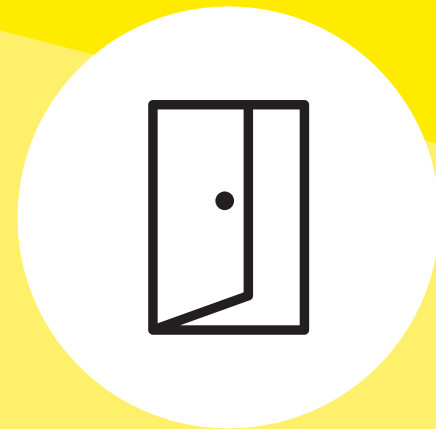
## Stay

2m away from everyone



## Avoid

physical contact



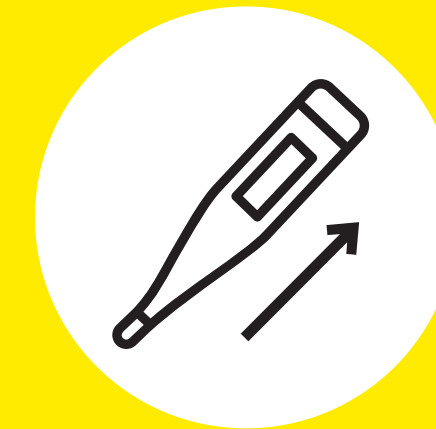
## Open

windows and doors  
for ventilation



## Outdoor

visits are safer to prevent  
spread of the infection



## Know

the symptoms. Don't visit and  
call a GP if you have them

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

#holdfirm



Rialtas na hÉireann  
Government of Ireland