

# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

**If you have fever and/or cough you should stay at home regardless of your travel or contact history.**

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.dfa.ie](http://www.dfa.ie)

## All people are advised to:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

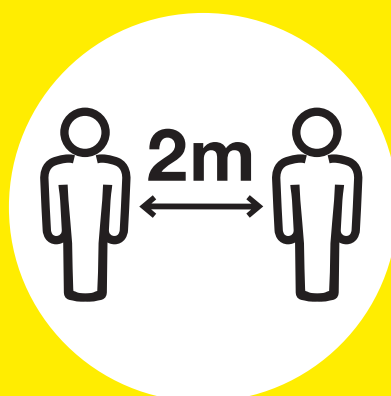
If you have symptoms visit [hse.ie](http://hse.ie) OR phone HSE Live **1850 24 1850**

## How to Prevent



### Stop

shaking hands or hugging when saying hello or greeting other people



### Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



### Wash

your hands well and often to avoid contamination



### Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



### Avoid

touching eyes, nose, or mouth with unwashed hands



### Clean

and disinfect frequently touched objects and surfaces

## Symptoms

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties

## For Daily Updates Visit

[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)  
[www.hse.ie](http://www.hse.ie)