

Coronavirus
COVID-19
Public Health
Advice

Coronavirus **COVID-19**

**Stay home. Stay safe.
Protect each other.**

Know the symptoms. If you have them, self-isolate and contact a GP.

Continue to:



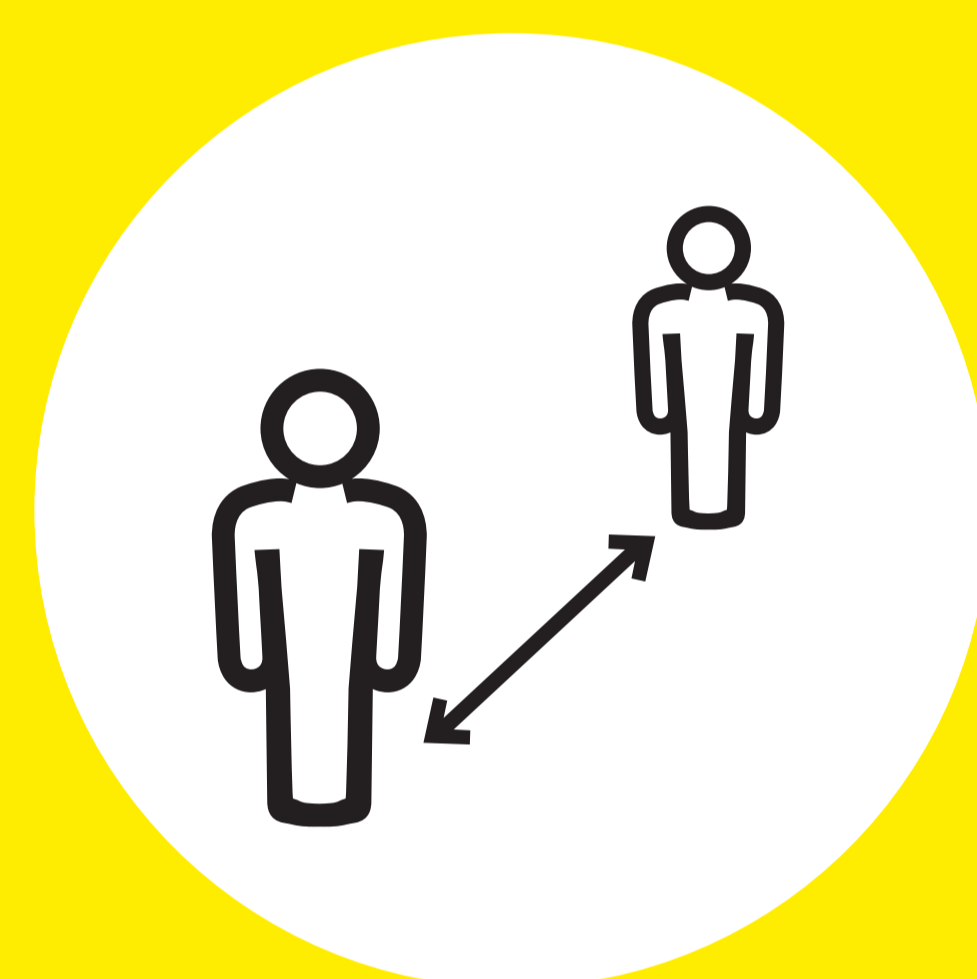
Wash

your hands well and often to avoid contamination.



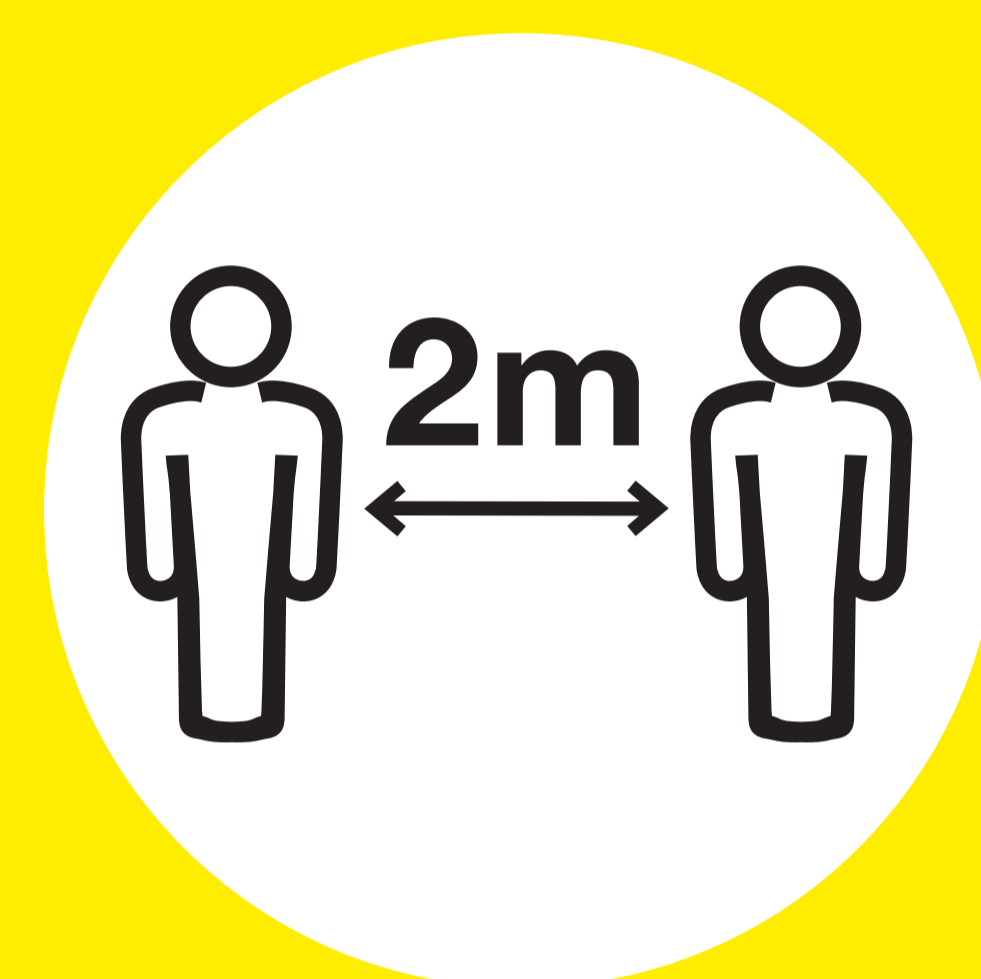
Cover

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



Limit

contact with others when out and about.



Distance

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

Symptoms of COVID-19

- > a fever (high temperature - 38 degrees Celsius or above)
- > a cough - this can be any kind of cough, not just dry
- > shortness of breath or breathing difficulties

#holdfirm

For Daily Updates Visit

www.gov.ie/health-covid-19
www.hse.ie

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



Rialtas na hÉireann
Government of Ireland