

# Coronavirus COVID-19

# Prevention Steps



## COVER

Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Always put your tissue straight into the bin after use.



## WASH

Wash your hands really well with soap for at least 20 seconds. (Sing Happy Birthday twice, or say the Our Father Prayer once slowly).



## AVOID

Do not touch your eyes, nose or mouth with unwashed or dirty hands.



## CLEAN

Clean and disinfect all surfaces and items you use regularly for example: kitchen tops, tables, door handles, remote controls, phones, baby bottles. Don't forget to clean surfaces in your car /van if you're visiting the shop such as: door handles or steering wheel.

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## SOCIAL/PHYSICAL DISTANCING



Assume that we all have the virus and can spread it to others - that's why it's really important to keep our distance.

If we all stay 6 feet away from other people it will help to slow down the spread of the Coronavirus. By doing this it will help save lives.

Travellers like to come together for weddings, funerals, christenings, confirmations and other family occasions. But if we want to protect our Grannies, our families and our community, we need to stay away from large group gatherings and keep our distance from others.

It's also important to remember this is not a school holiday for our children and they can easily spread the virus. We need to get more involved by finding ways to help them to learn and play indoors where possible.

## SHOW SOLIDARITY

Visiting family and community is very important to Travellers. But, by keeping away from older Travellers, anyone with long-term medical issues and Traveller women who are pregnant - it will help us to protect them from the virus.



**DO** stay away from older Travellers, those who have a long term illness and pregnant Traveller women.



**DO** check in with older family members and friends by phone and make sure they have everything they need.



**DO** use phones and messages to stay in touch with the people you love and care about. Make calls and send messages of support.

## FOR MORE INFORMATION

Get your information from reliable sources.

Check the HSE website [www.hse.ie/coronavirus](http://www.hse.ie/coronavirus) or the Department of Health website [www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus](http://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus) for daily updates.

You can also get information updates by watching the Irish evening news.

Get in touch with your Traveller Community Health Workers and local Traveller organisation

[www.paveepoint.ie/traveller-organisations](http://www.paveepoint.ie/traveller-organisations)

