

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

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  phone HSE Live **1850 24 1850**

Symptoms



Fever High
Temperature



A Cough



**Shortness
of Breath**



**Breathing
Difficulties**

How to **PREVENT**



Coronavirus
COVID-19
Public Health
Advice



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

For Daily Updates Visit

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