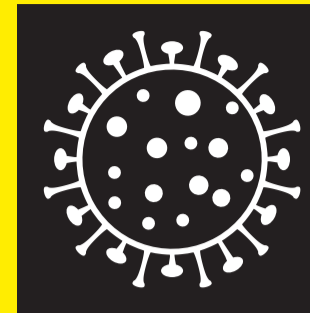


# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

**Everyone stay at home.**  
Everyone has the power to **Stop COVID-19.**

## Stay at home in all circumstances, EXCEPT:

- > Travel to and from work where your work is an essential service. **See gov.ie**
- > To shop for essential food and household goods
- > To attend medical appointments and collect medicines
- > For vital family reasons including caring for children, older or vulnerable people or someone who is cocooning but excluding social family visits
- > To take exercise within 5km of your home. You may include children from your household but **MUST** adhere to 2m physical distancing from other people.

Cocooning has been introduced for those over 70 years and those who are extremely medically vulnerable to COVID-19. You can find out more about this on **hse.ie**.

Remember, you cannot arrange a gathering with anybody you do not live with.

If you have symptoms, self-isolate to protect others and phone your GP.

For information and advice visit **hse.ie** or phone HSELive **1850 24 1850**

## For Daily Updates Visit

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

## How to Prevent



**Stop**  
shaking hands or hugging when saying hello or greeting other people



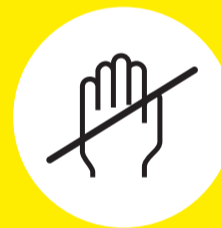
**Distance**  
yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



**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