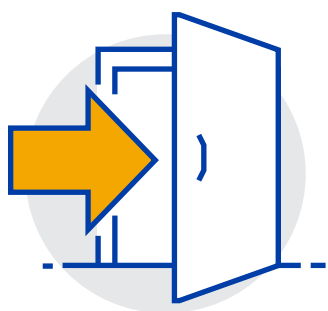


# Lay Low

Please everyone lay low

If you have Covid...



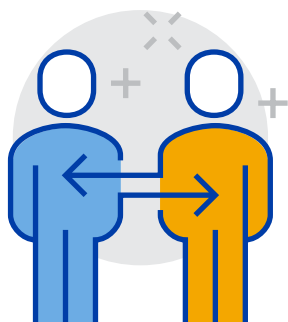
**...stay in your room**

If you have symptoms of Covid...



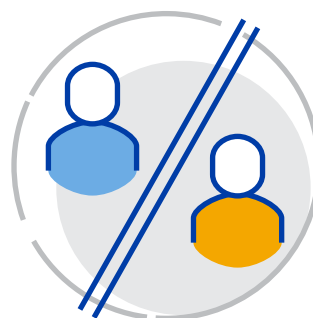
**...stay in your room & phone your GP**

If you are a close contact of someone with Covid...



**...stay in your home**

For everyone else...



**...lay low, no visitors and no visiting**



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service