

ADVICE TO TRAVELERS RE: COVID-19 CORONAVIRUS AND SELF-ISOLATION

HSE GUIDANCE FOR SELF-ISOLATION

- | Do: | Don't: |
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| <ul style="list-style-type: none"> ✓ Follow the health advice and do as you are told ✓ Stay in your home, in a room with the window open. ✓ Keep away from others in your home as much as you can. ✓ Check your symptoms - call a doctor if they get worse. ✓ Phone your doctor if you need to - do not visit them. ✓ Cover your coughs and sneezes using a tissue - clean your hands properly afterwards. ✓ Wash your hands properly and often ✓ Use your own towel - do not share a towel with others. ✓ Ask a family member/ friend to do your shopping & to deliver it to your home ✓ Clean your room every day with a household cleaner or disinfectant. ✓ Keep your mobile phone charged and in credit | <ul style="list-style-type: none"> ➤ Don't visit anyone and don't have visitors in your home ➤ Don't share your things - towels, phone, cups etc. ➤ Don't go to shops, Mass or public areas. ➤ Don't use buses, trains or taxis ➤ Don't visit older people, people with chronic health problems and pregnant women. ➤ Don't travel outside Ireland. |



POINTERS FOR YOU IN SELF-ISOLATION

- ✚ Recognise that this is about keeping you, your family and your community safe and healthy
- ✚ Use your phone to stay in contact with family and friends as you will not be visiting them
- ✚ Do things you enjoy doing at home – watching Netflix, listening to music, social media
- ✚ Try to relax and to not get too stressed
- ✚ If indoors with children, find ways of keeping them occupied – colouring, nursery rhymes

How to Prevent



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