We want to help you to protect yourself, your family and friends from coronavirus.

To do this think about how the virus is spread.

Coronavirus is spread in sneeze or cough droplets. These droplets land on objects and surfaces around the person. You can catch coronavirus by touching these objects or surfaces and then touching your eyes, nose or mouth. You can also catch coronavirus if you breathe in droplets from a person with coronavirus who coughs out or exhales droplets.

Please, keep this in mind. It will help you remember all the things you need to do, to protect yourself and others from the virus.

We must especially protect the vulnerable. If you are over 60, or have a serious medical condition, you should stay at home at all times. This is called cocooning.

Remember, it can take up to 14 days for symptoms of coronavirus to appear. They can be similar to the symptoms of [cold](https://scanmail.trustwave.com/?c=17268&d=4oGh3tP-uxxowQHdLw92KGAlrHg8unE1d7D3YA01Ew&s=343&u=https%3a%2f%2fwww2%2ehse%2eie%2fconditions%2fcommon-cold%2ehtml) and [flu](https://scanmail.trustwave.com/?c=17268&d=4oGh3tP-uxxowQHdLw92KGAlrHg8unE1d7SlNllhQQ&s=343&u=https%3a%2f%2fwww2%2ehse%2eie%2fconditions%2fflu%2fflu-symptoms-and-diagnosis%2ehtml).

Common symptoms of coronavirus are; a high temperature, a cough, shortness of breath, or breathing difficulties.

If you have any symptoms, please self-isolate and phone a GP or the Roma Helpline **087 126 4606**. They will advise you and others in your household on what to do next.

If you are self-isolating, you must:

-       stay at home and avoid contact with other people, including those in your household. If you have to be in the same room as others, stay at least 1 metre away from them.

-       clean your hands regularly

-       cover your mouth and nose with a tissue or your sleeve when you cough or sneeze. Put used tissues into a bin. Wash your hands with soap and water for at least 20 seconds.

-       clean and disinfect frequently touched objects and surfaces such as counters, table tops, doorknobs, phones, keys and make sure to keep the toilet and bathroom very clean.

Please, don’t share objects with others in your household unless they are cleaned first. Especially things that touch your mouth for examples food, glasses, cups, knives, forks and spoons.

Please, remember to say no to visitors and no to meeting extended family and friends and completely avoid large gatherings.

Keeping active helps protect both your physical and mental health. Regular exercise may help you sleep, relax and feel better. Most people can exercise within \*2 kilometres of home and take essential trips to get groceries or medicines always keeping 2 metres apart

For information, go to hse dot ie or call us on the dedicated helpline number for members of the Roma community on **087 126 4606**.

If you need a place to go to self-isolate, there are places available especially for Roma families. This is a safe place for people who cannot self-isolate at home.  For information about this, call the helpline **087 126 4606.**

**Please pass on this video to your family and friends**.

**Thank you so much.**

It's in our hands to make a change

Also record-  \*5km from home

Also record - \*close to home