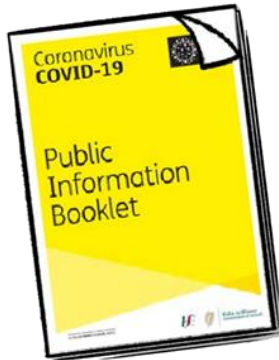


Coronavirus COVID-19

Public Health Advice Information for people who have just arrived in Ireland



About this booklet

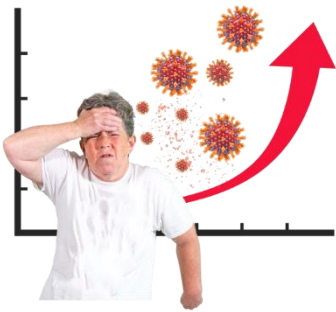


This booklet is about coming to Ireland from another country.

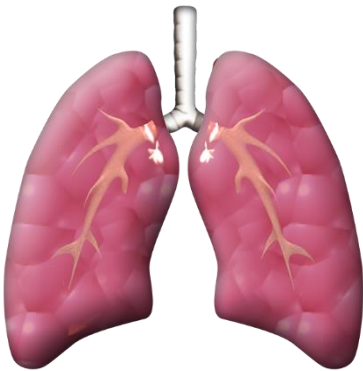


This booklet explains the rules to stop Coronavirus (COVID-19) from spreading.

What is Coronavirus (COVID-19)



Coronavirus (COVID-19) is a new sickness that is spreading around the world.

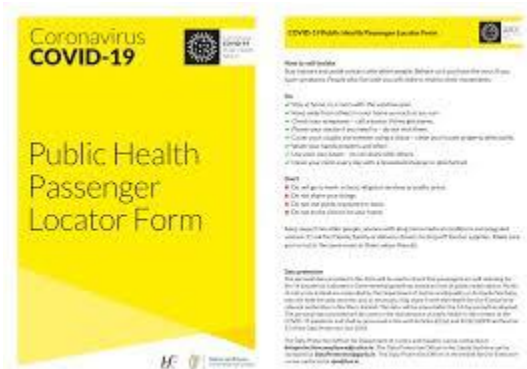


Coronavirus (COVID-19) can make it hard for you to breath.



It can be very serious for some people.

Travelling to Ireland



It is the law in Ireland that you must fill a form before you come here.

It is called the Passenger Locator Form.



We may contact you to check where you are.



We will contact you if we think that someone who travelled on the same aeroplane or boat as you has Coronavirus (COVID-19).

Green region countries



You **do not** have to stay at home if you are coming from a green region.

You can find the the new EU traffic light system at

<https://www.gov.ie/en/publication/b4020-travelling-to-ireland-during-the-covid-19-pandemic/>

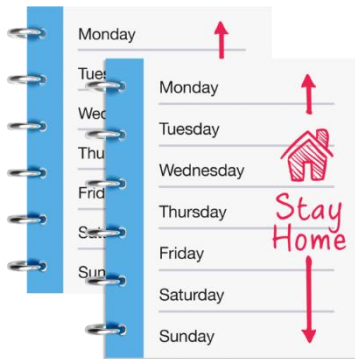


The Irish government will say which countries are green regions.

Non green region countries



If you are coming from a country which is not a green region you **do** have to stay at home for 2 weeks.

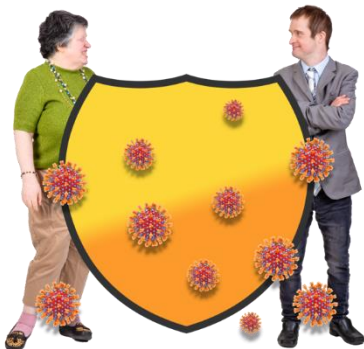


You need to stay at home for 2 weeks from the day that you come to Ireland.

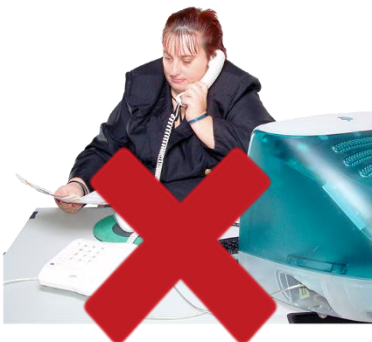
Staying at home and restricting your movements for 2 weeks



Restricting your movements means staying indoors away from other people.



This is to stop other people getting Coronavirus (COVID-19).



Do not go to work.



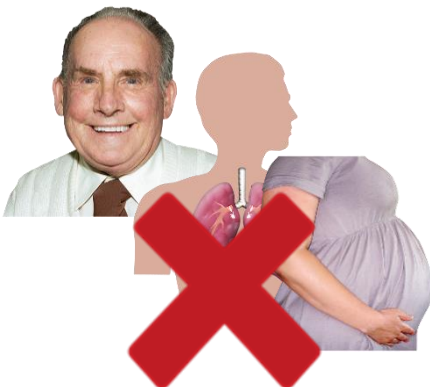
Do not use buses taxis or trains.



Do not have visitors to where you are staying.



Do not visit others even if you sometimes care for them.



Stay away from:

- older people
- people with serious health problems
- pregnant people.



You can get food
sent to where you are staying.

You can get your medicine
sent to where you are staying.



Your food and medicine
can be left outside your front
door.

How will I know if I have Coronavirus (COVID-19)



There are lots of signs that you may have Coronavirus (COVID-19).



It can take 2 weeks before you show signs of Coronavirus (COVID-19).



You can have any 1 of any of these signs of Coronavirus (COVID-19):

- a cough.
- you may feel hot with a temperature over 38 degrees Celsius.





- difficulty breathing
loss of taste or smell.



If you have any signs of
Coronavirus (COVID-19)
phone your doctor.



Do not go to the doctor
or to the hospital.



Your doctor will ask you about
how you are feeling
when you telephone them.

Your doctor will decide
If you need to have a test for
Coronavirus (COVID-19).

If you need to find out more



You can telephone
the HSE helpline.
The number is
1850 24 1850

You can look at the hse website
www.hse.ie
and
www.gov.ie/health-covid-19

This document was proof read by;

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August 2020

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