

Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on www.dfa.ie

All People Are Advised To:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit hse.ie OR phone HSE Live **1850 24 1850**

Symptoms

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties

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

For Daily Updates Visit

www.gov.ie/health-covid-19
www.hse.ie

Coróinvíreas COVID-19



Coróinvíreas
COVID-19
Comhairle
Sláinte Poiblí

Má tá fiabhras ort agus/nó casacht, ba cheart duit fanacht sa bhaile fú mura raibh tú ag taisteal nó i dteagmháil le duine le COVID.

Má tháinig tú ó cheantar ina bhfuil srianta taistil de bharr COVID-19 ba chóir duit srian a chur ar do ghluaiseachtaí ar feadh 14 lá. Tá liosta de na ceantair atá buailte ar fáil ar www.dfa.ie

Moltar do gach duine:

- > Idirghníomhaíocht shóisialta **a laghdú**
- > **Achar 2m a choinneáil** idir tú féin agus daoine eile
- > **Ná** croith lámh le daoine nó nach gabh róghar do dhaoine más féidir

Má tá comharthaí agat féach ar hse.ie nó cuir scairt ar HSE Live **1850 24 1850**

Siomptóim

- > Fiabhras (Ardteocht)
- > Casacht
- > Giorra Anála
- > Deacrachtaí Análaithe

Conas tú féin a chosaint



Ná

croith lámha nó nach tabhair barróg agus tú ag rá héileo le daoine nó ag beannú do dhaoine



Coinnigh

tú féin 2 mhéadar ar a laghad (6 troithe) ar shíúl ó dhaoine eile, go háirithe na daoine a d'fhéadfadh a bheith tinn



Nigh

do lámha go maith agus go minic chun éilliú a sheachaint



Clúdaigh

do bhéal agus do shrón le ciarsúr páipéir nó le muinchille má bhíonn tú ag casacht nó ag sraothartach



Seachain

do lámha a chur ar do shúile, do shrón nó do bhéal le lámha nach bhfuil nite



Glan

agus díghalraigh rud ar bith a ndéanann tú teagmháil leis

Chun an tEolas is Déanaí a Fháil Tabhair Cuairt ar

www.gov.ie/health-covid-19
www.hse.ie