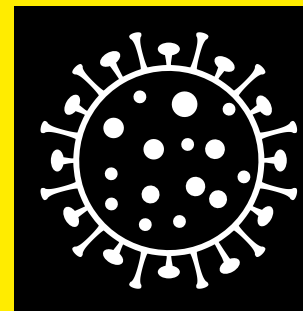


# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice



## To slow the spread of coronavirus vulnerable people are being asked to cocoon

For people most at risk, there is specific advice called **cocooning**.

### Who should cocoon?

Those who are most at risk of Covid-19, including:

- > Everyone aged 70 or over
- > Everyone living in a residential home or long-term care
- > People who have serious medical conditions that make them vulnerable, like:  
organ transplant recipients, people with certain types of cancer (check with your GP or on [www.hse.ie](http://www.hse.ie)), severe respiratory conditions, rare diseases that increase the risk of infections, pregnant women who have significant heart disease.

### What does cocooning mean?

The public health advice for people who are cocooning is:

- > Stay at home at all times, except to go out for exercise within 5km of your home
- > If you are going for a drive, stay within 5km of your home and only share the journey with someone who is cocooning with you
- > Avoid shops
- > Arrange for food or medication deliveries to be left at the door
- > If you have a garden or balcony, spend time outside for fresh air
- > Keep in touch with people over the phone or online if you have access
- > Keep yourself mobile by getting up and moving as much as possible
- > Try to spend time doing things you enjoy indoors
- > Don't have visitors to your home, except for essential carers

### Going out for exercise

- > Keep at least 2 metres (6 feet) away from other people while outside
- > When out for a walk, avoid physical contact with people
- > Don't touch surfaces with your hands
- > Wash your hands when you return home
- > If you are living in a residential care facility, talk to your carer about what is safe for you.
- > If you are worried, speak to your GP for advice

### If you live with a person who needs to cocoon

Even though it is hard, try to stay 1 metre apart from vulnerable people in your home.

### Supporting those who are cocooning when they are outside their home

- > Keep at a distance
- > Allow everyone space for walking
- > Avoid physical contact
- > Don't offer to drive someone who is cocooning, we all need to keep at a distance from each other to prevent the spread of Covid-19

### Where can I get help?

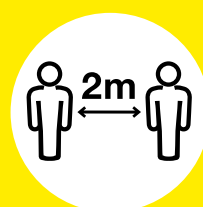
- > The Government is arranging for each county council or local authority to set up supports for access to food, essential household supplies and medicines.
- > ALONE is providing a telephone support line, seven days a week from 8am – 8pm 0818 222 024
- > You can contact HSE Live 1850 24 1850 for information and advice

### Every person needs to follow these 6 key steps to prevent coronavirus



#### 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



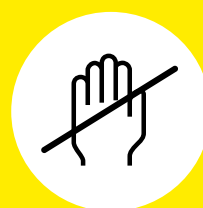
#### Wash

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

**Protection from coronavirus. It's in our hands.**

### For Daily Updates Visit

[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)

[www.hse.ie](http://www.hse.ie)