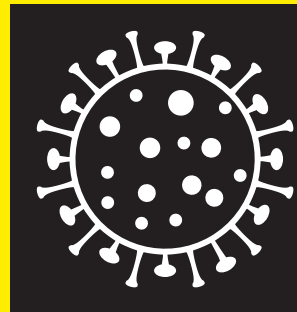


Coronavirus **COVID-19**



Coronavirus
COVID-19
Public Health
Advice

**Stay home. Stay safe.
Protect each other.**

**Know the symptoms. If you have
them, self-isolate and contact a GP.**

Continue to:



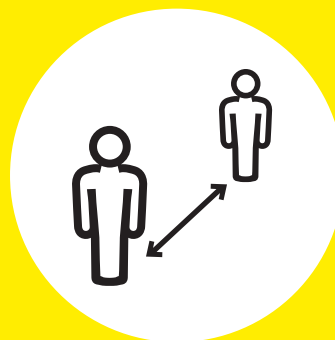
Wash

your hands well
and often to avoid
contamination.



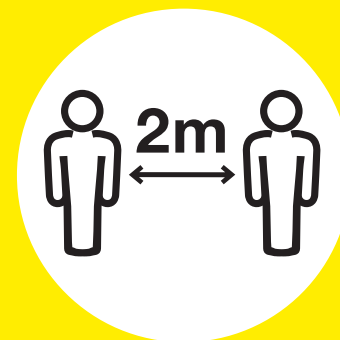
Cover

your mouth and nose
with a tissue or sleeve
when coughing or
sneezing and discard
used tissue safely.



Limit

contact with others
when out and about.



Distance

yourself at least
2 metres (6 feet) away
from other people,
especially those who
might be unwell.

Symptoms of COVID-19

- > a fever (high temperature – 38 degrees Celsius or above)
- > a cough – this can be any kind of cough, not just dry
- > shortness of breath or breathing difficulties

#holdfirm

Visit **HSE.ie** for updated factual
information and advice