# Coronavirus
# COVID-19

Coronavirus
**COVID-19**
Public Health
Advice

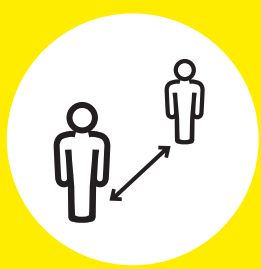
# Stay home. Stay safe. Protect each other.

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

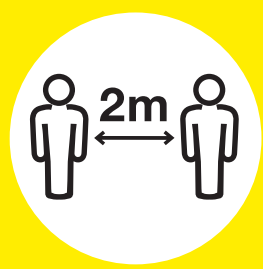
## Continue to:

**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.



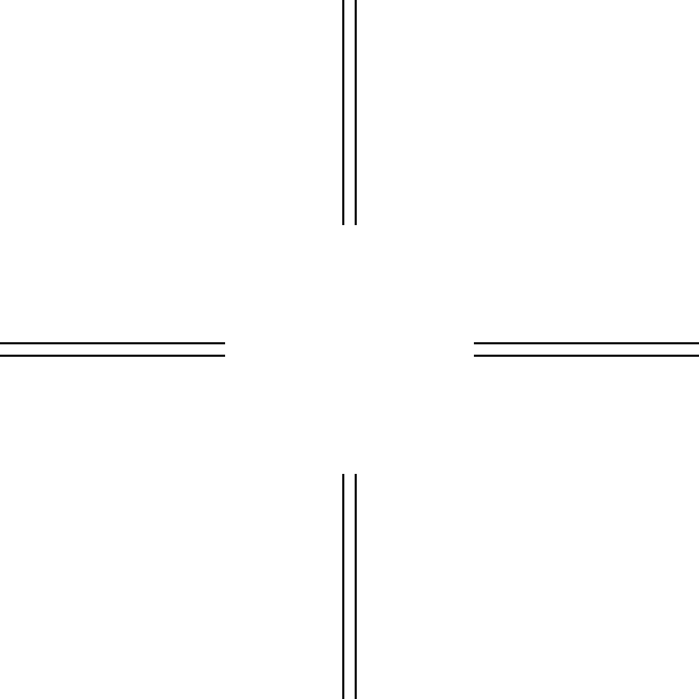

**Distance**
yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell.

## 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

Ireland's public health advice is guided by **WHO** and **ECDC** advice

Rialtas na hÉireann
Government of Ireland