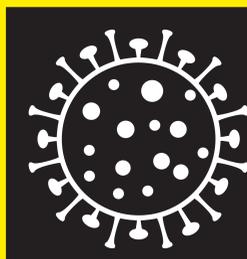


# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

## Stay safe. Protect each other.

### Continue to:



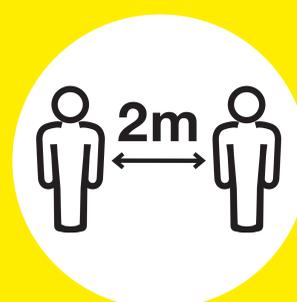
#### Wash

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



#### Distance

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



#### Avoid

crowds and  
crowded places



#### Know

the symptoms. If you  
have them self isolate  
and contact your GP  
immediately

### COVID-19 symptoms include

- > high temperature
- > cough
- > breathing difficulty
- > sudden loss of sense of smell or taste
- > flu-like symptoms

## #holdfirm

### For more information

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

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



Rialtas na hÉireann  
Government of Ireland