

# 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](http://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](http://hse.ie)  phone HSE Live **1850 24 1850**

## Symptoms



**Fever** High  
Temperature



**A Cough**



**Shortness  
of Breath**



**Breathing  
Difficulties**

# How to **PREVENT**



Coronavirus  
**COVID-19**  
Public Health  
Advice



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