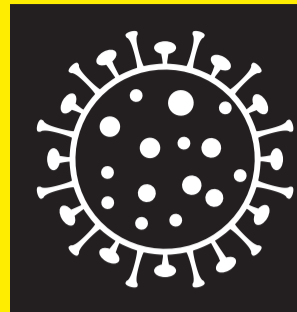


Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

The Facts

Most at Risk

- Anyone who has been to an affected region in the last 14 days **AND** is experiencing symptoms
- Anyone who has been in close contact with a confirmed or probable case of COVID-19 (Coronavirus) in the last 14 days **AND** is experiencing symptoms

Prevention



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

Symptoms

> A Cough > Shortness of Breath > Breathing Difficulties > Fever (High Temperature)

Affected Regions

Check the list of affected regions on www.hse.ie

What to do if you are at risk

I've been to an affected region in the last 14 days and

I HAVE symptoms

1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP
Phone 112 or 999

I DO NOT HAVE symptoms

For advice visit www.hse.ie

I've been in close contact with a confirmed or probable case of COVID-19 (Coronavirus) in the last 14 days and

I HAVE symptoms

1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP
Phone 112 or 999

I DO NOT HAVE symptoms

For advice visit www.hse.ie

For Daily Updates Visit

www.gov.ie/health-covid-19
www.hse.ie