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 **https://www.who.int**

**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 (**ENTER NAME**) OR phone HSE Live **(NUMBER)**

**Symptoms**

**Fever** High **A Cough** **Shortness** **Breathing**

Temperature **of Breath** **Difficulties**

**>INSERT LOGO<**

How to **PREVENT**

Coronavirus

**COVID-19**

Public Health

Advice

|  |  |  |
| --- | --- | --- |
| **Stop** | **Distance** | **Wash** |
| shaking hands or | yourself at least | your hands well and |
| hugging when saying | 2 metres (6 feet) away | often to avoid |
| hello or greeting | from other people, | contamination |
| other people | especially those who |  |
|  | might be unwell |  |

|  |  |  |
| --- | --- | --- |
| **Cover** | **Avoid** | **Clean** |
| your mouth and nose | touching eyes, nose, | and disinfect |
| with a tissue or sleeve | or mouth with | frequently touched |
| when coughing or | unwashed hands | objects and surfaces |
| sneezing and discard |  |  |
| used tissue |  |  |

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**For Daily Updates Visit**

(www….)