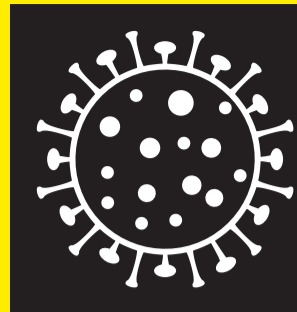


Coronavirus COVID-19



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

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 OR phone HSE Live **1850 24 1850**

How to Prevent



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

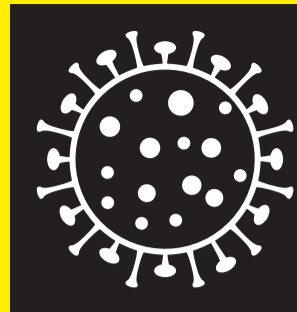
Symptoms

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

For Daily Updates Visit

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

Coróinvíreas COVID-19



Coróinvíreas
COVID-19
Comhairle
Sláinte Poiblí

Má tá fiabhras ort agus/nó casacht, ba cheart duit fanacht sa bhaile fiú mura raibh tú ag taisteal nó i dteagmháil le duine le COVID.

Má tháinig tú ó cheantar ina bhfuil srianta taistil de bharr COVID-19 ba chóir duit srian a chur ar do ghluaiseachtaí ar feadh 14 lá. Tá liosta de na ceantair atá buailte ar fáil ar www.dfa.ie

Moltar do gach duine:

- > Idirghníomhaíocht shóisialta **a laghdú**
 - > **Achar 2m** a choinneáil idir tú féin agus daoine eile
 - > **Ná** croith lámh le daoine nó nach gabh róghar do dhaoine más féidir
- Má tá comharthaí agat féach ar hse.ie nó cuir scairt ar HSE Live **1850 24 1850**

Conas Tú Féin a Chosaint



Ná

croith lámha nó nach tabhair barróg agus tú ag rá heileo le daoine nó ag beannú do dhaoine



Coinnigh

tú féin 2 mhéadar ar a laghad (ó troithe) ar shiúl ó dhaoine eile, go háirithe na daoine a d'fhéadfadh a bheith tinn



Nigh

do lámha go maith agus go minic chun éilliú a sheachaint



Clúdaigh

do bhéal agus do shrón le ciarsúr páipéir nó le muinchille má bhíonn tú ag casacht nó ag sraothartach



Seachain

do lámha a chur ar do shúile, do shrón nó do bhéal le lámha nach bhfuil nite



Glan

agus díghalraigh rud ar bith a ndéanann tú teagmháil leis

Siomptóim

- > Fiabhras (Teocht Ard)
- > Casacht
- > Giorra Anála
- > Deacrachtaí ag Anáilú

Chun an tEolas is Déanaí a Fháil Tabhair Cuairt ar

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