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**

- **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
- **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

**Symptoms**

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

**For daily updates visit**