## Coronavirus COVID-19



## Stay home. Stay safe. Protect each other.

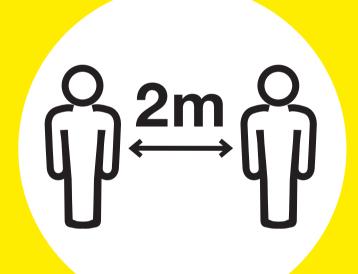
## If you MUST go outdoors



**Stay**within 5km from where you live



Avoid close contact with others



Distance
yourself at least
2 metres (6 feet) away
from other people



Groups
should be no more
than four people
unless all are from
the same household



Avoid

an area if it looks busy and go somewhere else for your exercise



Wash
your hands when
you return home

#holdfirm





Rialtas na hÉireann Government of Ireland

Ireland's public health advice is guided by WHO and ECDC advice

D-19 Stay Safe Outside+Landscape Poster AW.indd 1