## Coronavirus COVID-19



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

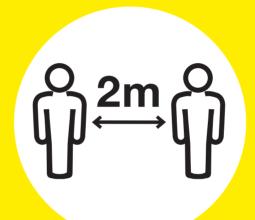
## If you MUST go outdoors



**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

M12772 COVID-19 Stay Safe Outside Poster AW.indd





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