## 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





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