ADVICE TO TRAVELELRS RE: COVID-19 CORONAVIRUS AND SELF-ISOLATION

HSE GUIDANCE FOR SELF-ISOLATION

Do:

☑ Follow the health advice and do as you are told
☑ Stay in your home, in a room with the window open.
☑ Keep away from others in your home as much as you can.
☑ Check your symptoms - call a doctor if they get worse.
☑ Phone your doctor if you need to - do not visit them.
☑ Cover your coughs and sneezes using a tissue - clean your hands properly afterwards.
☑ Wash your hands properly and often
☑ Use your own towel - do not share a towel with others.
☑ Ask a family member/friend to do your shopping & to deliver it to your home
☑ Clean your room every day with a household cleaner or disinfectant.
☑ Keep your mobile phone charged and in credit

Don't:

➢ Don’t visit anyone and don’t have visitors in your home
➢ Don’t share your things - towels, phone, cups etc.
➢ Don’t go to shops, Mass or public areas.
➢ Don’t use buses, trains or taxis
➢ Don’t visit older people, people with chronic health problems and pregnant women.
➢ Don’t travel outside Ireland.
# POINTERS FOR YOU IN SELF-ISOLATION

1. Recognise that this is about keeping you, your family and your community safe and healthy
2. Use your phone to stay in contact with family and friends as you will not be visiting them
3. Do things you enjoy doing at home – watching Netflix, listening to music, social media
4. Try to relax and to not get too stressed
5. If indoors with children, find ways of keeping them occupied – colouring, nursery rhymes

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## How to Prevent

1. **Wash**
   - your hands well and often to avoid contamination

2. **Cover**
   - your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue

3. **Avoid**
   - touching eyes, nose, or mouth with unwashed hands

4. **Clean**
   - and disinfect frequently touched objects and surfaces