If you have fever and/or cough you should stay at home regardless of your travel or contact history.

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

**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

**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

### Symptoms

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

### For Daily Updates Visit

- www.gov.ie/health-covid-19
- www.hse.ie