Coronavirus COVID-19

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](https://www.hse.ie) OR phone HSE Live 1850 24 1850

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**How to Prevent**

- **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
- **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

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**Symptoms**
> Fever (High Temperature)
> A Cough
> Shortness of Breath
> Breathing Difficulties

**Affected Regions**
Check the list of affected regions on [www.hse.ie](https://www.hse.ie)

**For Daily Updates Visit**
[www.hse.ie](https://www.hse.ie)