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

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on www.dfa.ie

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