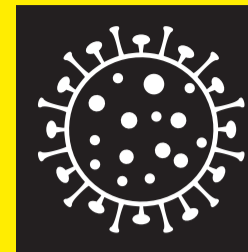


# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice



## To slow the spread of coronavirus vulnerable people are being asked to cocoon

For people most at risk, we are giving special advice called **cocooning**.

### Who should cocoon?

- > Everyone aged 70 or over
- > Everyone living in a residential home or long-term care
- > People who have serious medical conditions that make them vulnerable, like:  
organ transplant recipients, people undergoing cancer treatment, severe respiratory conditions, rare diseases that increase the risk of infections, pregnant women who have significant heart disease.

### What does cocooning mean?

It means you should stay at home at all times and avoid face-to-face contact. This is for the next two weeks initially. Family, carers, neighbours and our public services will help ensure you have the support you need.

### Do

- > Stay at home at all times
- > Arrange for food or medication deliveries to be left at the door
- > If you have a garden or balcony, spend time outside for fresh air
- > Keep in touch with people over the phone or online if you have access
- > Keep yourself mobile by getting up and moving as much as possible
- > Try to spend time doing things you enjoy indoors

### Don't

- > Go outside your home and garden
- > Have visitors to your home, except for essential carers

### If you live with a person who needs to be cocooned

Even though it is hard, try to stay 1 metre apart from vulnerable people in your home.

### Where can I get help?

- > The Government is arranging for each county council or local authority to set up supports for access to food, essential household supplies and medicines
- > ALONE is providing a telephone support line, seven days a week from 8am – 8pm 0818 222 024
- > You can contact HSE Live 1850 24 1850 for information and advice on health services
- > For factual, updated information on coronavirus, go to [hse.ie](https://www.hse.ie)

### Every person needs to follow these 6 key steps to prevent coronavirus



#### 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

**Protection from coronavirus. It's in our hands.**