

Phase 1

Roadmap for Reopening Society and Business



Coronavirus
COVID-19
National Programme

The COVID-19 pandemic has disrupted our lives. Now, thanks to your patience and sacrifice, we are taking the first steps on a 5-phase reopening of our country.

It is important to be aware of Public Health restrictions and guidance:

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<p>Work from home if you can. Bear in mind that most workplaces, especially offices, remain closed.</p>	<p>The 5km limit applies to outdoor exercise, social visits and visits to public amenities.</p>	<p>Social distancing, hygiene measures and coughing and sneezing etiquette must always be observed. Wash your hands regularly.</p>	<p>Stay home and self-isolate if sick.</p>	<p>Older and vulnerable people who are cocooning should stay indoors, apart from brief outdoor exercise.</p>

These are some of the things that **change** from Monday, 18th May:

<p>Community Health</p> <p>Small groups of up to 4 people – family or friends – may meet outdoors within 5km of home.</p> <p>It is recommended that face coverings be worn in public places such as shops and on busy public transport – go to gov.ie for guidance and advice on face coverings.</p> <p>Always maintain social distancing.</p> <p>Exercise must take place within 5km of home.</p>	<p>Education & Childcare</p> <p>School and college buildings may reopen for teachers and staff for the organisation and distribution of learning materials, related activities and essential administration</p> <p>The purpose of school and college opening is solely to facilitate remote learning.</p>	<p>Economic Activity & Work</p> <p>Construction workers where it is safe to do so can return to work.</p> <p>Farmers' markets, gardeners and other outdoor workers return to work: social distancing requirements continue to apply.</p> <p>Remote working continues for all others that can do so.</p> <p>The Return to Work Safely Protocol is the operative guide for employers and employees.</p>	<p>Retail, Services & Commercial Activity</p> <p>Certain essential retailers and service providers may reopen – see below.</p> <p>Garden centres and other retail outlets that are primarily outdoors may reopen.</p> <p>Remote working continues for all who can do so.</p> <p>The Return to Work Safely Protocol is the operative guide for employers and employees.</p>	<p>Cultural & Social</p> <p>Outdoor public amenities and tourism sites, e.g. carparks, beaches and mountain walks may reopen provided social distancing can be maintained.</p> <p>Outdoor public sports amenities, e.g. playing pitches, tennis courts and golf courses may reopen provided that social distancing can be maintained.</p> <p>Outdoor sporting and fitness activities, either individually or in groups of no more than four people, are permitted provided that social distancing can be maintained and there is no physical contact.</p> <p>Note that the 5km from home restriction applies to all outdoor activity.</p>	<p>Transport & Travel</p> <p>Non-essential overseas travel should be avoided.</p>
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The following are the main retail activities that may operate from 18th May for essential supplies and services:

Food, beverages and newspapers (retail and wholesale)

Household consumer products for safety and sanitation of homes and businesses

Pharmacies and retailers providing pharmaceuticals or dispensing services

Opticians/Optometrists outlets providing hearing test services, selling hearing aids and appliances

Retail of medical and orthopaedic goods in specialised stores

Fuel stations and heating fuel providers

Retailers involved in the sale, supply and repair of motor vehicles, motorcycles and bicycles and related facilities

Essential items for health and welfare of animals

Laundries and Drycleaners

Banks, Post Offices and Credit Unions

Safety items e.g. work clothes and Personal Protective Equipment

Hardware stores, builders' merchants and stores selling supplies and tools essential for gardening, farming and agriculture

Office products and services

Electrical, IT and phone sales, repair and maintenance services.

Please stay the course, and please continue to save lives by staying apart. Details of the phased reopening of our country are available on gov.ie/phase1



Rialtas na hÉireann
Government of Ireland