

Coronavirus
COVID-19
Public Health
Advice

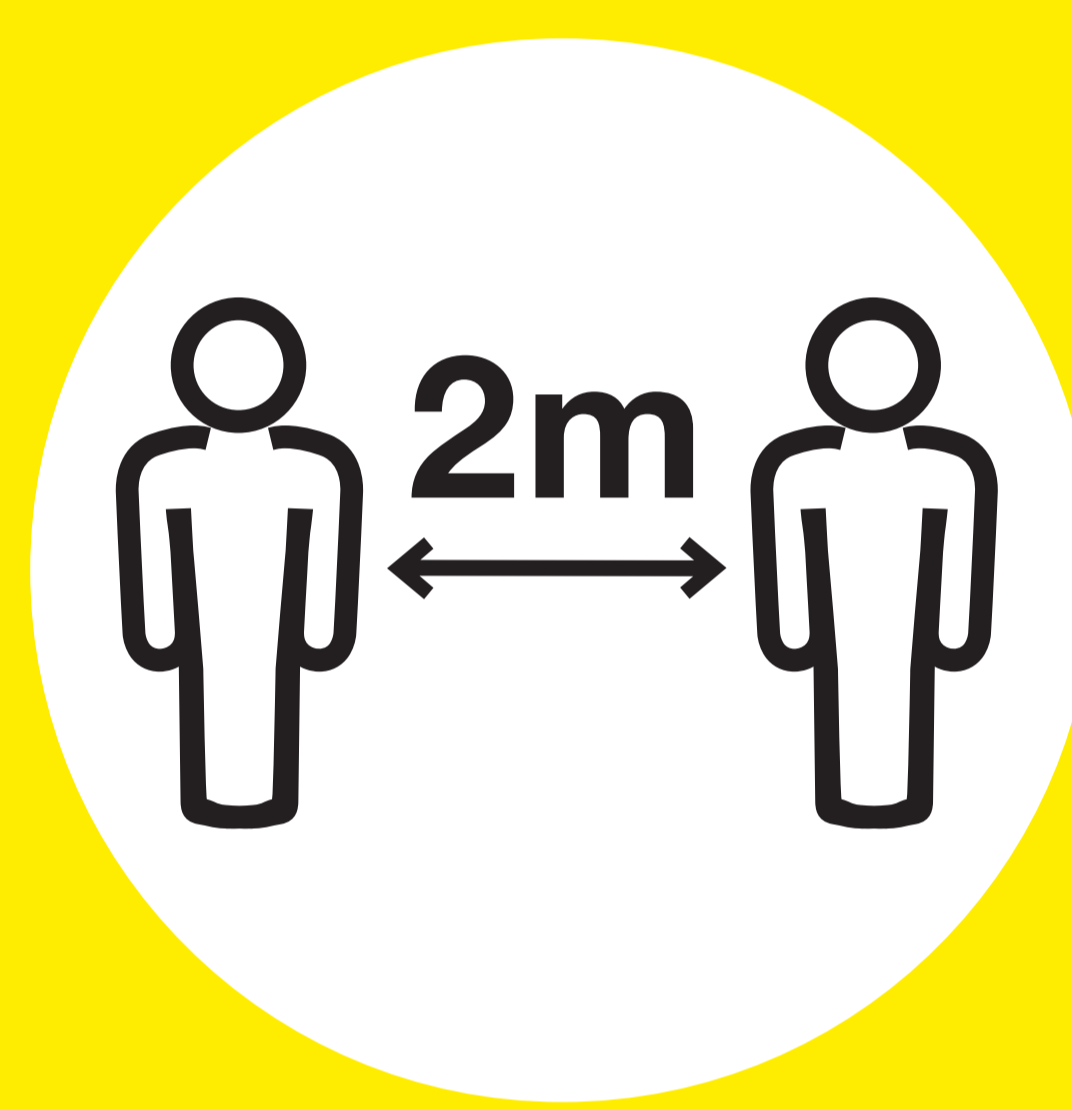
Coronavirus COVID-19

Physical Distancing Outside

Spending time outdoors is good for our health. **But social responsibility is essential for ALL our health.**



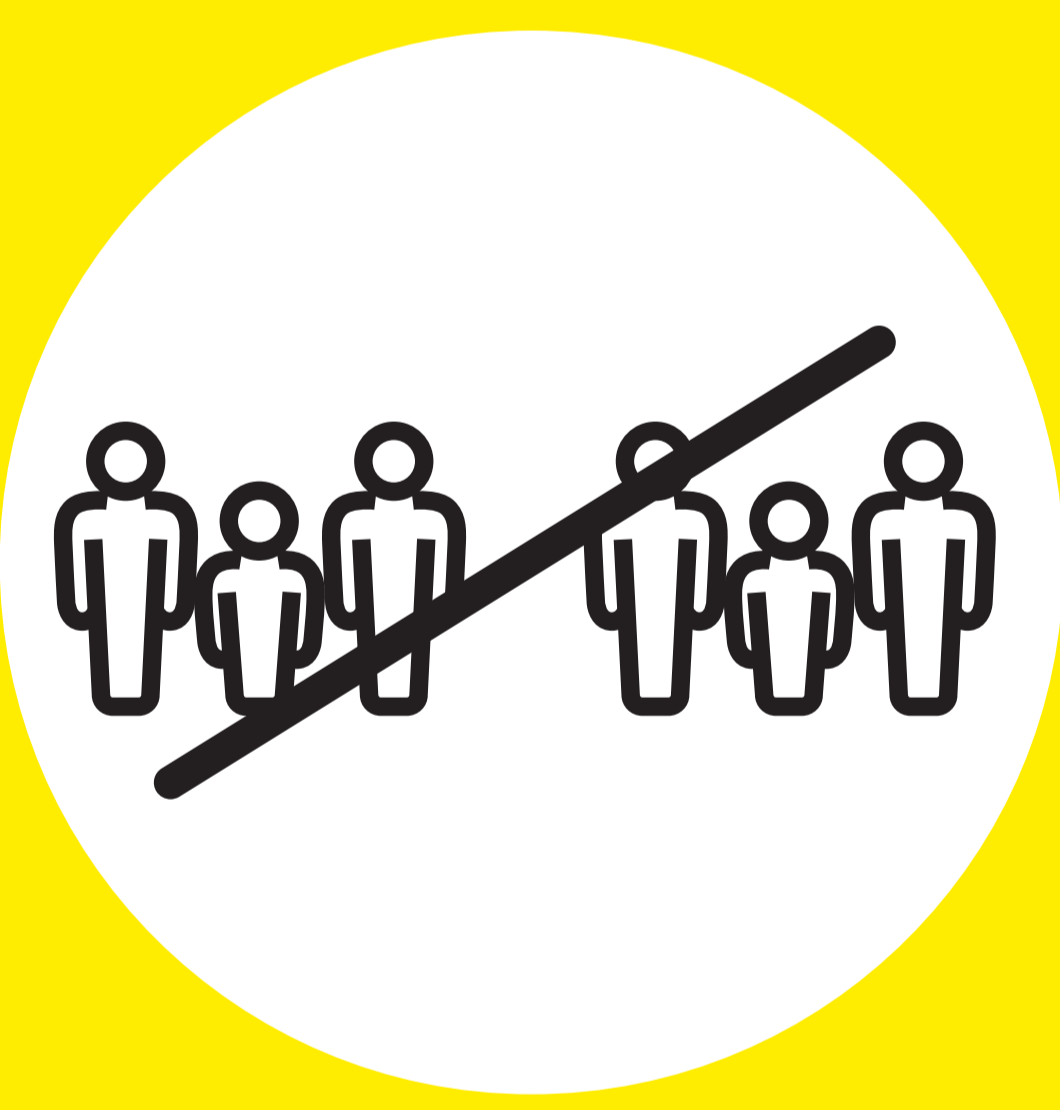
Avoid
close contact
with others



Distance
yourself at least
2 metres (6 feet) away
from other people



Groups
Should be no more
than four people
unless all are from
the same household



Don't arrange
to meet up with other
groups



Avoid
an area if it looks busy
and go somewhere
else for your walk

For Daily Updates Visit
www.gov.ie/health-covid-19
www.hse.ie

Ireland is operating a delay strategy in line with WHO and ECDC advice



Rialtas na hÉireann
Government of Ireland