Coronavirus **COVID-19**

Coronavirus
COVID-19
Public Health
Advice

Stay local. Stay safe. Protect each other.

Continue to:

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 safely

Distance
yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

Avoid
crowds and crowded places

Know
the symptoms. If you have them self isolate and contact your GP immediately

COVID-19 symptoms include

> high temperature
> cough
> breathing difficulty
> sudden loss of sense of smell or taste
> flu-like symptoms

#holdfirm

Rialtas na hÉireann
Government of Ireland