

CORONAVIRUS (COVID-19)

The risk of catching coronavirus in Ireland is still low. This may change. However, most people may continue to go to work, school and other public places, as usual.

Follow the advice from the HSE on how to protect yourself from coronavirus.

Anyone who knows they have been in close contact with a confirmed case in the last 14 days and has symptoms (shortness of breath, cough, fever) should:

- Isolate themselves from other people, in a well-ventilated room, with a phone.
- **Do not go to your GP or ED.** Phone them first.
- In a medical emergency (if you have severe symptoms) phone 112 or 999



Wash your hands properly and regularly.



Cover your mouth and nose with a tissue or your sleeve when you cough and sneeze.



Put used tissues into a bin and wash your hands.



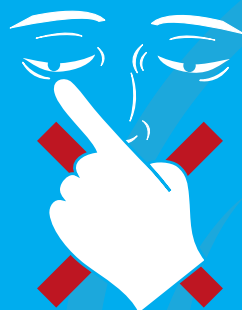
Clean and disinfect frequently touched objects and surfaces.



Follow the travel advice from the Department of Foreign Affairs.



Avoid unnecessary contact with anyone showing symptoms of respiratory illness.



Do not touch your eyes, nose or mouth if your hands are not clean.



If you display the symptoms do not go to your GP or A&E, phone them first.

For the most up-to-date information please check
www2.hse.ie/conditions/coronavirus/coronavirus.html

Free versions of this poster are available from fuzion.ie/news/id/1735/