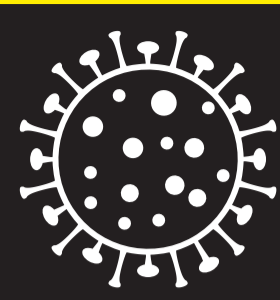


# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

**Stay safe.  
Protect each other.**

**Know the symptoms. If you have them, self-isolate and contact a GP.**

**Continue to:**



### **Wash**

your hands well and often to avoid contamination.



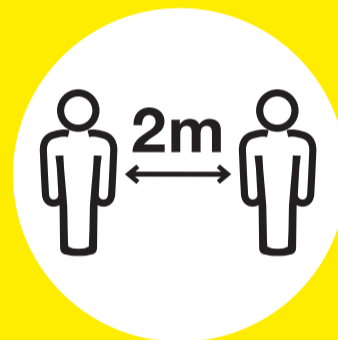
### **Cover**

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue safely.



### **Limit**

contact with others when out and about.



### **Distance**

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

## **Symptoms of COVID-19**

- > a fever (high temperature – 38 degrees Celsius or above)
- > a cough – this can be any kind of cough, not just dry
- > shortness of breath or breathing difficulties

## **#holdfirm**

Visit **HSE.ie** for updated factual information and advice