

# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

**If you have fever and/or cough you should stay at home regardless of your travel or contact history.**

**If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days.** Check the list of affected areas on [www.dfa.ie](http://www.dfa.ie)

## All People Are Advised To:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit [hse.ie](http://hse.ie) OR phone HSE Live **1850 24 1850**

## Symptoms

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties

## How to Prevent



### Stop

shaking hands or hugging when saying hello or greeting other people



### Distance

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



### 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



### Avoid

touching eyes, nose, or mouth with unwashed hands



### Clean

and disinfect frequently touched objects and surfaces

## For Daily Updates Visit

[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)  
[www.hse.ie](http://www.hse.ie)

# Coróinvíreas COVID-19



Coróinvíreas  
**COVID-19**  
Comhairle  
Sláinte Poiblí

**Má tá fiabhras ort agus/nó casacht, ba cheart duit fanacht sa bhaile fú mura raibh tú ag taisteal nó i dteagmháil le duine le COVID.**

**Má tháinig tú ó cheantar ina bhfuil srianta taistil de bharr COVID-19 ba chóir duit srian a chur ar do ghluaiseachtaí ar feadh 14 lá. Tá liosta de na ceantair atá buailte ar fáil ar [www.dfa.ie](http://www.dfa.ie)**

## Moltar do gach duine:

- > Idirghníomhaíocht shóisialta **a laghdú**
- > **Achar 2m a choinneáil** idir tú féin agus daoine eile
- > **Ná** croith lámh le daoine nó nach gabh róghar do dhaoine más féidir

Má tá comharthaí agat féach ar [hse.ie](http://hse.ie) nó cuir scairt ar HSE Live **1850 24 1850**

## Siomptóim

- > Fiabhras (Ardteocht)
- > Casacht
- > Giorra Anála
- > Deacrachtaí Análaithe

## Conas tú féin a chosaint



### Ná

croith lámha nó nach tabhair barróg agus tú ag rá héileo le daoine nó ag beannú do dhaoine



### Coinnigh

tú féin 2 mhéadar ar a laghad (6 troithe) ar shíúl ó dhaoine eile, go háirithe na daoine a d'fhéadfadh a bheith tinn



### Nigh

do lámha go maith agus go minic chun éilliú a sheachaint



### Clúdaigh

do bhéal agus do shrón le ciarsúr páipéir nó le muinchille má bhíonn tú ag casacht nó ag sraothartach



### Seachain

do lámha a chur ar do shúile, do shrón nó do bhéal le lámha nach bhfuil nite



### Glan

agus díghalraigh rud ar bith a ndéanann tú teagmháil leis

## Chun an tEolas is Déanaí a Fháil Tabhair Cuairt ar

[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)  
[www.hse.ie](http://www.hse.ie)