Coronavirus COVID-19

The Facts

Most at Risk
- Anyone who has been to an affected region in the last 14 days AND is experiencing symptoms
- Anyone who has been in close contact with a confirmed or probable case of COVID-19 (Coronavirus) in the last 14 days AND is experiencing symptoms

Prevention

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

Symptoms

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

Affected Regions
Check the list of affected regions on www.hse.ie

What to do if you are at risk

I’ve been to an affected region in the last 14 days and

I HAVE symptoms
1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP
   Phone 112 or 999

I DO NOT HAVE symptoms
For advice visit www.hse.ie

I’ve been in close contact with a confirmed or probable case of COVID-19 (Coronavirus) in the last 14 days and

I HAVE symptoms
1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP
   Phone 112 or 999

I DO NOT HAVE symptoms
For advice visit www.hse.ie

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

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