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

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
www.hse.ie

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