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 OR phone HSE Live 1850 24 1850

**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

**Symptoms**

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

**For Daily Updates Visit**

www.gov.ie/health-covid-19
www.hse.ie