

Coronavirus **COVID-19**



Coronavirus
COVID-19
Public Health
Advice

Stay Safe Guidelines



Ireland's public health advice is
guided by **WHO** and **ECDC** advice



Riailas na hÉireann
Government of Ireland

Stay safe guidelines

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



Distance

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



Avoid

crowds and crowded places



Know

the symptoms. If you have them self isolate and contact your GP immediately

COVID-19 symptoms include

- > high temperature
- > cough
- > breathing difficulty
- > sudden loss of sense of smell or taste
- > flu-like symptoms

Stay safe guidelines

Learning to live with COVID-19.

The risk of getting COVID-19 is now part of our daily lives, and will remain so for the foreseeable future.

We are all vulnerable to this virus and some people, particularly those over 70 and the medically vulnerable, are at greater risk of becoming severely ill.

These guidelines are designed to help you make decisions to minimise this risk as we learn to live with the virus.

If you have any symptoms, stay at home and immediately call your GP.

Risk factors for getting COVID-19

Distance – The risk of getting COVID-19 increases as the distance between you and others gets smaller. Keep 2 metres apart where possible.

Activity – How you spend time with people and what you do with them can increase your risk. Follow the advice in this booklet when spending time with others.

Time – The more time you spend in close contact with other people can increase your risk of getting COVID-19. Keep track of who you spend time with and how.

Environment – Being outdoors is safer than being indoors. Where possible meet with others outdoors. If this is not possible, keep windows and doors open when meeting others inside.

Know about the disease – Check the virus like you check the weather. Know if COVID-19 is in your community and how it is spreading. Regularly check gov.ie/covid19dashboard.

Stay safe guidelines at home.



Wash

your hands for at least 20 seconds when you come in



Stay

at home as much as you can



Minimise

the number of people in your social network



Limit

the number of people you invite into your home



Open

windows and doors for ventilation



Clean

and disinfect surfaces regularly



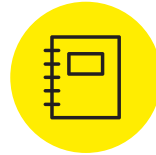
Practice

good cough /sneeze hygiene. Use your elbow or a tissue



Know

the symptoms. If you have them self isolate and contact your GP immediately



Keep

a log of who you meet each day

Stay safe guidelines at work.



Know

the symptoms. If you have them self isolate and contact your GP immediately



Wear

a face covering on public transport*



Wash

your hands for at least 20 seconds when you arrive to work, and regularly through the day



Stay

2m away from colleagues



Have

fewer, shorter, smaller meetings



Disinfect

regularly touched objects



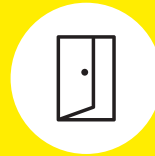
Don't

touch your face



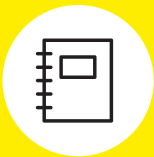
Practice

good cough /sneeze hygiene. Use your elbow or a tissue



Open

windows and doors for ventilation



Keep

a log of who you meet each day

*Not suitable for children under 13 and those who have difficulty wearing them

Stay safe guidelines when shopping.



Know

the symptoms. If you have them self isolate and contact your GP immediately



Keep

the amount of time indoors shopping as short as possible



Avoid

crowds and crowded places



Stay

2m away from people when queuing



Wear

a face covering*



Practice

good cough /sneeze hygiene. Use your elbow or a tissue



Pay

special attention to vulnerable people



Step

aside to give others space



Respect

other people including staff



Wash

your hands for at least 20 seconds when you get home



Keep

a log of who you meet each day

*Not suitable for children under 13 and those who have difficulty wearing them

Stay safe guidelines

when using public transport.



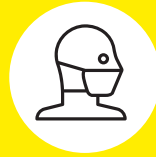
Know

the symptoms. If you have them self isolate and contact your GP immediately



Keep

2m away from other people where possible



Wear

a face covering*



Avoid

touching surfaces where possible



Practice

good cough /sneeze hygiene. Use your elbow or a tissue



Don't

touch your face



Pay

special attention to vulnerable people



Respect

other people including staff



Wash

your hands for at least 20 seconds after using public transport



Keep

a log of who you meet each day

*Not suitable for children under 13 and those who have difficulty wearing them

Stay safe guidelines exercising outdoors.



Know

the symptoms. If you have them self isolate and contact your GP immediately



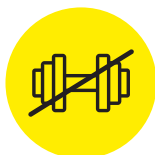
Stay

2m away from people



Avoid

contact sports



Don't

share exercise equipment



Pay

special attention to vulnerable people



Practice

good cough /sneeze hygiene. Use your elbow or a tissue



Step

aside to give others space



Wash

your hands for at least 20 seconds when you return home



Keep

a log of who you meet each day

Stay safe guidelines at outdoor gatherings.



Know

the symptoms. If you have them self isolate and contact your GP immediately



Avoid

crowds and crowded places



Stay

2m away from people you don't live with



Don't

share food or other items such as rugs or glasses



Practice

good cough /sneeze hygiene. Use your elbow or a tissue



Pay

special attention to vulnerable people



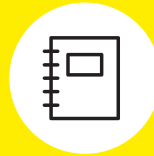
Step

aside to give others space



Wash

your hands for at least 20 seconds when you get home



Keep

a log of who you meet each day

Stay safe guidelines at indoor gatherings.



Know

the symptoms. If you have them self isolate and contact your GP immediately



Avoid

indoor gatherings as much as possible – and keep as short as you can



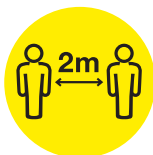
Wash

your hands for at least 20 seconds when you arrive



Don't

share anything like glasses or cups



Stay

2m away from others



Wear

a face covering*



Don't

touch your face



Pay

special attention to vulnerable people



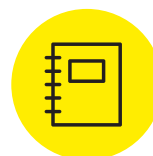
Practice

good cough /sneeze hygiene. Use your elbow or a tissue



Step

aside to give others space



Keep

a log of who you meet each day

*Not suitable for children under 13 and those who have difficulty wearing them

Stay safe guidelines while cocooning.



Stay

at home as much as you can



Meet

the same group of family or friends regularly



Stay

2m away from people when outside home



Shop

during designated hours as much as possible



Wear

a face covering at all times when shopping or in someone else's home



Practice

good cough /sneeze hygiene. Use your elbow or a tissue



Avoid

public transport as much as possible and use at off-peak times if necessary



Know

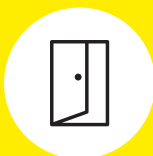
the symptoms. Contact your GP immediately if you have them

Welcoming visitors



Limit

visitors to a small group for a short period of time, socially distanced



Open

windows and doors and meet visitors in well ventilated spaces



Outdoor

areas, if possible, are safer for visiting or receiving visitors

Stay safe guidelines

while visiting someone cocooning.



Wash

your hands or use hand sanitiser when you arrive



Wear

a face covering at all times during the visit



Practice

good cough/sneeze hygiene. Use your elbow or a tissue



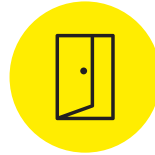
Stay

2m away from everyone



Avoid

physical contact



Open

windows and doors for ventilation



Outdoor

visits are safer to prevent spread of the infection



Know

the symptoms. Don't visit and call a GP if you have them

