Coronavirus

Coronavirus

**COVID-19**

Public Health Advice

**COVID-19**

**Advice For Schools**

# Who is 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

# How to Prevent

**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

# The Symptoms

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

# Aﬀected Regions

Check the list of aﬀected regions on [**www.hse.ie**](http://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**](http://www.hse.ie/)

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**For Daily Updates Visit** [www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19) [www.hse.ie](http://www.hse.ie/)

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