

# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

## 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](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)

**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](http://www.hse.ie)

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[www.hse.ie](http://www.hse.ie)