

# 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)

### For Daily Updates Visit

[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)  
[www.hse.ie](http://www.hse.ie)

# Coróinvíreas COVID-19



Coróinvíreas  
**COVID-19**  
Comhairle  
Sláinte Poiblí

## Na Fíricí

### Na Daoine atá sa Bhaol is Mó

- Aon duine a bhí i réigiún atá thíos leis an víreas sna 14 lá seo a chuaigh thart **AGUS** a bhfuil siomptóim air/uirthi
- Aon duine a bhí i ndlúth-theagmháil le cás deimhnithe nó dóchúil COVID-19 (Coróinvíreas) sna 14 lá seo a chuaigh thart **AGUS** a bhfuil siomptóim air/uirthi

### Cosc



#### Nigh

do lámha go maith agus go minic chun éilliú a sheachaint



#### Cumhdaigh

do bhéal/do shrón le ciarsúr páipéir nó muinchille agus tú ag déanamh casachta nó sraotha agus faigh réidh leis an gciarsúr páipéir ansin



#### Seachain

teagmháil le do shúile, do shrón agus do bhéal nuair atá do lámha neamhghlan



#### Glan

agus dífhabhthaigh rudaí agus dromchlaí a dteagmhaítear leo go minic

### Siomptóim

- > Casacht
- > Giorra Anála
- > Deacrachtaí Análaithe
- > Fiabhras (Ardteocht)

### Réigiún atá Thíos leis an Víreas

Caith súil ar an liosta réigiún atá thíos leis an víreas ar [www.hse.ie](http://www.hse.ie)

### Na nithe atá le déanamh má tá tú i mbaol

**Bhí mé i réigiún atá thíos leis an víreas sna 14 lá seo a chuaigh thart agus**

#### TÁ siomptóim orm

1. Fan glan ar dhaoine eile
2. Cuir glao ar do lia-chleachtóir ginearálta gan mhoill
3. Mura bhfuil lia-chleachtóir ginearálta agat, cuir glao ar 112 nó ar 999

#### **NÍL** aon siomptóim orm

Chun comhairle a fháil, téigh chuig [www.hse.ie](http://www.hse.ie)

**Bhí mé i ndlúth-theagmháil le cás deimhnithe nó dóchúil COVID-19 (Coróinvíreas) sna 14 lá seo a chuaigh thart agus**

#### TÁ siomptóim orm

1. Fan glan ar dhaoine eile
2. Cuir glao ar do lia-chleachtóir ginearálta gan mhoill
3. Mura bhfuil lia-chleachtóir ginearálta agat, cuir glao ar 112 nó ar 999

#### **NÍL** aon siomptóim orm

Chun comhairle a fháil, téigh chuig [www.hse.ie](http://www.hse.ie)

### Chun an tEolas is Deireanaí a Fháil Gach Lá, téigh chuig

[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)  
[www.hse.ie](http://www.hse.ie)