Coronavirus
COVID-19

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
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