

Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

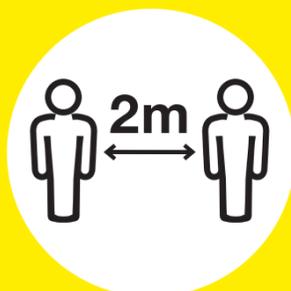
Physical Distancing Outside

Spending time outdoors is good for our health.
But social responsibility is essential for ALL our health.



Avoid

close contact
with others



Distance

yourself at least
2 metres (6 feet) away
from other people



Groups

should be no more
than four people
unless all are from
the same household



Don't arrange

to meet up with other
groups



Avoid

an area if it looks busy
and go somewhere
else for your walk

For Daily Updates Visit

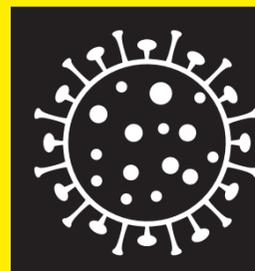
www.gov.ie/health-covid-19
www.hse.ie

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



Rialtas na hÉireann
Government of Ireland

Coróinvíreas COVID-19



Coróinvíreas
COVID-19
Comhairle
Sláinte Poiblí

Scaradh Fisiciúil Lasmuigh

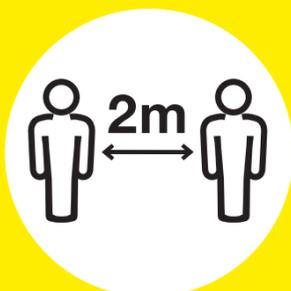
Déanfaidh aer úr maitheas de do shláinte.

Caithfidh gach duine freagracht shóisialta a ghlacadh ar mhaithe lenár sláinte.



Ná

bí ró-ghar do dhaoine eile



Coinnigh

tú féin 2 mhéadar (ó troithe) ar a laghad ar shiúl ó dhaoine eile



Grúpaí

níor cheart níos mó ná ceathrar a bheith in éineacht murar as an teach céanna iad



Ná buail

le grúpaí eile



Seachain

áiteanna atá gnóthach agus gabh ag siúl áit éigin eile

**Le haghaidh Nuashonruithe
Laethúla Tabhair cuairt ar**

www.gov.ie/health-covid-19
www.hse.ie

Tá straitéis leis an COVID a mhoilliú á fheidhmiú ag Éirinn chun teacht le comhairle WHO agus ECDC



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