Coronavirus COVID-19
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

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www.gov.ie/health-covid-19
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