

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

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

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

For Daily Updates Visit

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

Réigiúin atá Thíos leis an Víreas

Caith súil ar an liosta réigiún atá thíos leis an víreas ar 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

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

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

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