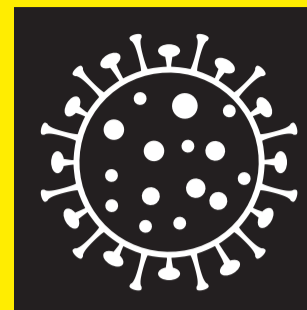


# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

## Stay safe guidelines at work.



### Know

the symptoms. If you have them self isolate and contact your GP immediately



### Wear

a face covering on public transport\*



### Wash

your hands for at least 20 seconds when you arrive to work, and regularly through the day



### Stay

2m away from colleagues



### Have

fewer, shorter, smaller meetings



### Disinfect

regularly touched objects



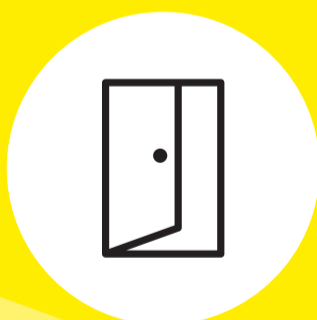
### Don't

touch your face



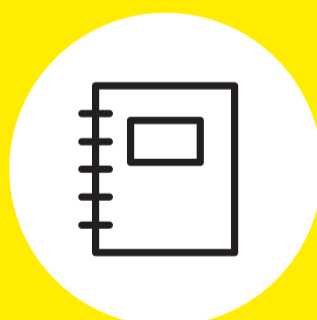
### Practice

good cough /sneeze hygiene. Use your elbow or a tissue



### Open

windows and doors for ventilation



### Keep

a log of who you meet each day

### COVID-19 symptoms include

- > high temperature
- > cough
- > breathing difficulty
- > loss of sense of taste or smell
- > flu-like symptoms

\* Not suitable for children under 13 and those who have difficulty wearing them

## #holdfirm

Ireland's public health advice is guided by WHO and ECDC advice



Rialtas na hÉireann  
Government of Ireland