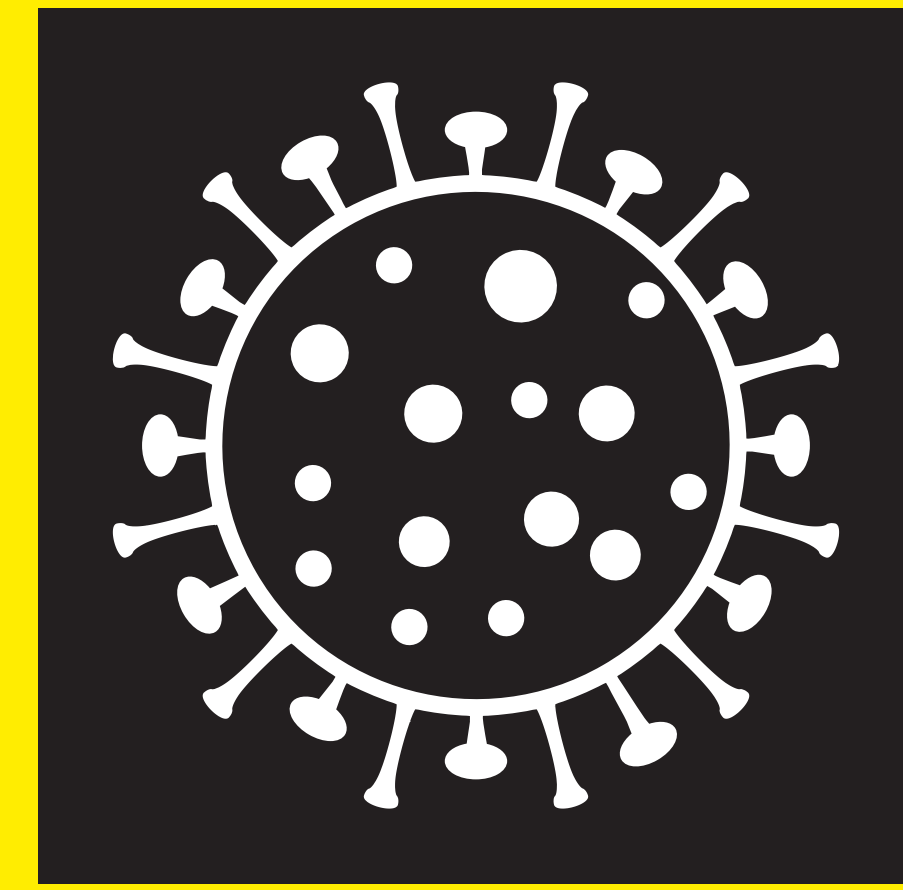


# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

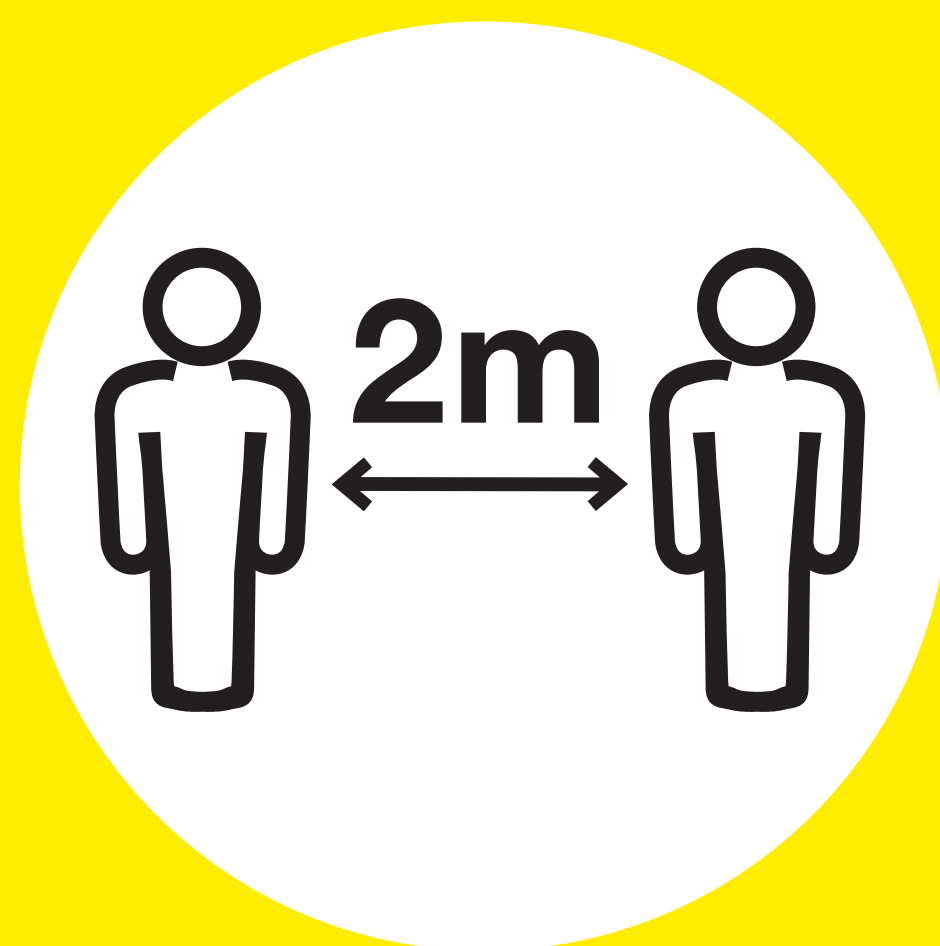
## Physical Distancing Outside

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**

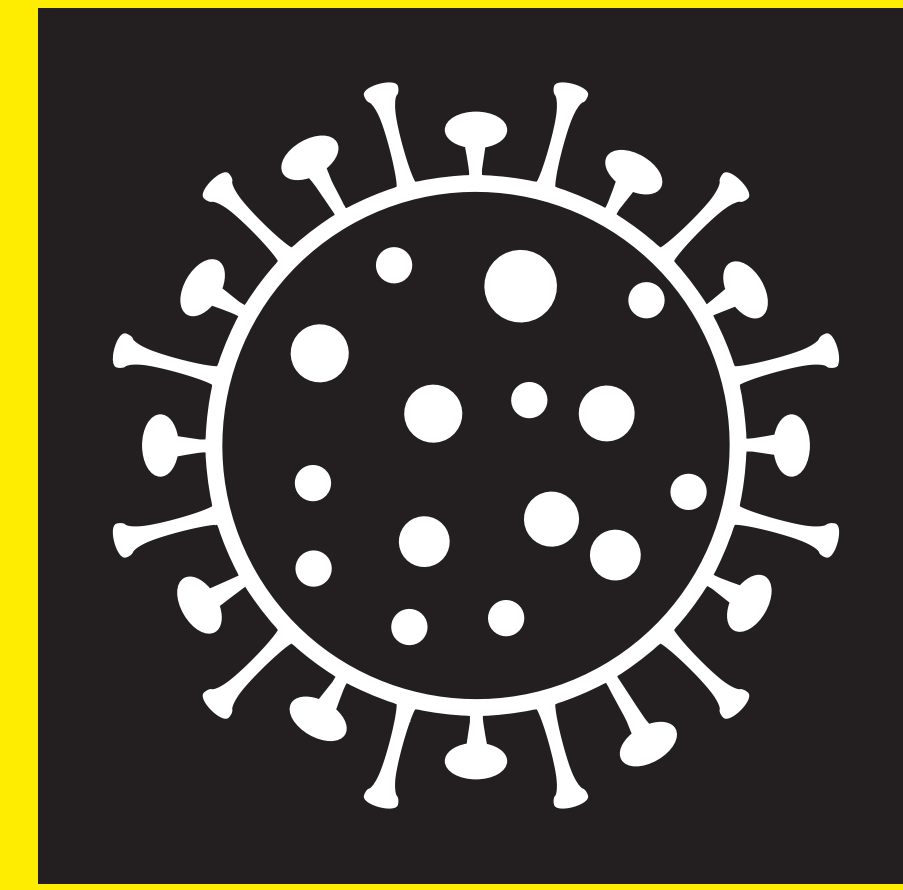
[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)  
[www.hse.ie](http://www.hse.ie)

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

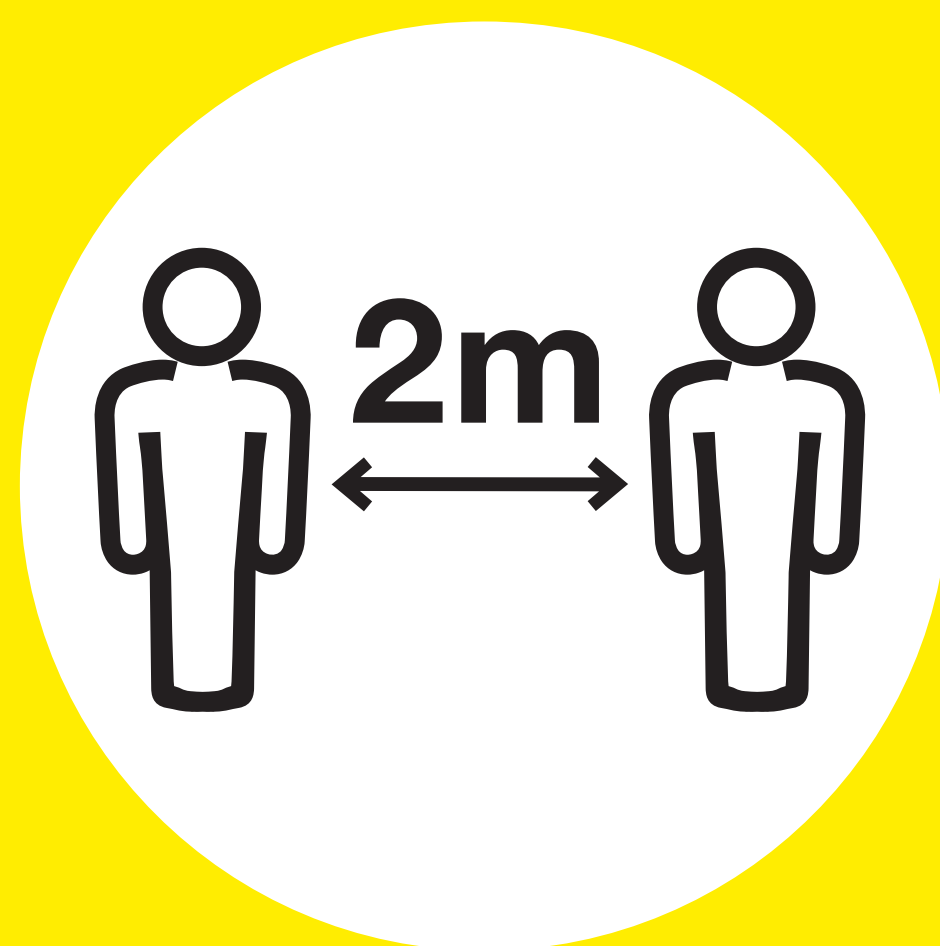
Déanfaidh aer úr maitheas de do shláinte.

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



### Ná

bí ró-ghar do dhaoine eile



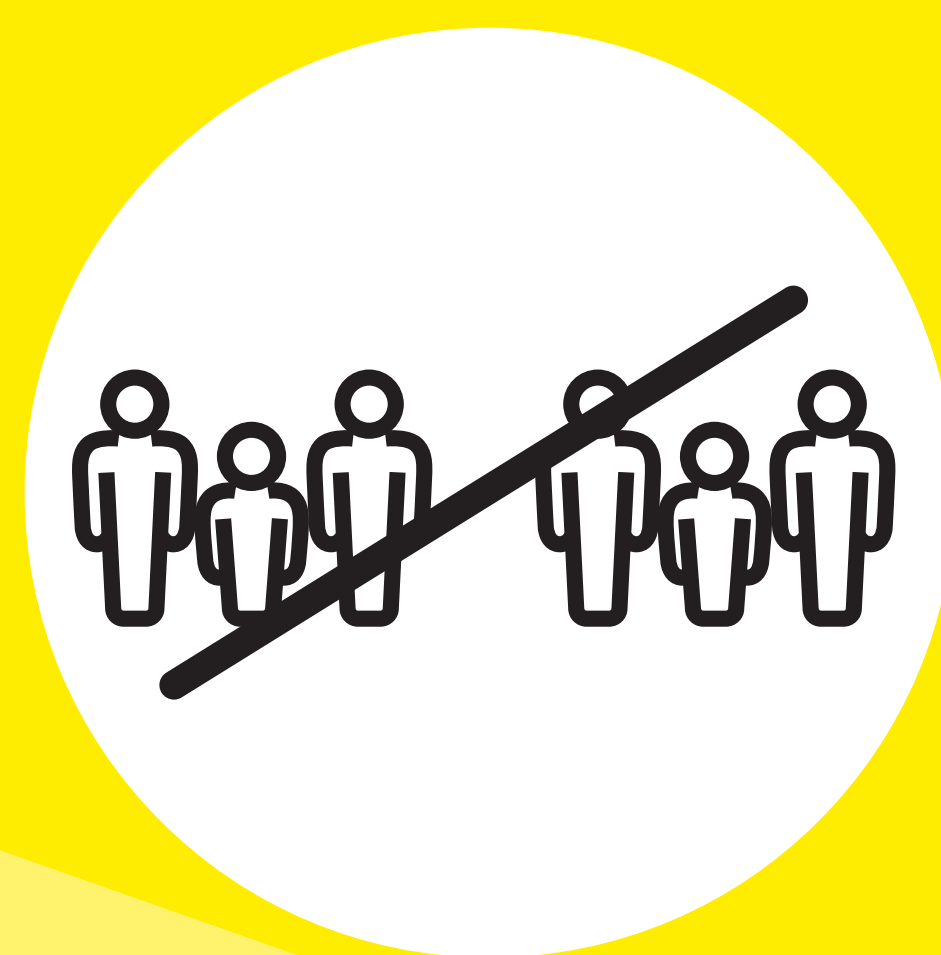
### Coinnigh

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](http://www.gov.ie/health-covid-19)  
[www.hse.ie](http://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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