Ireland is operating a containment strategy in line with WHO and ECDC advice.

**Who is 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

**How to Prevent**

- **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

**The Symptoms**

- A Cough
- Shortness of Breath
- Breathing Difficulties
- Fever (High Temperature)

**Affected Regions**

Check the list of affected regions on [www.hse.ie](http://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](http://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](http://www.hse.ie)