

# Coronavirus COVID-19



## Help prevent coronavirus



Wash your  
hands



Cover mouth if  
coughing or sneezing



Avoid touching  
your face



Keep surfaces  
clean



Stop shaking  
hands and hugging



Keep a safe  
distance

The virus spreads in sneeze and cough droplets, so regularly taking the above measures helps reduce the chance of it spreading.

**Visit HSE.ie**

For updated factual information and advice

Or call 1850 24 1850

Protection from coronavirus.  
It's in our hands.



Rialtas na hÉireann  
Government of Ireland