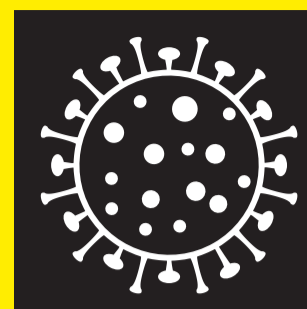


# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

## Stay safe guidelines exercising outdoors.



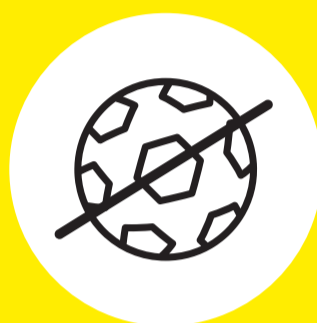
### Know

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



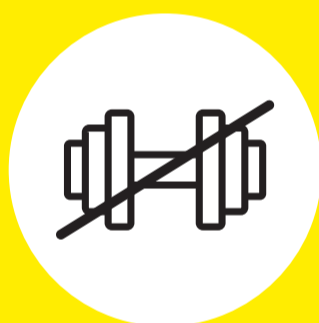
### Stay

2m away from people



### Avoid

contact sports



### Don't

share exercise equipment



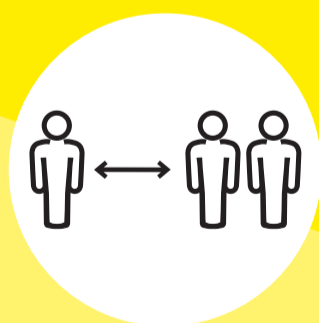
### Pay

special attention to vulnerable people



### Practice

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



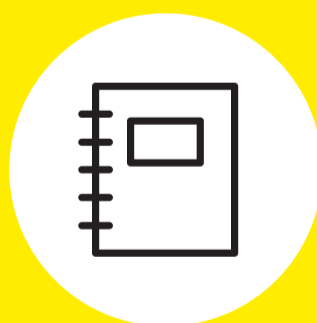
### Step

aside to give others space



### Wash

your hands for at least 20 seconds when you return home



### 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

## #holdfirm

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



Rialtas na hÉireann  
Government of Ireland