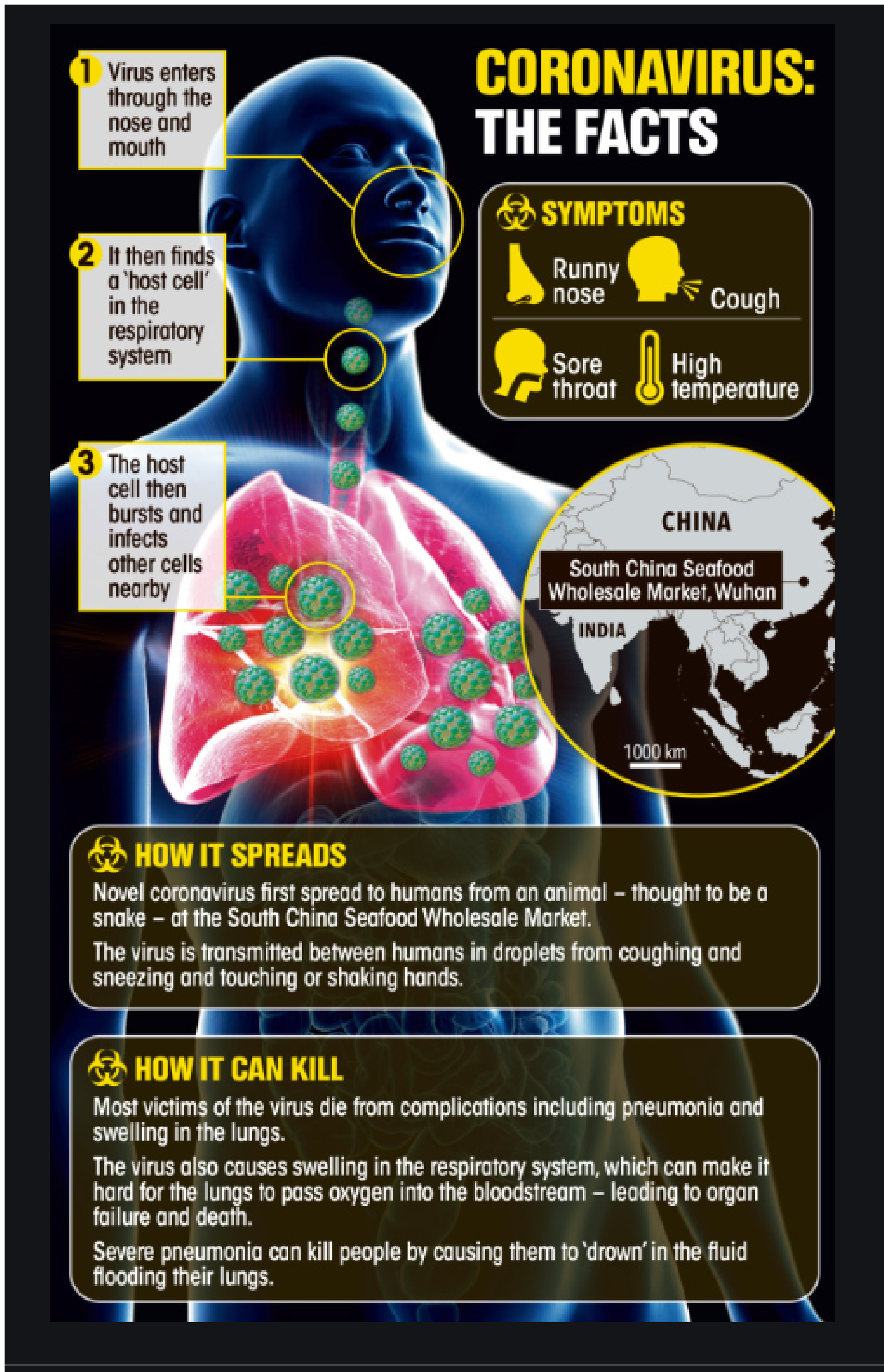


## We want you to protect yourself & others From Coronavirus (COVID-19) HELP US TO HELP YOU!!!!

 our health service

# CORONAVIRUS: THE FACTS



- 1** Virus enters through the nose and mouth
- 2** It then finds a 'host cell' in the respiratory system
- 3** The host cell then bursts and infects other cells nearby

## SYMPTOMS

- Runny nose
- Cough
- Sore throat
- High temperature

## HOW IT SPREADS

Novel coronavirus first spread to humans from an animal – thought to be a snake – at the South China Seafood Wholesale Market.

The virus is transmitted between humans in droplets from coughing and sneezing and touching or shaking hands.

## HOW IT CAN KILL

Most victims of the virus die from complications including pneumonia and swelling in the lungs.

The virus also causes swelling in the respiratory system, which can make it hard for the lungs to pass oxygen into the bloodstream – leading to organ failure and death.

Severe pneumonia can kill people by causing them to 'drown' in the fluid flooding their lungs.

## Coronavirus COVID-19

Coronavirus COVID-19 Public Health 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**

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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 containment strategy in line with WHO and ECDC advice

  **Rialtas na hÉireann**  
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### Face masks

Using masks is unlikely to be of any benefit if you are not sick.

Sick people will be advised by their doctor when to use a mask. Healthcare workers need masks and other personal protective equipment to protect them from infection during their work.

### Don't



Do not touch your eyes, nose or mouth if your hands are not clean.



Do not share objects that touch your mouth – for example, bottles, cups.

① About 30% to 50% of infections that start in hospitals can be avoided.

### Clean your hands

Use soap and water or alcohol hand rub to clean your hands regularly.

#### How to wash your hands with soap and water

- ① Wet your hands with warm water and apply soap.
- ② Rub your hands together until the soap forms a lather.
- ③ Rub the top of your hands, between your fingers and under your fingernails.
- ④ Do this for about 15 seconds.
- ⑤ Rinse your hands under running water.
- ⑥ Dry your hands with a clean towel or paper towel.

### Do



Wash your hands properly and often.



Cover your mouth and nose with a tissue or your sleeve when you cough and sneeze.



Put used tissues into a bin and wash your hands.



Clean and disinfect frequently touched objects and surfaces.



Avoid close contact with people who are not well.



Follow the travel advice from the Department of Foreign Affairs



Stay at home if you are sick to help stop the spread of whatever infection you may have.

1800 459 459

Call our confidential freephone **helpline** on 1800 459 459 from Monday to Friday between 9:30 am and 5:30 pm.