

Coronavirus  
**COVID-19**  
Public Health  
Advice

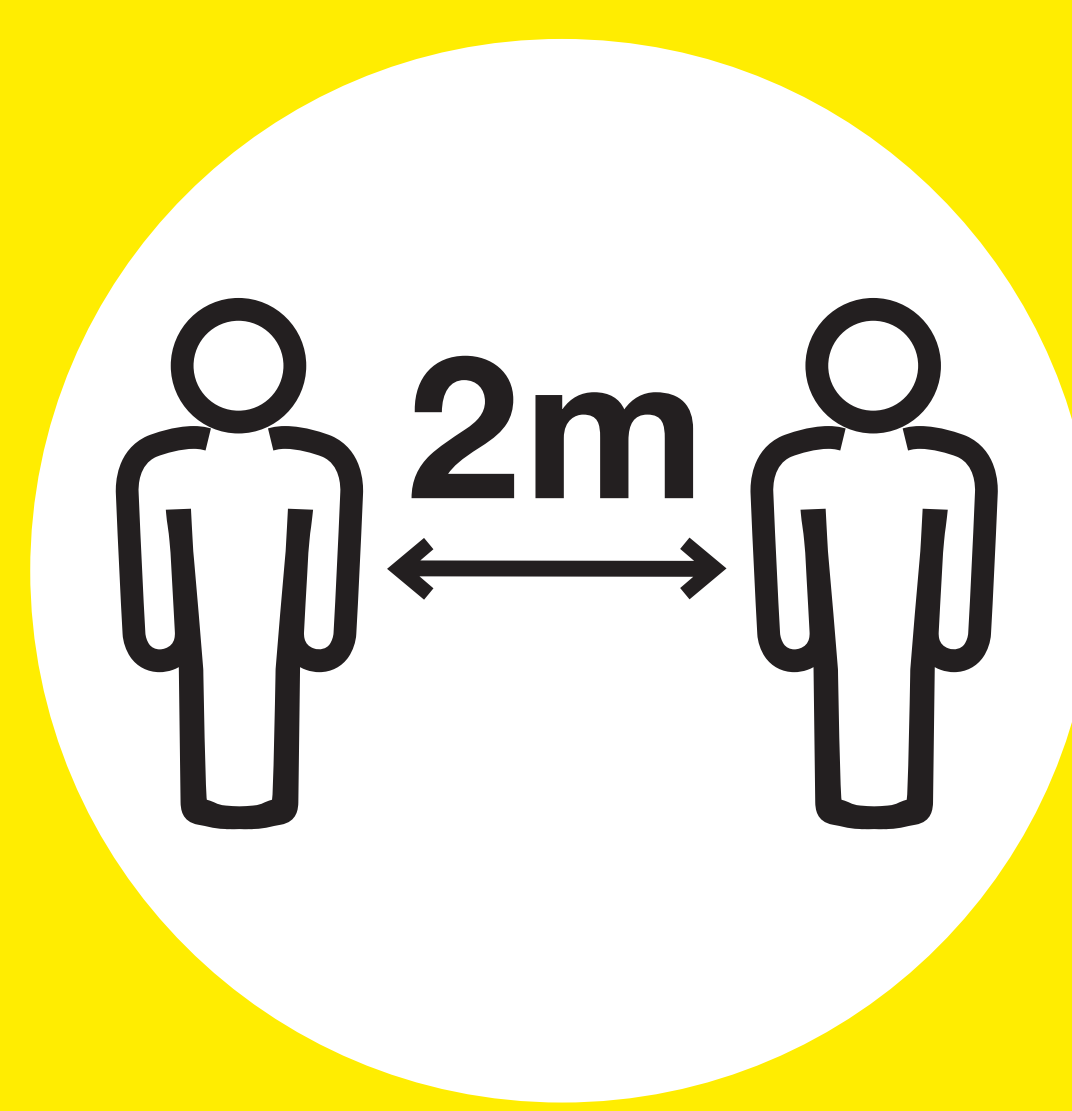
# Coronavirus COVID-19

# Physical Distancing Outside

Spending time outdoors is good for our health. **But social responsibility is essential for ALL our health.**



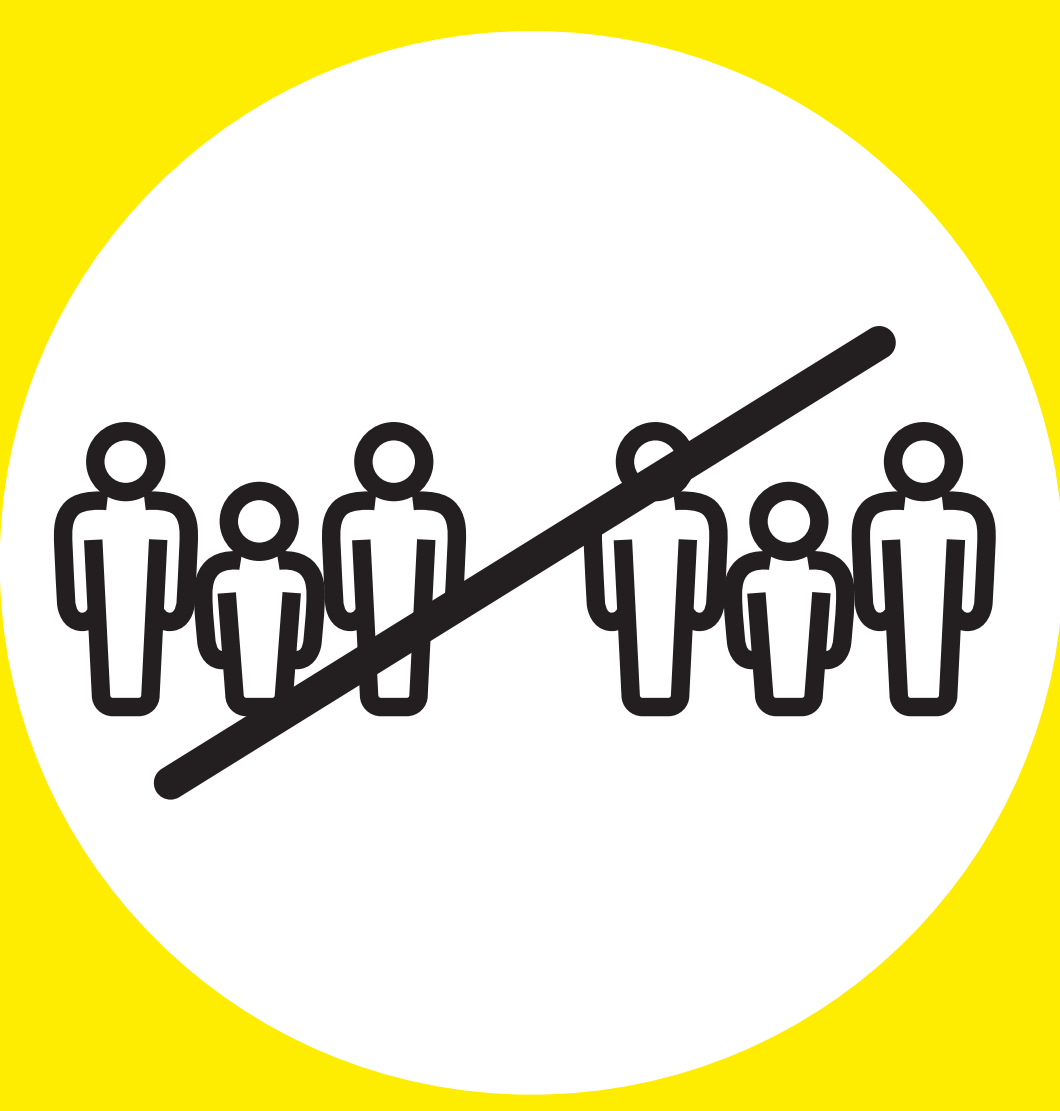
**Avoid**  
close contact  
with others



**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