

When at school continue to:



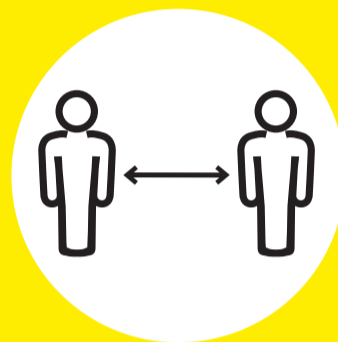
Wash

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 safely



Distance

yourself away from
other people,
especially those who
might be unwell



Avoid

crowds and
crowded places



Know

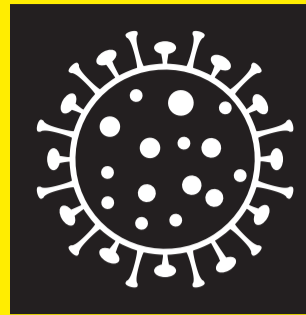
the symptoms. If you
have them self isolate
and contact your GP
immediately

COVID-19 symptoms include

- > high temperature
- > cough
- > breathing difficulty
- > sudden loss of sense of smell or taste
- > flu-like symptoms

#holdfirm

www.gov.ie/health-covid-19
www.hse.ie



Nuair a bhíonn tú ar scoil, lean ar aghaidh ag:



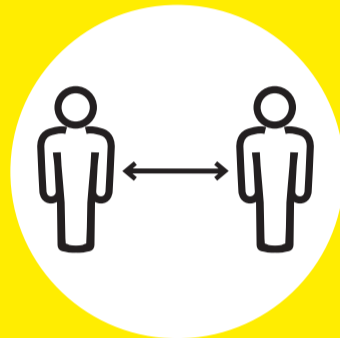
Nigh

do lámha go maith
agus go minic chun
aon éilliú a sheachaint



Clúdaigh

do bhéal agus do shrón le
ciarsúr páipéir nó le do
mhuinchille nuair a bhíonn
tú ag casacht nó ag
sraothartaigh agus cuir an
ciarsúr páipéir sa bhruscar



Fan amach

ó dhaoine eile agus go
háirithe ó dhaoine atá
tinn



Seachain

sluaite agus áiteanna
plódaithe



Bíodh eolas agat

ar na comharthaí. Má tá
na comharthaí ort, déan
féinaonrú agus déan
teagmháil le do dhochtúir
teaghlaigh láithreach

Comharthaí sóirt COVID-19

- > teocht ard
- > casacht
- > deacrachtaí ag anáilú
- > blaiseadh nó boladh a chailleadh
- > comharthaí mar a bheadh flú

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