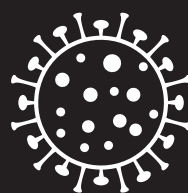


Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

Public Information Booklet



easy
read



Rialtas na hÉireann
Government of Ireland

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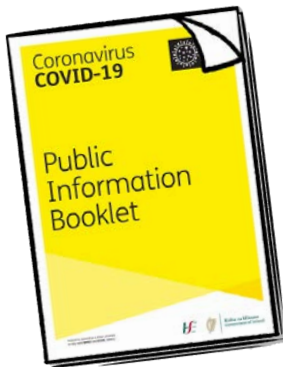


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About this booklet



This booklet is about Coronavirus (COVID-19) in Ireland.



The Government is trying to slow down how fast the virus spreads. We can only do this with your help.



Coronavirus is changing every day. The HSE is keeping people updated on **www.hse.ie**

What is Coronavirus (COVID-19)?



Coronavirus (COVID-19) is a new disease that can affect your lungs and breathing. It can make you sick.



Coronavirus is spread when you sneeze or cough and small drops come out of your nose or mouth.



You can spread Coronavirus to other people until you are fully better.



Coronavirus can stick to things like tables, door handles or other surfaces. You can catch Coronavirus if you touch these surfaces.

Wash your hands after touching these surfaces.



You can kill Coronavirus on these surfaces using your usual household disinfectants.



How likely am I to be sick with it?

- About 80 out of every 100 people who will get it will be fine after two weeks rest and care at home.



- About 14 out of every 100 people who get it will be feeling quite sick, but they will be ok. They may have to go to hospital.



- About 6 out of every 100 people will be very sick. They may have to go to hospital.

How can I protect myself from Coronavirus?



Stay at home as much as possible.
Only go out when you must. This could be to go to:

- Work.
- Essential shops.
- The doctor.
- A pharmacy.
- Care for others.
- Exercise.



Keep at least 2 metres (6 feet) away from other people when you leave home.



The best way to protect yourself is to wash your hands regularly.



How to wash your hands with soap and water:



- Wet your hands with warm water and put on some soap.



- Rub your hands together until the soap makes lots of bubbles.



- Rub the top of your hands, between your fingers and under your fingernails.



- Do this for 20 seconds.



- Rinse your hands under running water.



- Dry your hands with a clean towel or paper towel.



You can see a video of how to do this at: **www.hse.ie/handhygiene**

Other ways to protect yourself:



1. Don't touch your face with your hands.



2. When you cough.

When you cough and sneeze, cover your mouth and nose with a clean tissue.



Put used tissues into a closed bin and wash your hands.



Use your elbow if you don't have a tissue.



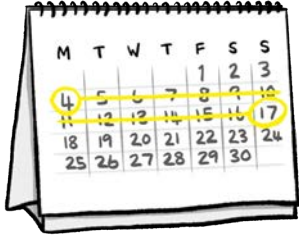
3. Clean surfaces.

Use your usual household disinfectants to clean any surfaces that people touch a lot.



4. Work from home if possible.

How will I know if I might have Coronavirus?



It can take 14 days before you realise you have it.



You may have 1 or 2 or all of these things:

- A cough.



- A fever with a high temperature of over 38 degrees celsius.



- Difficulty with breathing.



If you have any of these things phone your doctor.



Do not go to the doctor or the hospital.



Your doctor will ask you questions over the phone and decide if you need a test for Coronavirus.

Who should be extra careful?



People who are more likely to be sick with Coronavirus are:

- Some older people aged over 60.



- Some people with long-term health conditions, for example, heart disease.



- Some people who are not able to fight off sickness easily at the moment.



- Some people who have a difficulty with breathing.



- Some people living in long-stay homes.



- Some people with an intellectual disability especially if you are aged over 50 or have another long-term health condition.

If you are well and asked to stay at home



If you are well enough to look after yourself, you may be asked to stay at home.

This is to stop other people getting Coronavirus.



You should:

- Phone your family, friends and neighbours. Tell them not to visit you. Ask them to stay in touch by phone.
- Arrange for someone to go to the shops for you. They should leave your shopping outside the door.
- Make a list of your medicines. This is important information to give to health workers if you become very sick.





- There is no need to order extra medicines.



Arrange for someone to go to the pharmacy for you.



Work from home if possible.



You can still go outside for walks, runs or cycles, but do this on your own. Keep at least 2 metres apart from everyone.

If you are asked to self-isolate



Self-isolation means staying indoors (maybe in your own room). Completely avoid contact with other people in your home.



Your doctor will ask you to do this to stop other people from getting Coronavirus.



You may need to self-isolate:

- Before you get tested for Coronavirus.
- While you wait for test results.
- If you are told you have Coronavirus but have mild symptoms that can be managed at home.



If you are asked to self-isolate you should:



1. Stay at home and do not go out



2. Try not to have visitors in your home

If possible, do not allow visitors into your home or answer your door to callers.



3. Keep 2 metres apart

Keep away from other people in your home as much as you can. Stay at least 2 metres apart.



Stay in a room. You can open your window to get fresh air.



If possible, use a separate toilet and bathroom to the rest of the people in your home.



If this is not possible, make sure to keep the bathroom very clean.

4. Wash your hands often



Keep your hands clean by washing them regularly with soap and water.

See **page 7** for instructions on how to wash your hands properly.

5. Cover your coughs and sneezes



When coughing and sneezing, cover your mouth and nose with a clean tissue.



Put used tissues into a closed bin and wash your hands.



Use your elbow if you don't have a tissue.



6. Avoid sharing things

Try not to share these things with other people in your home:

- Dishes.
- Drinking glasses.
- Cups.
- Knives, forks and spoons.
- Towels.
- Bedding.



After you use these items, wash them in a dishwasher or with hot soap and water. See instructions for towels and bedding on page 20 under laundry.



Don't share remote controls or games consoles.



7. Household cleaning

Clean your surfaces with the usual disinfectant products you buy in the supermarket. They can kill Coronavirus.



8. Laundry

Wear gloves while handling dirty laundry.



Wash your laundry at a temperature above 60 degrees celsius or at the highest temperature possible for those clothes.



Clean all surfaces around the washing machine.



9. Managing rubbish

Put all your rubbish in plastic bags.



Take the rubbish bags out when they are three-quarters full.

Put the first bag into a second bag.
Tie the two bags.



Wash your hands after handling laundry and rubbish.

See page 7 for instructions on how to wash your hands properly.

Keeping well during self-isolation



You may be worried during this difficult time.

There are many things you can do to support your mental health.



Try and keep moving indoors. You can go outdoors if you have your own space.

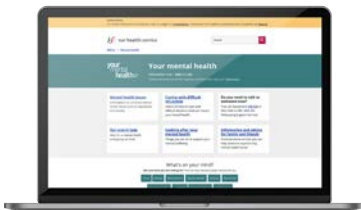


You could also:

- Read books.
- Watch TV or programmes online.
- Do some arts and crafts.



You may find it helps to stay in touch often with friends or relatives by phone or on social media.



For more advice go to:
www.yourmentalhealth.ie



If you are self-isolating and get worse

If you feel you are getting sicker, phone your doctor.



If it is an emergency, call an ambulance on **112** or **999** and tell them if you have or may have Coronavirus.

For more information



If you need more information,
please go to:

Website: **www.HSE.ie**

Phone the HSE information line
called HSELive on: **1850 24 1850**



Telephone help for older people

The charity ALONE, the Department
of Health and the HSE have set up
telephone advice and support for older
people.



Telephone - **0818 222 024**. You can
call **Monday to Sunday, 8am to 8pm**.

For daily updates visit
www.gov.ie/health-covid-19
www.hse.ie

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