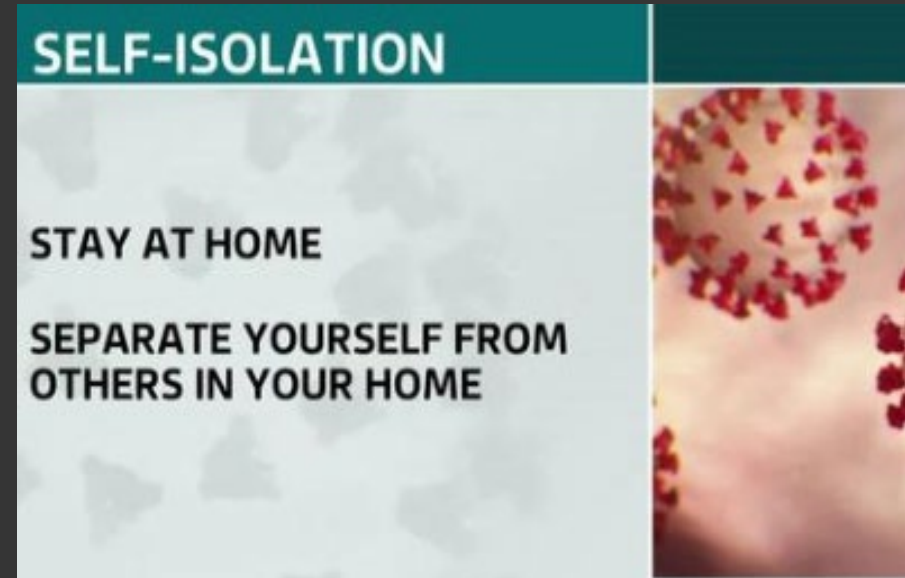


What is Self Isolation

Continue to practice everyday preventive behaviours!

- Stay home when sick.
- Cover coughs and sneezes
- Frequently wash hands with soap and water.
- Clean frequently touched surfaces

- Self-isolation means staying indoors and avoiding contact with other people.
- Limited social interaction is avoiding contact with other people and social situations as much as possible.
- Avoid crowded spaces e.g cafes, restaurants, bars, mass gatherings
- You may need to do this if you are a close contact of a confirmed case of coronavirus. This is to stop other people from getting it, if you develop symptoms contact your G/P by phone immediately
- <https://www2.hse.ie/conditions/coronavirus/advice-for-people-returning-from-affected-areas.html>
- <https://www2.hse.ie/conditions/coronavirus/self-isolation-and-limited-social-interaction.html>



- **Social distancing** is a term applied to actions that are taken to stop or slow down the spread of COVID-19
- **Social distancing** refers to tactics meant to keep people from congregating in large crowds, to slow the spread of a virus

Why?

- When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus.
- If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease
- This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.
- <https://publichealthmatters.blog.gov.uk/2020/03/04/coronavirus-covid-19-what-is-social-distancing/>

