



## New Coronavirus (Covid 19) Guidelines from the Government



To stop more people getting Coronavirus, the Government are asking people to **stay at home**.

This is to make sure everyone is safe.

### **You should only go out for these reasons:**



To shop for food.



To go to the Pharmacy.



To exercise once a day near your home.



To attend medical appointments.



To go to work if you have a job the Government says is important, like a Doctor or Nurse.



You should **not** have visitors to your house or go to your friends and family's homes.



Some people will need to stay at home **all the time** even if they feel well. This is called cocooning.



People who are aged **over 70** and people who have certain health problems will need to cocoon. This is because they are most at risk.



For more information on this please visit:  
<https://www2.hse.ie/conditions/coronavirus/cocooning.html>



If you must go out it is important to not get too close to people and to wash your hands regularly.



If you have any symptoms, you should stay at home and ring your Doctor.



These rules are in place for 2 weeks until the 12<sup>th</sup> of April. The Government will give us a new plan then.



If you want more information, please visit:  
[www.inclusionireland.ie](http://www.inclusionireland.ie) or [www.hse.ie](http://www.hse.ie)