



## New guidelines Coronavirus from May 18<sup>th</sup>



At the moment it is hard to live our normal lives because of Coronavirus (Covid19). This means we can't do many of the things we want to do.



The Government have told us that less people are getting Coronavirus. They have made a Roadmap or a Plan so that we can slowly start doing things we used to do.



The Roadmap has different Stages or different parts. You can see the full Roadmap at [www.hse.ie](http://www.hse.ie).



We are in Stage 1. Stage 1 will happen from the 18<sup>th</sup> of May to the 8<sup>th</sup> of June. This is 3 weeks long.

### **What things will change in Stage 1?**



We can exercise further than before. We can now go 5km from our homes.



We can meet people who do not live with us. We can meet 3 other people, but it must be outdoors.



It is very important to remember that we must still stay apart from people and not get too close to them.



We can go back to work if our job is outdoors like a builder or a gardener. Most people will still be working from home.



Outdoor shops like Garden Centres and Hardware stores can open.



Indoor shops like Phone shops, opticians and computer shops can open too.



You can get a full list of open shops at <https://www.gov.ie/en/press-release/3736c7-government-approves-moving-to-phase-1-of-easing-covid-19-restriction/#list-of-retailers-that-can-open-on-18-may>



Large spaces for Sport like Tennis Courts and Golf Courses can open if people stay far apart.

### **All of this is good news, but we still need to remember to:**



Stay at home as much as we can



Do not get too close to people



Do not go to other people's houses



Wash our hands often.



If you need more information phone visit [www.hse.ie](http://www.hse.ie)