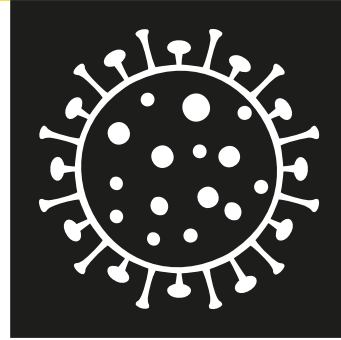


# Coronavirus COVID-19

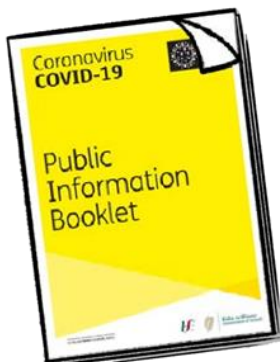


Coronavirus  
**COVID-19**  
Public Health  
Advice

## Public Health Advice Information for people who have just arrived in Ireland



# About this booklet

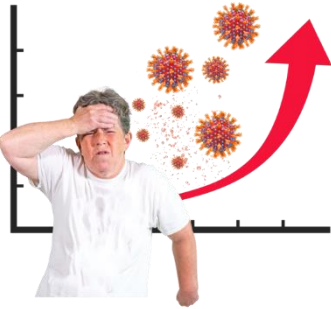


This booklet is about coming to Ireland from another country.

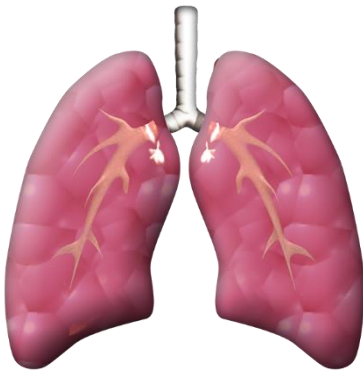


This booklet explains the rules to stop Coronavirus (COVID-19) from spreading.

# What is Coronavirus (COVID-19)



Coronavirus (COVID-19) is a new sickness that is spreading around the world.

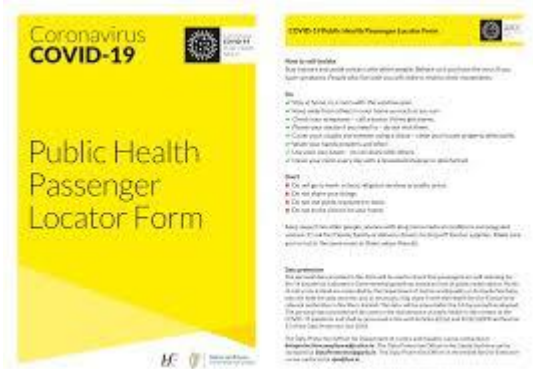


Coronavirus (COVID-19) can make it hard for you to breath.



It can be very serious for some people.

# Travelling to Ireland



It is the law in Ireland  
that you must fill a form  
before you come here.

It is called the  
Passenger Locator Form.



We may contact you  
to check where you are.



We will contact you if we think that someone who travelled on the same aeroplane or boat as you has Coronavirus (COVID-19).

# Green list countries

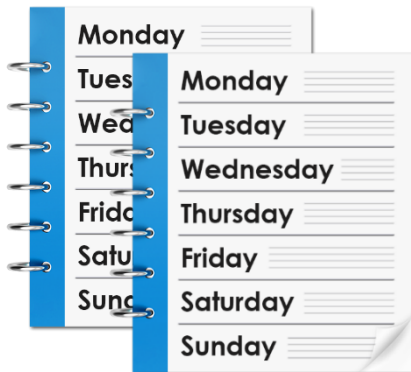


You **do not** have to stay at home if you are coming from a green list country.

You can find the green list at [www.gov.ie](http://www.gov.ie)



The Irish government will say which countries are on the green list.

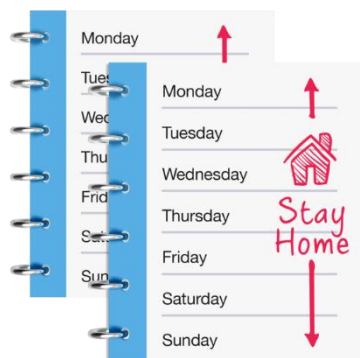


The green list can change every 2 weeks.

# Non green list countries



If you are coming from a country not on the green list you **do** have to stay at home for 2 weeks.

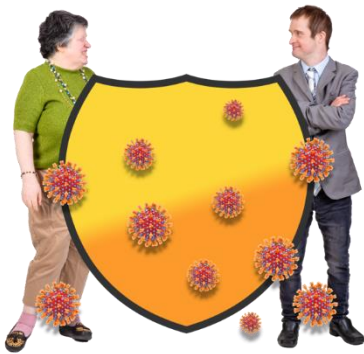


You need to stay at home for 2 weeks from the day that you come to Ireland.

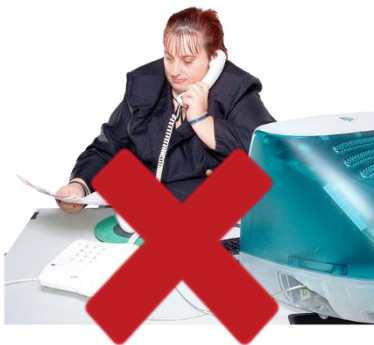
# Staying at home and restricting your movements for 2 weeks



Restricting your movements means staying indoors away from other people.



This is to stop other people getting Coronavirus (COVID-19).



Do not go to work.



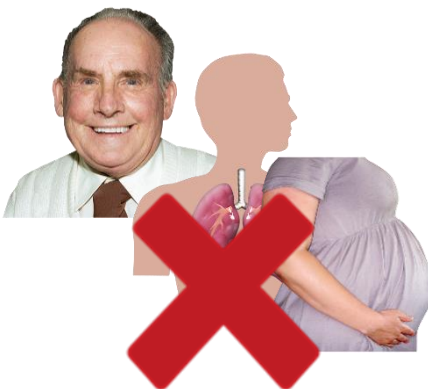
Do not use buses taxis or trains.



Do not have visitors to where you are staying.



Do not visit others even if you sometimes care for them.



Stay away from:

- older people
- people with serious health problems
- pregnant people.





You can get food  
sent to where you are staying.

You can get your medicine  
sent to where you are staying.



Your food and medicine  
can be left outside your front  
door.

# How will I know if I have Coronavirus (COVID-19)



There are lots of signs that you may have Coronavirus (COVID-19).



It can take 2 weeks before you show signs of Coronavirus (COVID-19).



You can have any 1 of any of these signs of Coronavirus (COVID-19):

- a cough.
- you may feel hot with a temperature over 38 degrees Celsius.

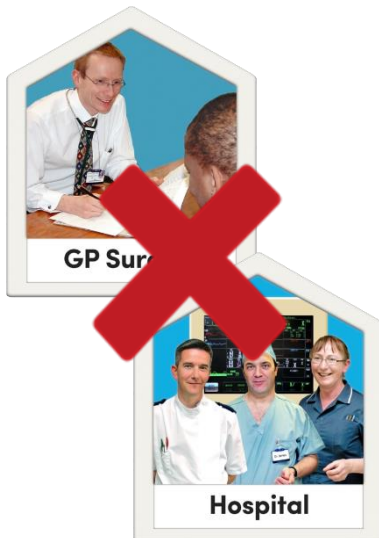




- difficulty breathing  
loss of taste or smell.



If you have any signs of  
Coronavirus (COVID-19)  
phone your doctor.



Do not go to the doctor  
or to the hospital.



Your doctor will ask you about  
how you are feeling  
when you telephone them.

Your doctor will decide  
If you need to have a test for  
Coronavirus (COVID-19).

# If you need to find out more



You can telephone  
the HSE helpline.  
The number is  
1850 24 1850



You can look at the hse website  
[www.hse.ie](http://www.hse.ie)  
and  
[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)

**This easy to read booklet was proofread by;**

Mr Paul Gallen

Ambassador for Intellectual Disability Rights

Ms Geraldine Rabbitte

Ambassador for Intellectual Disability Rights

**August 2020**

**© European Easy-to-Read Logo: Inclusion Europe. More information  
at <https://www.inclusion-europe.eu/easy-to-read/>**