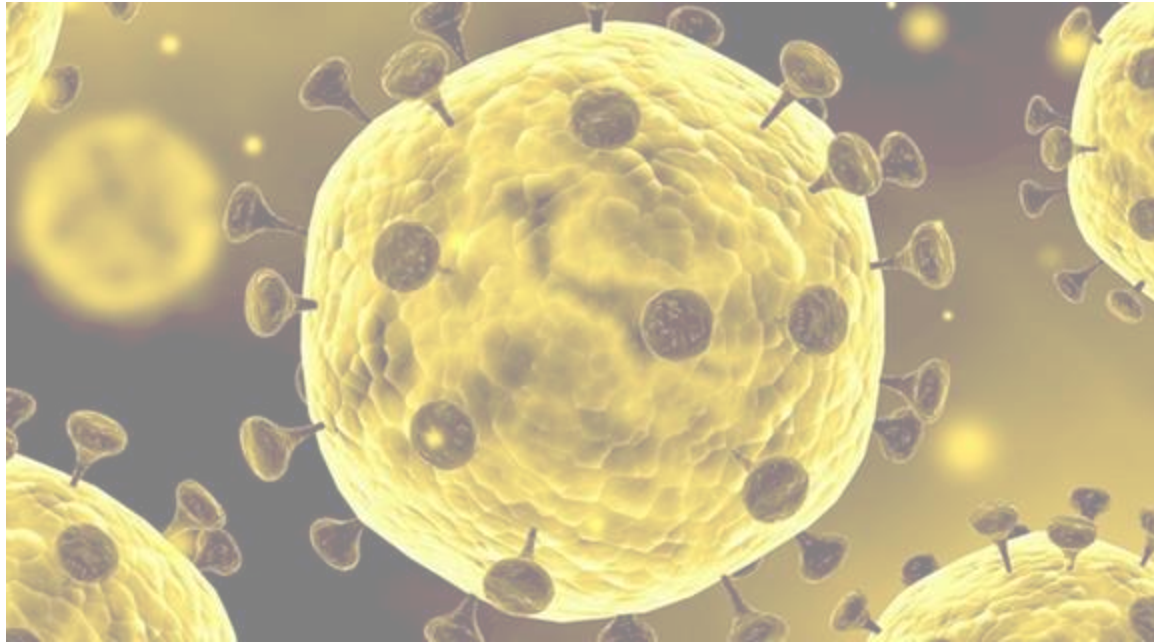


Coronavirus (COVID -19)

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus



You will hear people talking about the virus on the news and radio. The newspapers are writing stories about the virus.





The
Corona
Virus
began in
China.



Now people have the virus in
many countries.

- The risk of catching COVID-19 (Coronavirus) in Ireland is still **low**.
- This may change.
- Most people may continue to go to work, school and other public places, as usual.





How to protect yourself:

Washing your hands!



Palm to palm



Between fingers



Back of hands



Base of thumbs



Back of fingers



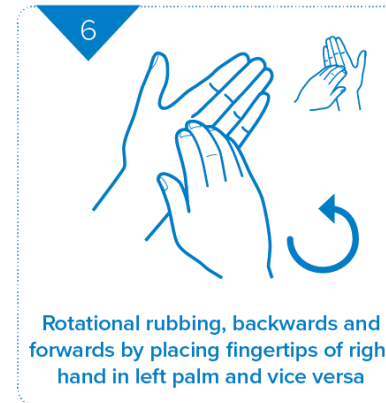
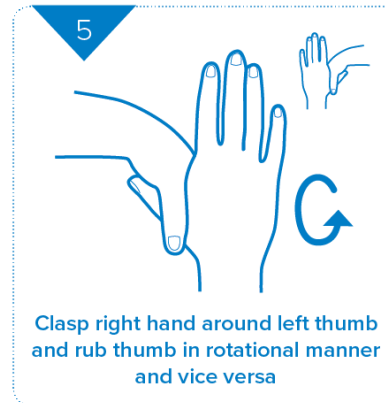
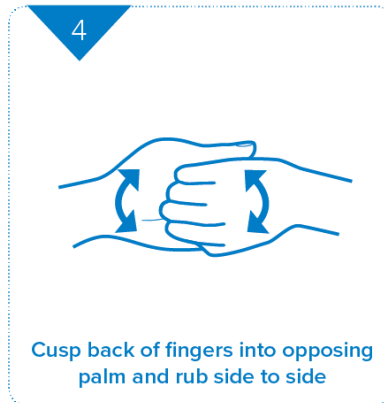
Fingernails



Wrists



Rinse and wipe dry



Guide to handwashing:

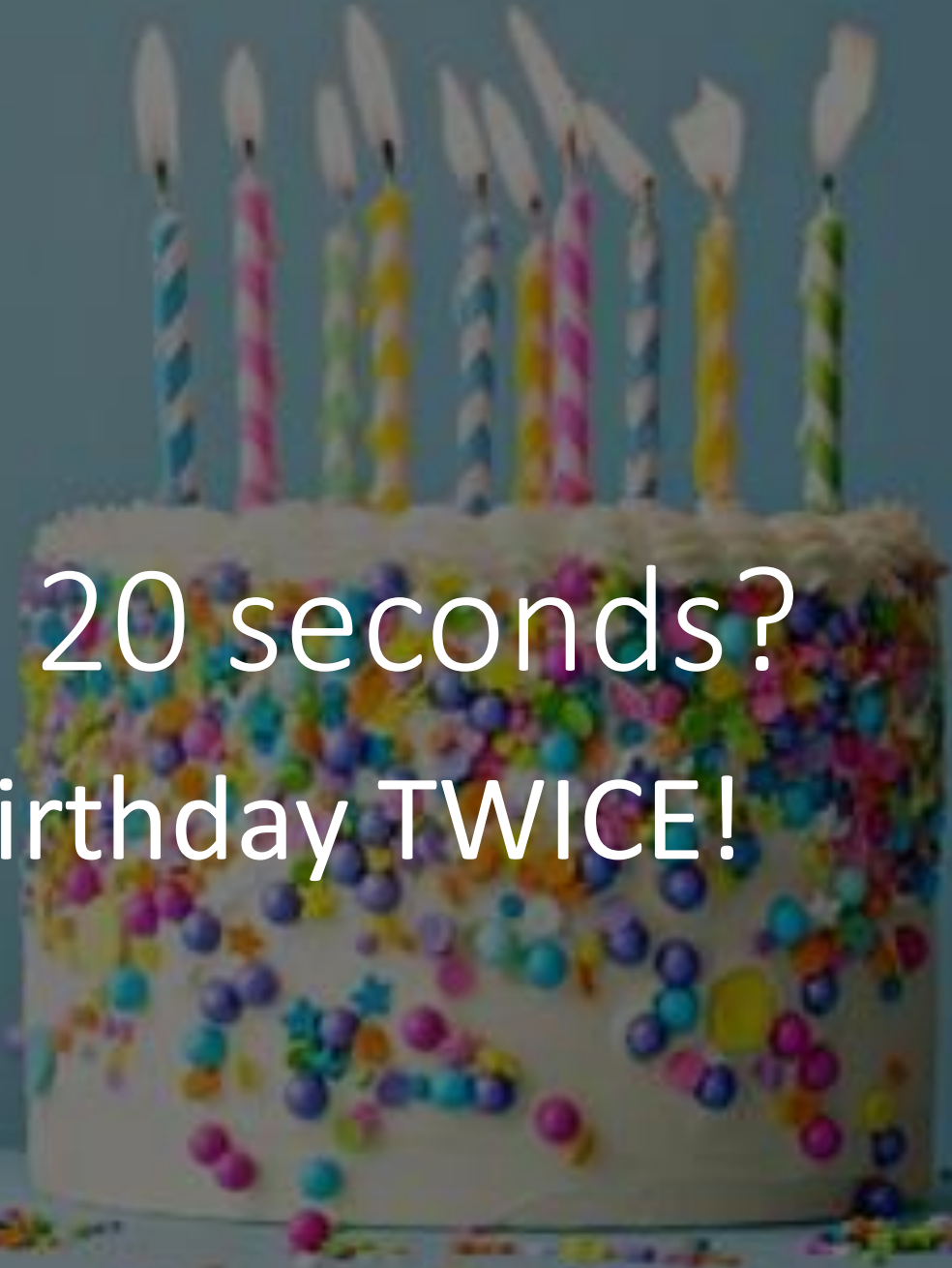
<https://www.youtube.com/watch?v=lisgnbMfKvI&feature=youtu.be>



—

You should
wash your
hands for
twenty sconds

How long is 20 seconds?
Sing Happy Birthday TWICE!





Wash your hands

- after coughing or sneezing
- after toilet use
- before eating
- before and after preparing food
- if you are in contact with a sick person
- if your hands are dirty
- if you have touched animals or animal waste



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

- If you have questions, ask your Doctor or check websites you can trust like the HSE.
- Facebook is not the best place to get information!

Finally....

It is important **not** to
worry about the virus

And

**Remember to wash
your hands properly!**



Additional Links

- WHO Video
- <https://www.youtube.com/watch?v=1APwq1df6Mw&feature=youtu.be>
- RTE Explainer:
<https://www.rte.ie/news/newslens/2020/0226/1117814-coronavirus-explainer/>
- Washing hands UV light:
<https://youtu.be/8YiN4tFVA9E>

Link to HSE page:

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>