



Coronavirus COVID-19

Exchange House Ireland is still open on the phone
You can ring us for support, help or advice

Ring us on 01 872 1094 and then press 1
Monday – Friday, 9am – 5pm

Remember

Help prevent coronavirus



Wash your hands



Cover mouth if coughing or sneezing



Avoid touching your face



Keep surfaces clean



Stop shaking hands and hugging



Keep a safe distance

Symptoms



Fever High Temperature



A Cough



Shortness of Breath



Breathing Difficulties

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you feel some of the above **ring your GP** or the **HSE** on **1850 24 1850**

From all of us at Exchange House Ireland – Stay Safe!