



Coronavirus  
**COVID-19**  
Public Health  
Advice



# Step UP & Step Back



GO **ONE STEP FURTHER**  
TO KEEP EACH  
OTHER SAFE



Living with COVID

6 August 2020

Campaign Information Pack



Thanks to the care taken by everyone over the last few difficult months, the number of people with COVID-19 has reduced in Ireland. But, as we continue to reopen services and communities, we need to hold firm and keep up the important actions that keep us safe.

We all know the messages, because we have heard them so often – perhaps sometimes to the extent that they are harder to value and remember to do. As we start to see small increases in cases, we want to reinforce the power of:

- **Cleaning our hands**
- **Keeping our distance – and - where we can't do this**
- **Wearing face coverings**
- **Covering our coughs and sneezes**
- **Using the COVID Tracker app**

More of us are going to work and socialising, commuting and eating out. Our public health advice is asking people to avoid crowds, especially indoors, and limit the number of people we're meeting.

**While we are all working and living with COVID, we can also take action to keep ourselves and others safer.**

