



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

Symptoms of coronavirus

It can take up to 14 days for symptoms of coronavirus to appear.

The main symptoms to look out for are:

- [a cough](#) - this can be any kind of cough, not just dry
- shortness of breath
- breathing difficulties
- [fever \(high temperature - 38 degrees Celsius or above\)](#) or chills

If you develop symptoms you will need to [self-isolate](#) and phone your GP. Do not go to a GP surgery, pharmacy or hospital. The GP will assess you over the phone. If they think you need to be tested for coronavirus, they will arrange a test.

For people who get infected with coronavirus

- 80% will have mild illness and make a full recovery within a few weeks
- 14% will have a more severe illness
- 6% will have a critical illness

[Read more about the symptoms and causes of coronavirus](#)

Protect yourself and others from coronavirus

Coronavirus is spread in sneeze or cough droplets. To infect you, it has to get from an infected person's nose or mouth into your eyes, nose or mouth.

It's important to wash your hands properly and often.

[Follow this advice to protect yourself and others from coronavirus](#)

Travel and coronavirus

You will need to restrict your movements if you return to Ireland from any country.

You should also follow the advice from the Department of Foreign affairs if you are thinking about travelling abroad.

[Find out more about travel and coronavirus](#)

At-risk groups and coronavirus

There are some groups of people who may be more at risk of serious illness if they catch coronavirus. But we do not think these groups have a higher risk of catching coronavirus. This is similar to other infections such as [flu](#).

[Read more about at-risk groups and coronavirus](#)

Pregnancy and coronavirus

When you are pregnant, your body naturally weakens your immune system. This is to help your pregnancy continue successfully. It means that when you are pregnant you may pick up infections more easily.

All pregnant women should get the [flu vaccine](#). This will protect you and your baby from the flu, not from coronavirus.

[Read more about pregnancy and coronavirus](#)

Restricted movements and self-isolation

To help stop the spread of coronavirus (COVID-19) you may need to either restrict your movements or self-isolate.

Restricted movements means avoiding contact with other people and social situations as much as possible. You will need to do this if you are a [close contact](#) of a confirmed case of coronavirus and you are still well.

Self-isolation means staying indoors and completely avoiding contact with other people. You will need to do this if you have [symptoms of coronavirus](#).

[Read more about restricted movements and self-isolation](#)

Medicines

There is no need to order more medicines than you need. This will affect the supply of medicines to others. There is no disruption to the supply of medicines.

If you have respiratory symptoms, do not attend your pharmacy in person. Phone your pharmacist if you need to order a prescription. Ask a family member to collect any medicines you need.

If you have coronavirus, continue to take any medication you were already taking, unless you are told not to by a healthcare professional. This includes anti-inflammatories (NSAID) such as ibuprofen, naproxen or diclofenac.

Only take one anti-inflammatory medication at a time. It is OK to take paracetamol and an anti-inflammatory like ibuprofen at the same time.

Children and coronavirus

Encourage your child to [wash their hands](#) regularly and properly.

Follow this advice [to prevent your child from catching or spreading viral infections](#).

Read this for information on how to [care for a child in self-isolation](#).

Pets and coronavirus

There is no evidence that pets such as cats and dogs can catch or spread coronavirus.

Interpreting service for deaf people

Deaf Irish Sign Language users can get information about coronavirus using [Irish Remote Interpreting Service](#) (IRIS).

IRIS is available from 9am to 7pm, Monday to Friday and 10am to 4pm on Saturday.

To access the service using Irish Sign Language, [book an appointment](#) or email remote@slis.ie.

This service is for Deaf Irish Sign Language users only.

