

Visitors at home during the COVID-19 pandemic



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The information in this leaflet gives some advice to you and to people who will be visiting you at home now that Phase 2 of the Government Roadmap is in place. From Monday 8th June you can have up to 6 visitors in your home once you maintain social distancing and your visitors live within your county or 20kms.

Anybody can catch infection with COVID-19. Many people, especially young and generally healthy people may have a very mild illness or may not notice any symptoms at all. Even if you have a very mild infection you can still spread the virus to others and they may get very sick. Older people and people who already have health problems are at the highest risk of getting very seriously ill if they catch COVID-19 infection.

You should not visit if you have any symptoms of COVID-19 infection or have symptoms of any other infection. You should not visit if you have been told you are COVID-19 contact.

Always check with people before you visit them to make sure they are symptom free and feeling well. It is **very important** that you do not visit anyone or have visitors to your house if you have symptoms of COVID-19 or any other infection.

How Coronavirus is spread

It is important to know how the virus that causes Coronavirus (COVID-19) is spread by droplets from the nose and mouth when you talk, laugh, cough or sneeze.

You could get the virus if you:

- come into [close contact](#) with someone who has the virus and is coughing or sneezing
- touch surfaces that someone who has the virus has coughed or sneezed on and bring your unwashed hands to your face (eyes, nose or mouth)

Keep yourself and your visitors safe and well at home

Maintain social distance at all times (2m). If you can remain 2 metres distant from the person you are visiting then you do not need to wear a face covering.

Clean your hands regularly and invite your visitors to clean their hands when they arrive. This is one of the most important things you can do to protect your health and your visitors' health.



Visit [HSE.ie](https://www.hse.ie) for updated factual information and advice, or call **1850 24 1850**



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Do not wear disposable gloves instead of washing your hands. The virus gets on them in the same way it gets on your hands. Also, your hands can get contaminated when you take them off.

Try not to touch your face as the virus enters your body through your eyes, nose or mouth.

Cover your mouth and nose with a tissue when you cough or sneeze. Place used tissues into a bin and immediately clean your hands with alcohol hand rub or wash your hands with soap and water for at least 20 seconds.

If you are cocooning

The risk is very low if you chose to have a small number of visitors to your home (outdoors as much as possible). It best to keep to a fairly small group of people who are in your known social circle, who know that you are at risk and are willing to take all the steps needed to help keep you safe while you cocoon.

People should not visit you if they have symptoms of COVID-19 or have symptoms or any other infection. They should keep at least 2 metres away from you, wash their hands with soap and water for at least 20 seconds on arrival to your house. They should wear face coverings if they cannot maintain a 2m distance.

If you choose to visit other people's homes, tell them in advance that you are coming, make sure that no one in the household is unwell with COVID-19. You should stay 2 metres away from other people and wash your hands on returning home. You should wear a face covering if you cannot maintain a 2m distance.

Cleaning

After your visitors leave it is good practice to clean surfaces they have been in contact with. Use your usual household cleaning agents and detergents.

More information and advice

If you need more information please visit [HSE.ie](https://www.hse.ie) or call HSELive on 1850 24 1850 for further guidance.