

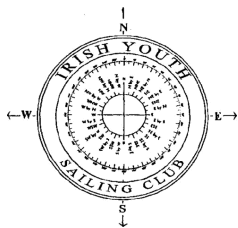
Coronavirus COVID—19

Parents, Guardians & Members,

All Irish Youth Sailing Club, Group meetings & activities are now cancelled in conjunction with the governments new preventative measures against Covid-19.

Our group is under 100 but they do advise us to restrict social gatherings and our main area of concern is in the assembly lounge and classroom we would not have enough space as advised per person (social distance) and same at sea in our boats, among our children .

We will update on the 29 March or sooner



Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

What Should I Do?

I've been to an affected region in the last 14 days and

I HAVE symptoms

1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP phone 112 or 999

I DO NOT HAVE symptoms

For advice visit www.hse.ie

I've been in close contact with a confirmed or probable case of COVID-19 (Coronavirus) in the last 14 days and

I HAVE symptoms

1. Stay away from other people
2. Phone your GP without delay
3. If you do not have a GP phone 112 or 999

I DO NOT HAVE symptoms

For advice visit www.hse.ie

Affected Regions

Check the list of affected regions on www.hse.ie

Symptoms

> A Cough > Shortness of Breath > Breathing Difficulties > Fever (High Temperature)

How to Prevent



Wash
your hands well and often to avoid contamination



Cover
your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid
touching eyes, nose, or mouth with unwashed hands



Clean
and disinfect frequently touched objects and surfaces

For Daily Updates Visit

www.gov.ie/health-covid-19
www.hse.ie

Ireland is operating a containment strategy in line with WHO and ECDC advice



Rialtas na hÉireann
Government of Ireland