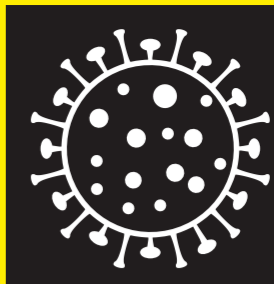


Stay safe during breaktime.



Coronavirus
COVID-19
Public Health
Advice



Sit alone or maintain a distance of **1 metre** from others, both inside and outside.

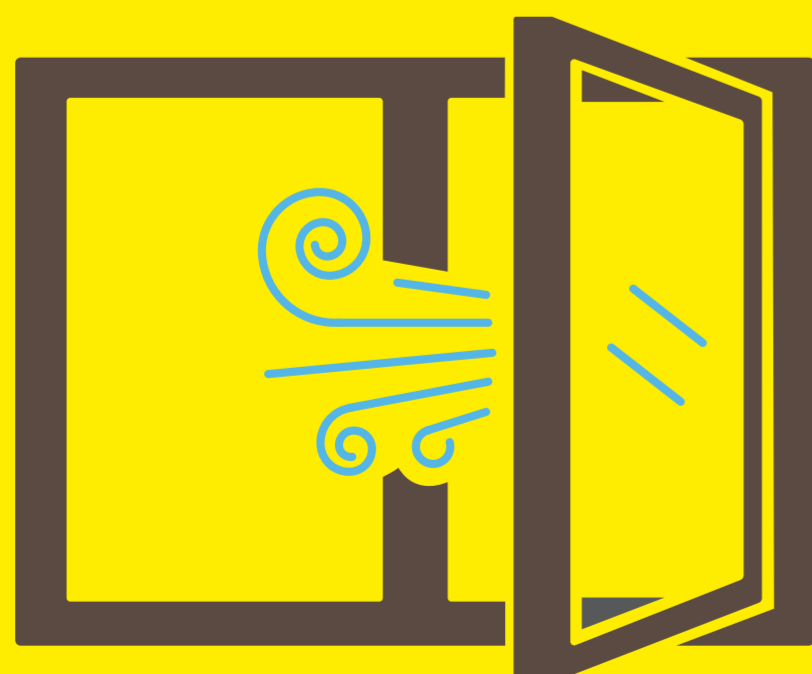


Remove your mask for eating **ONLY** and limit this to **15 minutes**.
(set a reminder on your phone)

After break, dispose of used mask appropriately & perform hand hygiene; apply a clean mask.



Remember to **wipe down** the surface after your break.



Ensure that your break area is **well ventilated**.

Stay safe. Protect each other.



Rialtas na hÉireann
Government of Ireland