

Preventing the spread of illness

Help children to understand and to follow this advice:



Wash their hands regularly



Use tissues or elbows to cover their coughs and sneezes



Keep their distance from people who are sneezing or coughing



Don't share toys



Don't share food at lunch or other times

More information

Go to hse.ie/coronavirus for more information. This includes advice on the following:

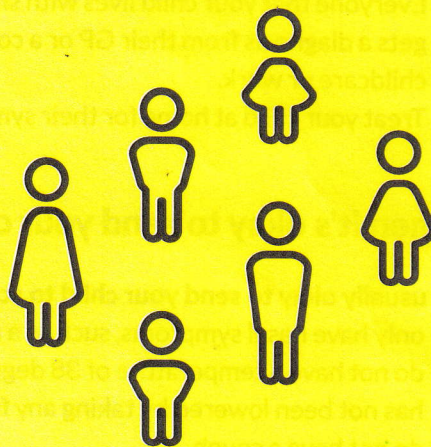
- protecting your child from coronavirus
- if your child has symptoms of coronavirus
- getting urgent medical advice if your child is very unwell
- children with underlying health conditions
- explaining coronavirus to your child
- how your child should wash their hands
- caring for a child isolating and self-isolation
- treating coronavirus symptoms at home
- bringing your child to a test centre and test results

Flu vaccine

This year, all children aged **2 to 12 years** will be offered the **children's nasal flu vaccine free of charge**. See hse.ie/flu

For updates visit

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



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