



COVID-19 Lifting Restrictions

PHASE 1

The Irish Government are beginning to lift some restrictions to slowly reopen our community.

Some people who weren't allowed out before will now be allowed out to exercise.



And some shops that were closed will be allowed to reopen.





Any changes made will be small and will be made slowly, so we can start to return to normal while still protecting ourselves from COVID-19.



I should still stay at home as much as I can. I can go outside to shop for essential items such as food and medicine. I can also go outside to exercise within 5 kilometres of my home.

I am now allowed to meet other people in small groups within 5 kms of my home. 4 people may meet up outside while maintaining social distancing.



I might be able to visit a few different stores to buy things I could not before.

Some retail stores like gardening and hardware stores are allowed reopen. Social distancing measures will still be in place.

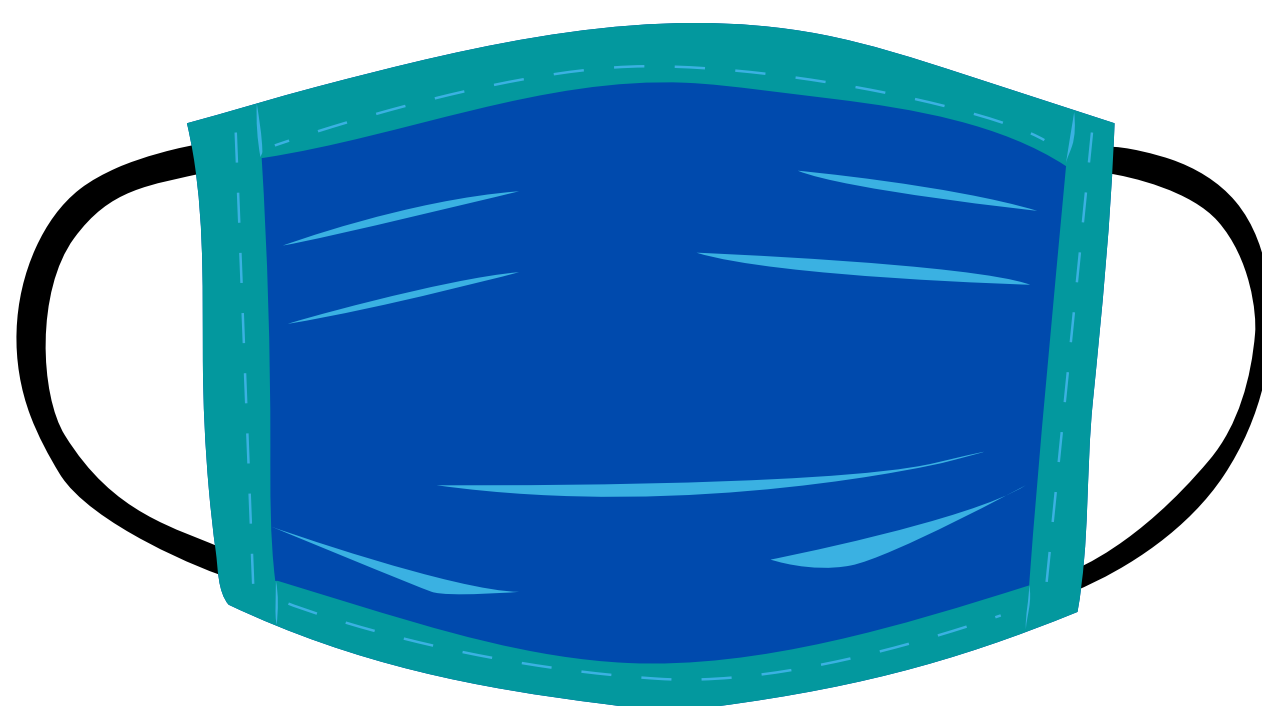


When we visit retail stores, we must queue outside 2 meters apart to help protect ourselves and others.



My school/college will still be closed. It is not safe for me to return to school/college yet. It will be safe to return soon.

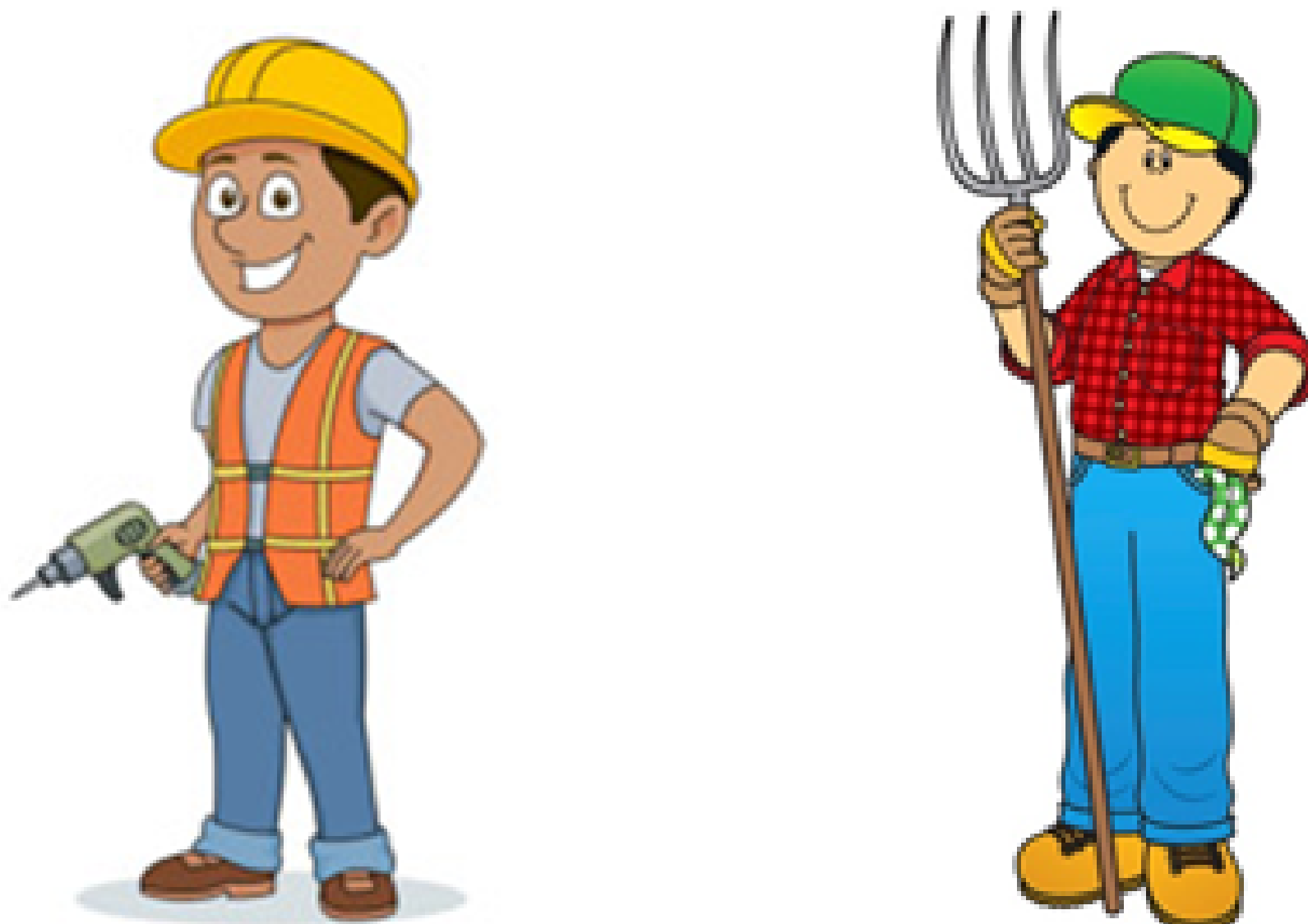
When I go outside, I may see people wearing a mask on their face. Masks are used to protect others from the coronavirus. If I wear one, I should still do other important things to help stop the spread of the virus.



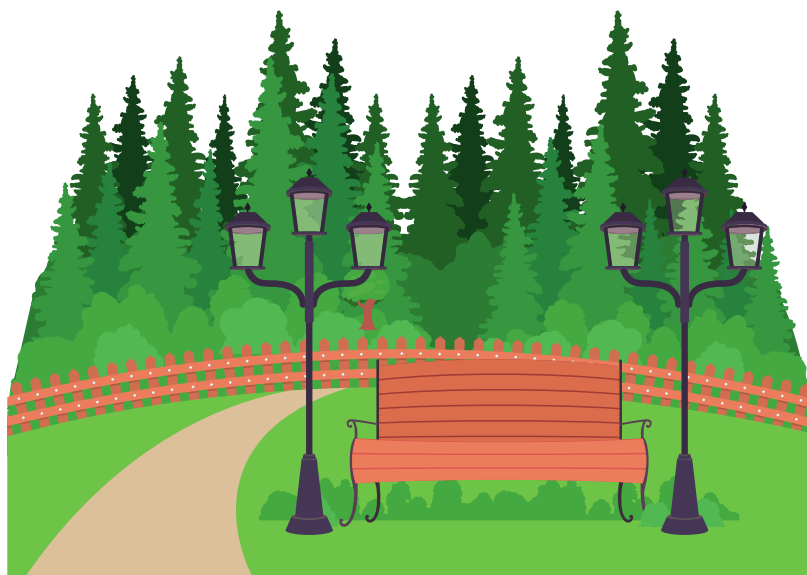
When I am outside or in my home, I must remember to continue practising good hygiene. This includes washing my hands and covering my mouth when I sneeze and cough. This protects myself and others.



I may notice that some outdoor workers have returned to work. I may see construction workers or gardeners when I go outside. This is safe as the workers will be using social distancing and the new rules say they are allowed.



Public parks and some outdoor tourist sites will now reopen. Playgrounds will remain closed. This is to protect myself and others. When I visit these sites, I must stay 2 meters apart from the other people I meet there.



The Irish government says we have all done a great job at keeping each other safe, and that is why we can now slowly start to do some of these things. I am doing really well at keeping myself and others around me safe and healthy.

