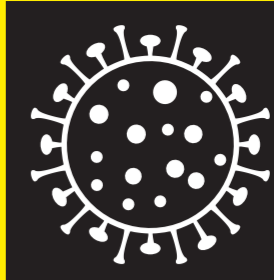


# Stay safe during breaktime.



Coronavirus  
**COVID-19**  
Public Health  
Advice



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

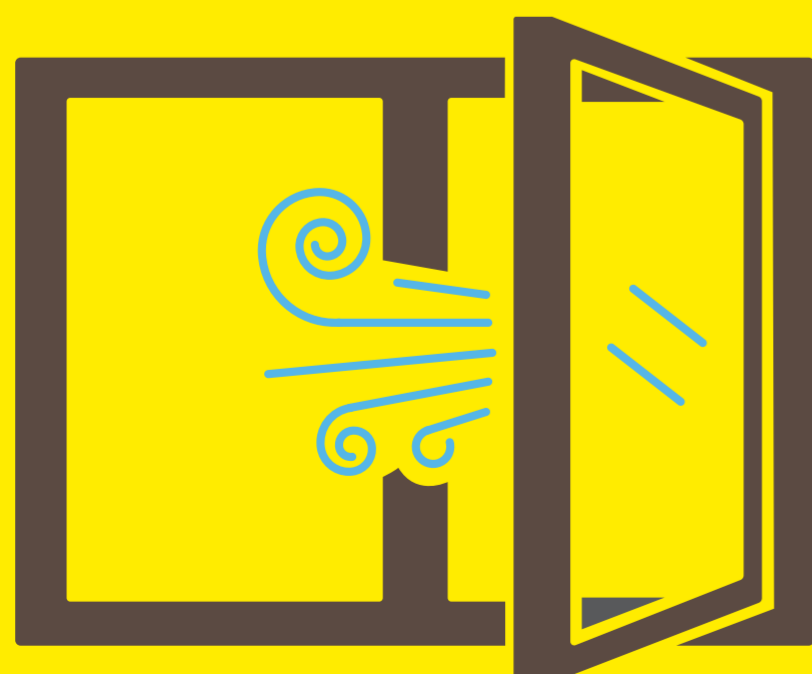


**Remove your mask for eating ONLY and limit this to 15 minutes.**  
(set a reminder on your phone)

**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