



Lockdown Visual Guide



I may have heard on the news, or a parent or carer may have told me that the government has told Ireland they will need to be more careful than ever before. Some people will call this 'Lockdown'.



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'Lockdown' is a confusing word. It does not mean that anything or anyone will be locked down or locked in.



'Lockdown' means that businesses, cafes, restaurants and public spaces will all be closed.

This is to keep me safe and others around me safe.





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The Irish Government is asking everyone to be extra careful so we can stop the spread of COVID-19. This means some things I normally do in day to day life, I will not be able to do.

This might be upsetting and difficult, but this is only temporary. If people follow the public health advice, things will return to normal soon.



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During 'Lockdown', here are some things I can still do.



I can still go to the supermarket. Supermarkets will still be open, so people can still buy food and house supplies.

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Here are some things that will be different than normal;



I may have to queue to enter the supermarket.



I should only buy as much as I really need.

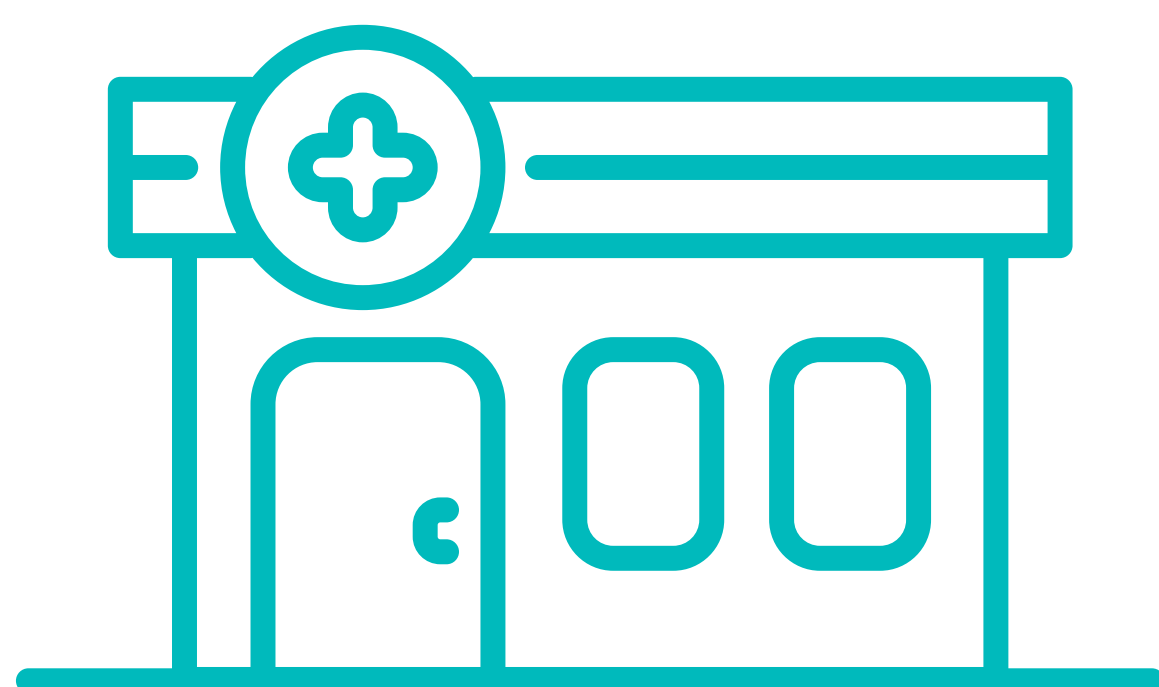


I will need to stay 2 metres away from other shoppers.



I should have a list of what I need to avoid spending too long looking for items.

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I can still go to the pharmacy if I need medication. Pharmacies are very important, so they will not close during this time. Here are some things that will be different than normal;



I may have to queue to enter the pharmacy. They may only allow one or two people in at a time. It is ok if I need a parent or carer to go in with me.



I will need to stay 2 metres away from other shoppers.

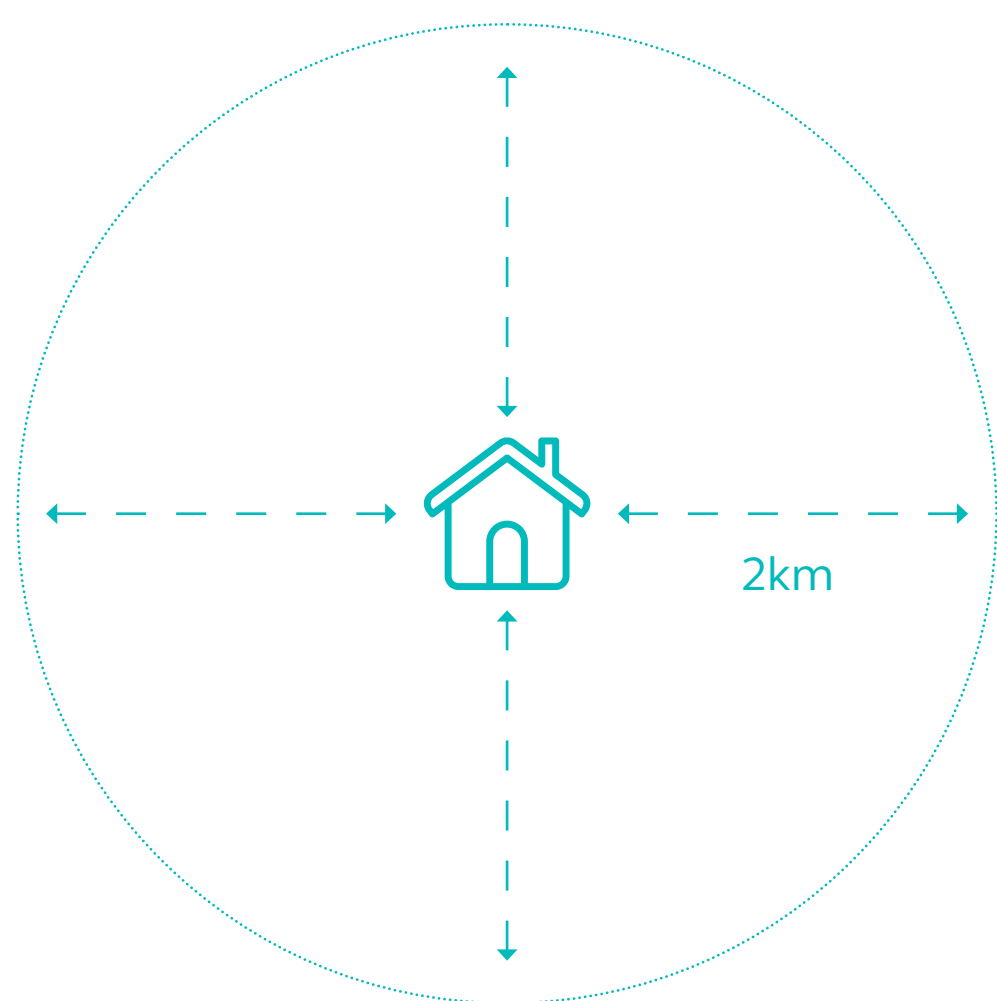


I should only buy as much as I really need. I will not be allowed to buy medication in bulk.

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I can still go for a short walk. Going for a work helps my physical and mental health. Here are some things that will be different than normal;



I should not walk further than 2 kilometres from my house. This is roughly a 20 minute walk. Walking 2 kilometres from my house and back will give me 40 minutes of light exercise and keep me feeling well.

I will need to stay 2 metres away from other shoppers.



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Remember, whether I am home, in a supermarket or walking, I must remember to:

Wash or sanitise my hands for 20 seconds



WASH



Cover

Cover your cough or sneezes using a tissue or your elbow.

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I may see more Gardai driving in garda cars or walking on the streets. They may ask some people where they are going or where they live.

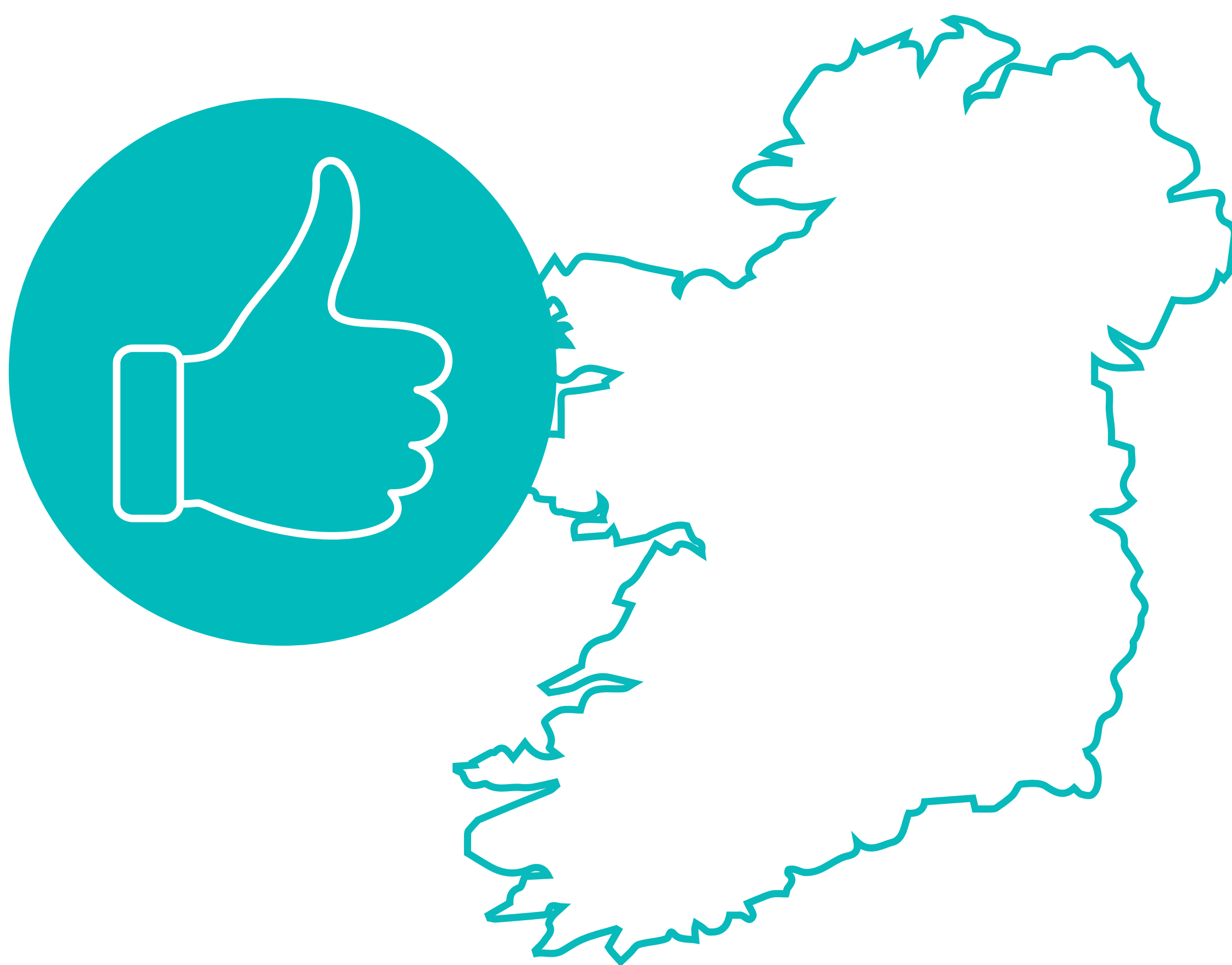


I do not need to be worried about this, and I am not in trouble. It is the Gardai's job to keep everyone safe. They are just making sure people are following the guidelines.



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These rules and guidelines are for everyone in Ireland. They are things we must all do to stay safe, stay well and get back to normal as soon as possible. You are doing a great job!



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