

# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

## Stay safe.

**Only students booked in ahead of the class  
are permitted to train.**

### Before you come training



#### Wash

your hands well,  
keep good personal  
hygiene. Use hand  
sanitizer.



#### Check

your temperature  
to ensure you are  
fit to train.

### Arriving to class



#### Arrive

in Dobok, with as few  
personal items as  
possible



#### Stay

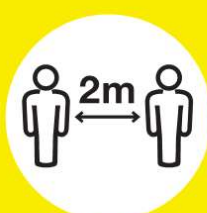
in your car until  
the correct time  
for your class, do  
not carpool

### During class



#### Avoid

gathering in the  
hallways



#### Distance

yourself at least 2 meter  
away from other  
students & instructors



#### Use

your own water  
bottle



#### Cover

your mouth and nose  
with a tissue or sleeve  
when coughing or  
sneezing and discard  
used tissue safely

**Parents,** collect your children on time. Ensure the questionnaire is filled out ahead of time. No parents or spectators allowed on the premises.

#### For more information

[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)  
[www.hse.ie](http://www.hse.ie)

**#holdfirm**

Ireland's public health advice is guided by WHO and ECDC advice



Rialtas na hÉireann  
Government of Ireland