Coronavirus
COVID-19 Guideline

Protect yourself and others from getting sick

DON'T FORGET TO WASH

1 WET YOUR HANDS
2 APPLY SOAP
3 WASH YOUR HANDS for 20 seconds
4 RINSE WELL
5 DRY YOUR HANDS
6 TURN OFF WATER with paper towel

➢ Clean and disinfect objects and surfaces touched frequently

Frequently wash your hands with soap and running water or alcohol-based hand rub

- After coughing or sneezing

- Before eating

- After toilet use

Do not touch your face with unwashed hands

Protect yourself and others from getting sick

➤ **Avoid visiting crowded places**

➤ **Avoid close contact**

➤ **Shorten meetings in closed spaces**

➤ **Avoid spitting in public**

➤ **Avoid handshaking and hugging**

Reduce your risk of coronavirus infection

➤ **When coughing and sneezing cover mouth and nose with flexed elbow or tissue** – throw tissue away immediately and wash hands

➤ **Avoid close contact with anyone that has fever or cough**

➤ Thoroughly cook meat and eggs

➤ Avoid unprotected contact with live wild or farm animals
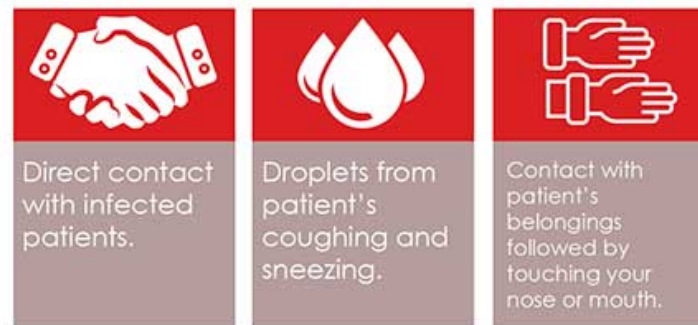
If you feel unwell, seek medical help

WHAT ARE THE SYMPTOMS OF THE VIRUS?

COUGHING

FEVER

SHORT-NESS OF BREATH

PNEUMONIA

VOMITING

DIARRHEA

In advanced cases, the patient can have serious complications that can result in death, such as:

SEVERE PNEUMONIA

KIDNEY FAILURE

HOW DOES THE VIRUS TRANSMIT?

Direct contact with infected patients.

Droplets from patient's coughing and sneezing.

Contact with patient's belongings followed by touching your nose or mouth.

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Behave responsibly

Filling out the QUESTIONNAIRE in an honest way will help preventing and reducing the spread of the disease to protect our health and not jeopardize our activities

If you have been in an affected region in the last 14 days or in a close contact with a confirmed or suspected case of COVID-19

➢ Please contact the local epidemiologist at **+385 (0)91 125 72 10**

➢ Stay away from others

➢ Wear face masks and use hand sanitiser

STAY SAFE AND HEALTHY

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