

HOW TO PREVENT VIRUS INFECTION SUCH AS FLU VIRUSES OR CORONAVIRUS?

ALWAYS REMEMBER THE FOLLOWING RULES:



avoid direct contact with people who exhibit respiratory symptoms such as coughing and/or sneezing



observe and teach others the so-called cough etiquette, i.e. covering the mouth when coughing or covering the nose and mouth when sneezing, preferably with a disposable tissue or forearm



wash your hands frequently and thoroughly with soap and water – for at least 20 seconds



if you are sick, e.g. if you cough, sneeze, have a fever or stay close to sick people, wear a protective mask in public places



avoid touching your eyes, nose or mouth with your hands



use an antibacterial gel or disposable wipes with alcohol for additional hand hygiene



stay at home when you are sick, for instance when you have symptoms similar to a cold



avoid sharing food, drink or dishes



before you travel abroad, check the websites of WHO, GIS, Ministry of Foreign Affairs whether the areas you plan to visit are safe; alternatively, consult a travel medicine doctor



regularly clean and disinfect the objects and surfaces you use



IMPORTANT

If you have a **fever or symptoms of lower respiratory tract infection** (such as coughing, shortness of breath), or other worrying symptoms; if you have returned from the areas around the outbreak, or if you have been in contact with a sick person while travelling, **stay at home and contact a doctor** at the **Telephone Medical Advice +48 500 900 510** or through a chat room at **Medicover OnLine (mol.medicover.pl)**.

In case of alarming symptoms that indicate a severe course of infection, such as:

- dyspnoea
- chest pain
- severe cough
- high fever
- fatigue



**contact Hot Line Medicover for emergency
medical help (+48 500 900 999)**