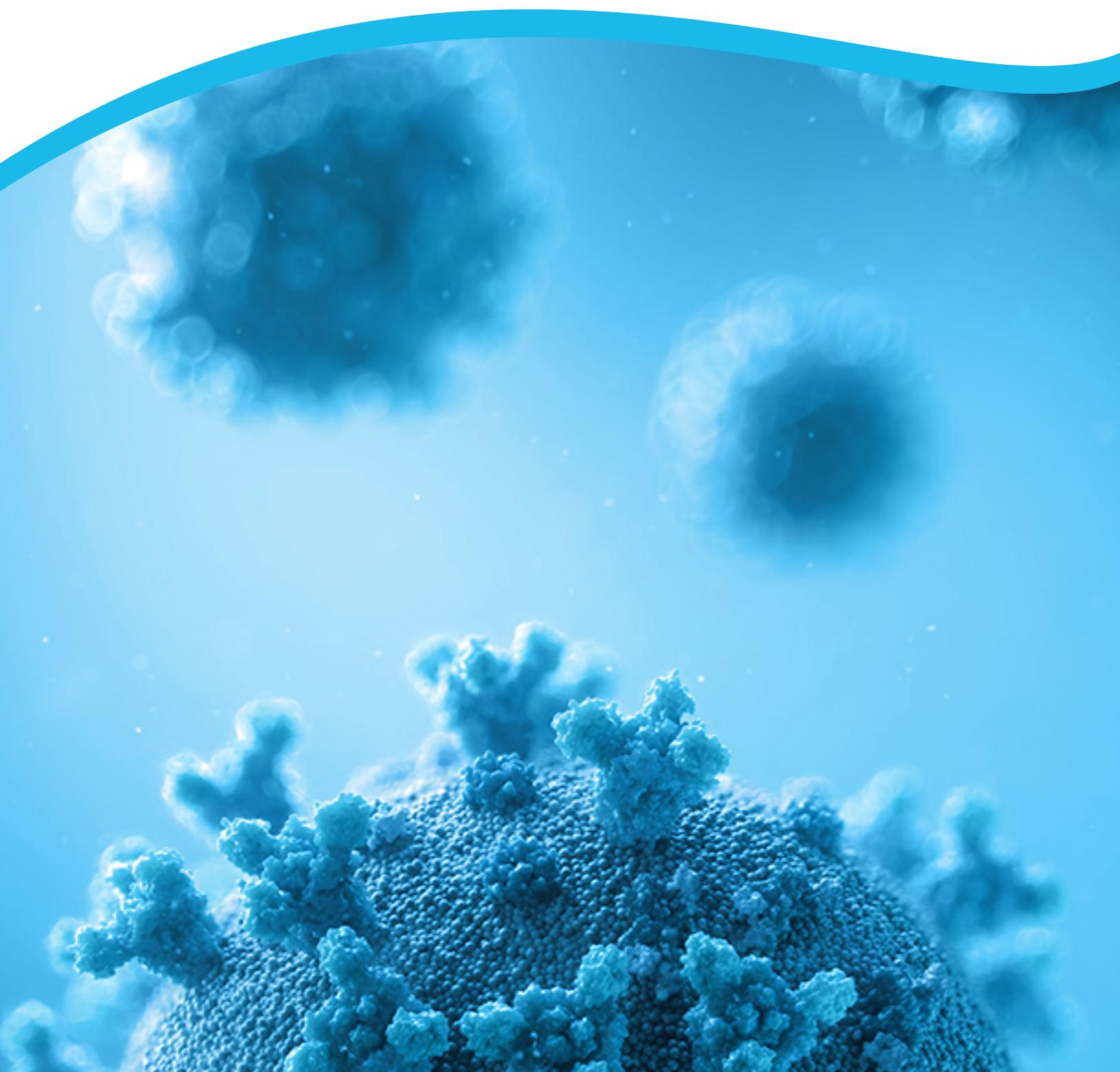




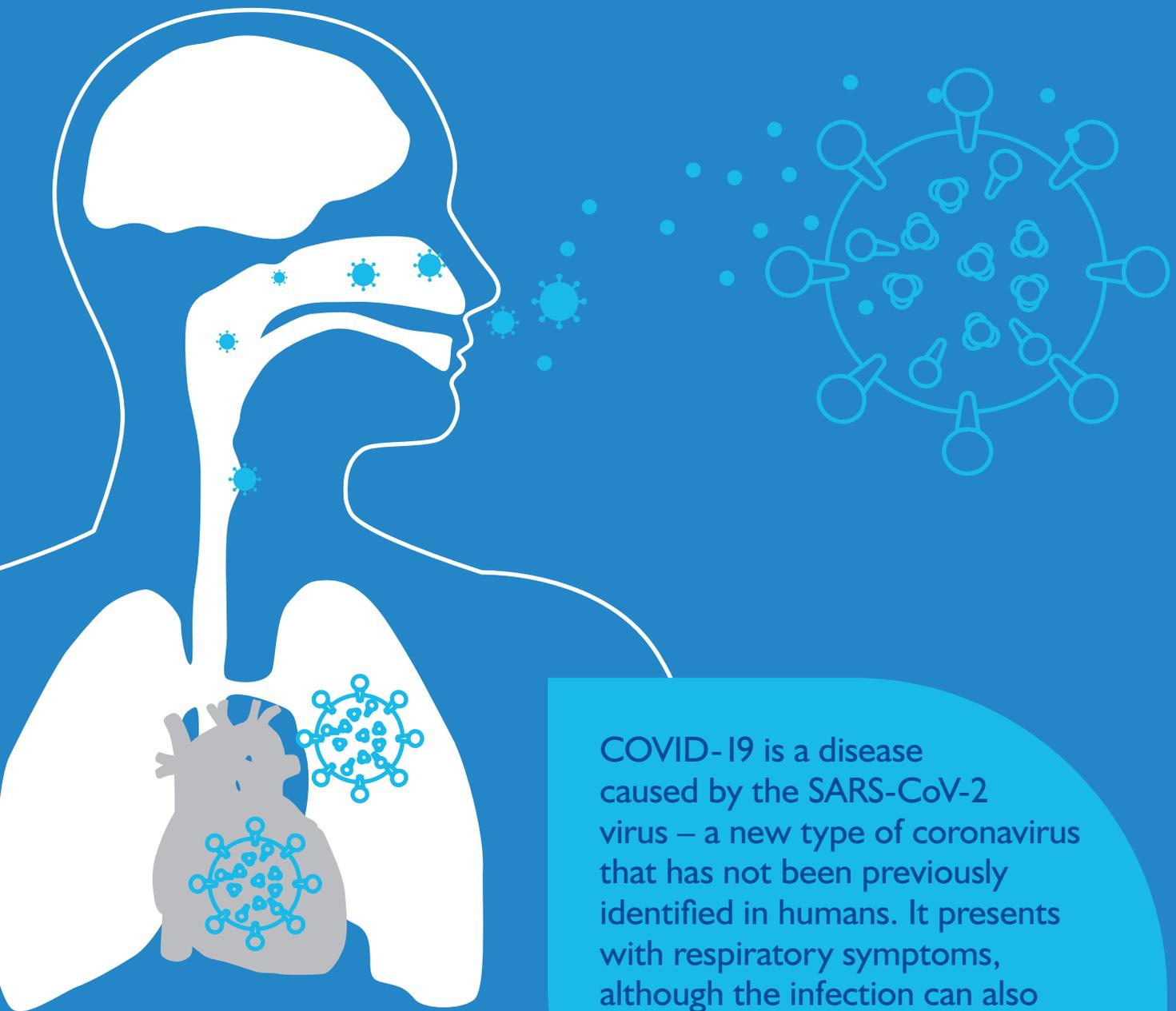
MEDICOVER

COVID-19

AWARENESS GUIDE



What is COVID-19?



COVID-19 is a disease caused by the SARS-CoV-2 virus – a new type of coronavirus that has not been previously identified in humans. It presents with respiratory symptoms, although the infection can also show no symptoms. Coronaviruses circulate among animals or in the human population. In some cases, the virus mutation breaks through the barrier between species.

How can you become infected with coronavirus?



The virus spreads from person to person, mainly by droplet route (when people sneeze, cough or in air exhaled while speaking)



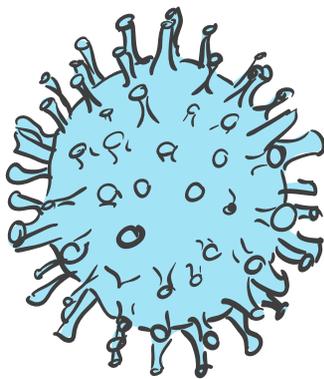
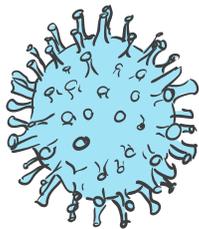
Infection can also occur through close contact with the sick (e.g. hugging, sharing personal items or eating from a single dish)



There is a likelihood of getting infected by touching surfaces where the virus is located (and subsequent hand to face contact by contaminated hands)



Shaking hands with someone with COVID-19 also poses a risk of infection



It is estimated that on average one infected person will infect another 2-3 people. The period from infection to the first symptoms is 1-14 days, 5 days on average.

What are the symptoms of COVID-19 infection?

SARS-COV-2 VIRUS CAN CAUSE SYMPTOMS SUCH AS:

- fever (>38°C)
- persistent, usually dry cough
- difficulty breathing/shortness of breath
- fatigue
- muscle pain

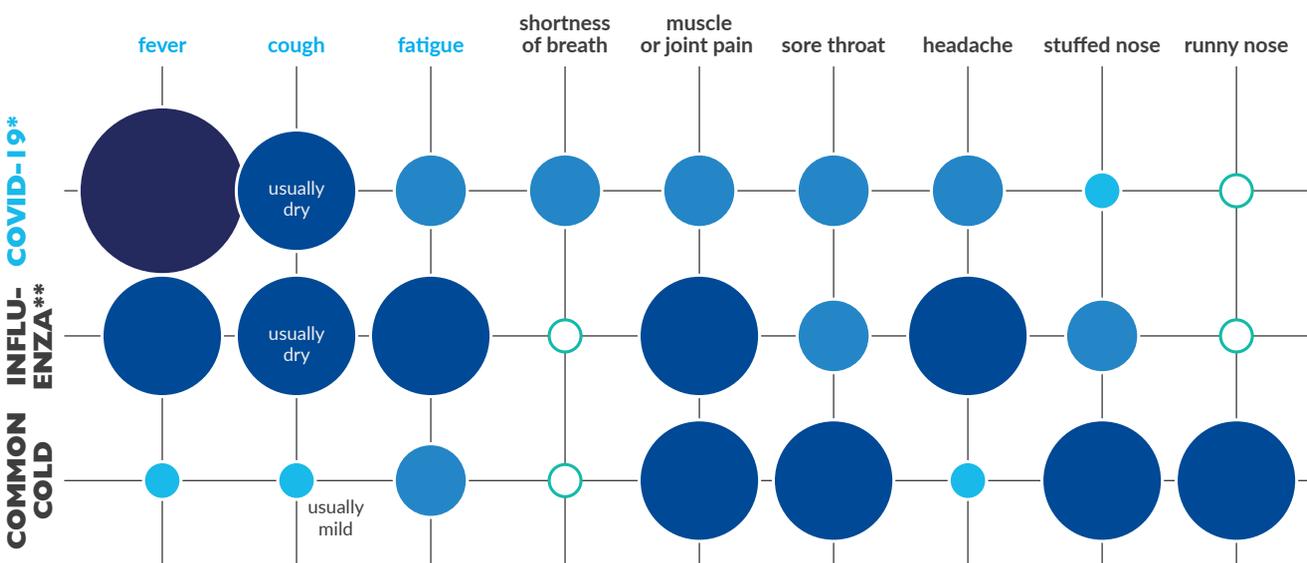
Initially, the symptoms are mild, but their severity increases over time. In more serious cases, patients develop:

- severe pneumonia
- acute respiratory distress syndrome
- sepsis
- septic shock

THE MOST COMMON SYMPTOMS OF COVID-19 ARE:

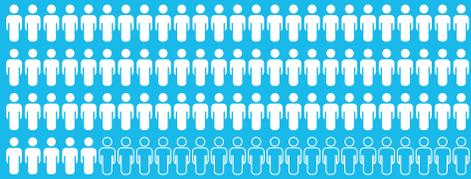


FREQUENCY OF SYMPTOMS



*caused by SARS-CoV-2 coronavirus infection **the flu

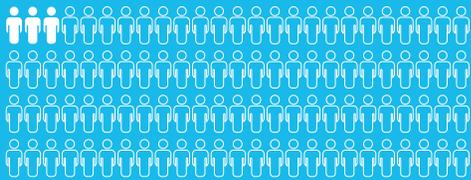
How severe is COVID-19 infection?



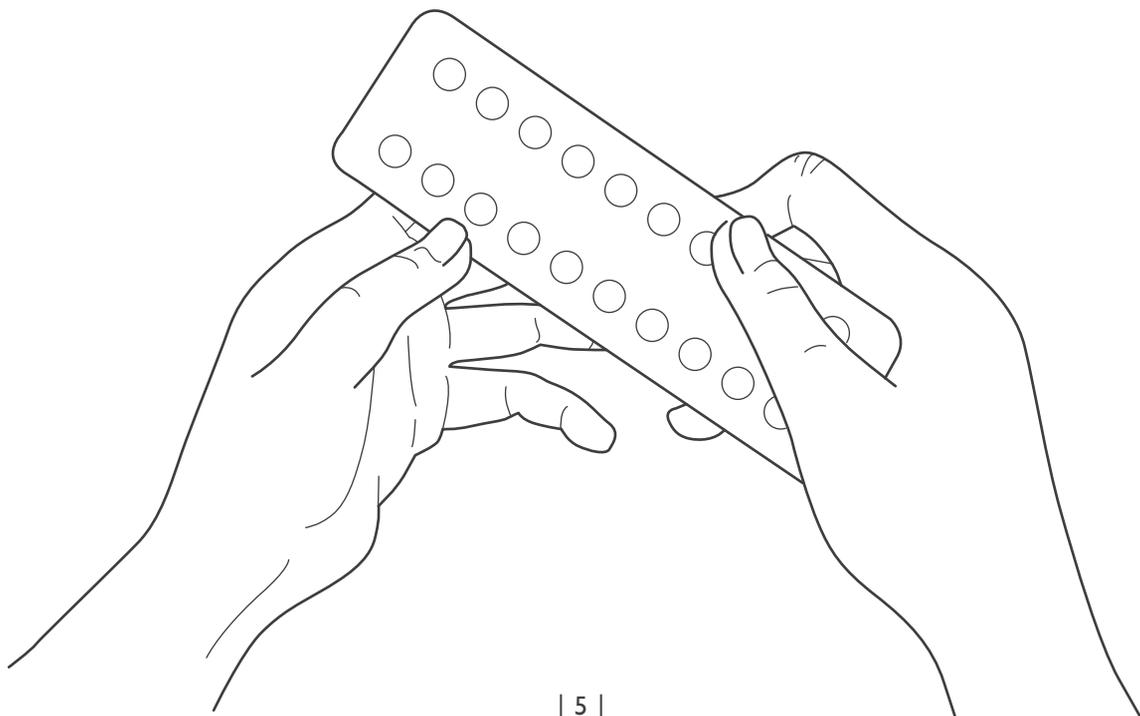
Over 80% of patients have a mild case of the disease. They do not require hospitalization.



Severe complications occur with **the elderly**, those **with chronic diseases** and **weakened immunity system**.



It is estimated that the mortality rate for COVID-19 is about **20-30 per 1 000** people diagnosed.



Risk groups

THOSE PARTICULARLY AT RISK OF DEVELOPING SEVERE SYMPTOMS OF THE DISEASE:



elderly people
(over 60 years
old)

**people with existing
medical conditions**
(e.g. cardiovascular disease,
diabetes, chronic respiratory
diseases, hypertension and
cancer)

Pregnant women and children

PREGNANT WOMEN

Current evidence suggests that the course of the disease in pregnant women is similar to the course of the disease for non-pregnant adults. **There is no data to suggest that the infection during pregnancy has a negative effect on the foetus.**



CHILDREN

The disease in children appears to be relatively rare and mild. Research suggests that among all patients, only 2% were under 18 years of age. Of these, **less than 3% developed a severe or critical form of the disease.**

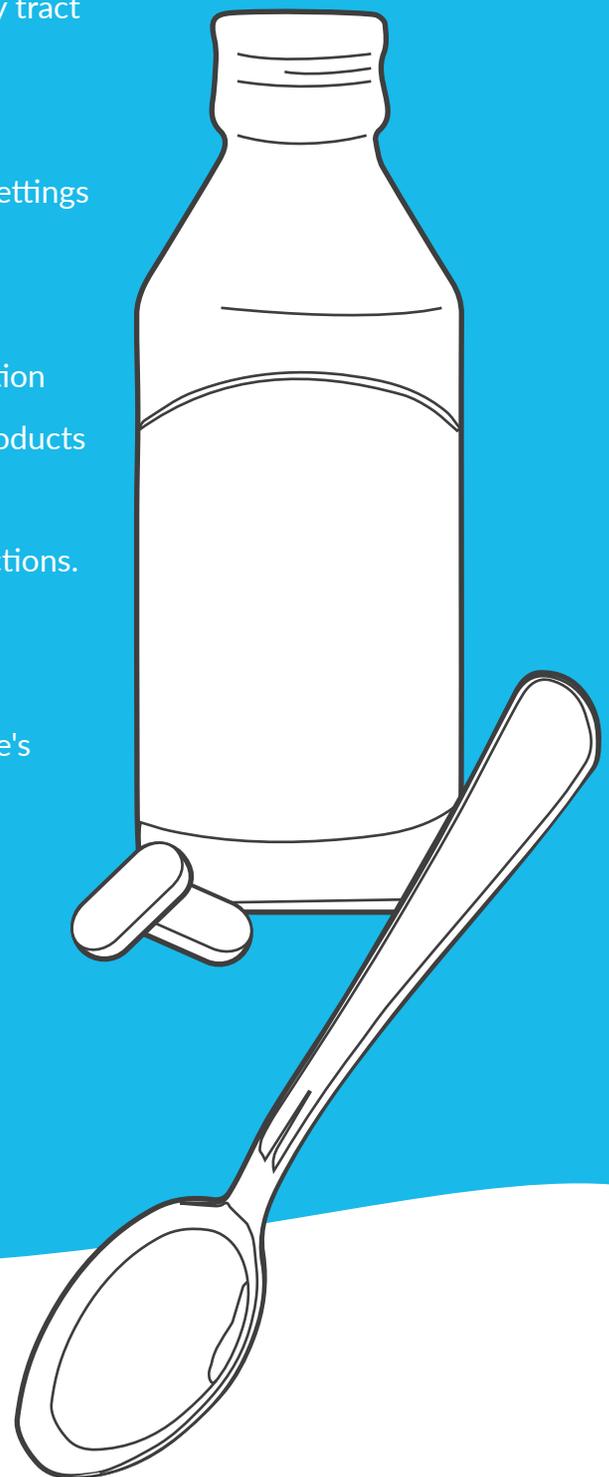
Children often go through the disease without any symptoms.

Are there any drugs that prevent or treat COVID-19?

There is no specific treatment for this disease yet. Healthcare professionals treat the clinical symptoms of infected patients just like other respiratory tract infections are treated, e.g. fever is treated with **paracetamol**. In more severe cases, **supportive care** is implemented in hospital settings (e.g. fluid management, oxygen therapy, etc.).

At the same time, by decision of the Office for Registration of Medicinal Products, Medical Devices and Biocidal Products (URPL), a medicine containing **chloroquine** was approved for adjunctive treatment of SARS-CoV-2 infections.

To date, no data is available regarding the efficacy of chloroquine in COVID-19 patients outside the People's Republic of China. According to the manufacturer's declaration, chloroquine will be distributed to patients with COVID-19 in accordance with the instructions of the Minister of Health.



I had close contact with a person suffering from COVID-19. What should I do?



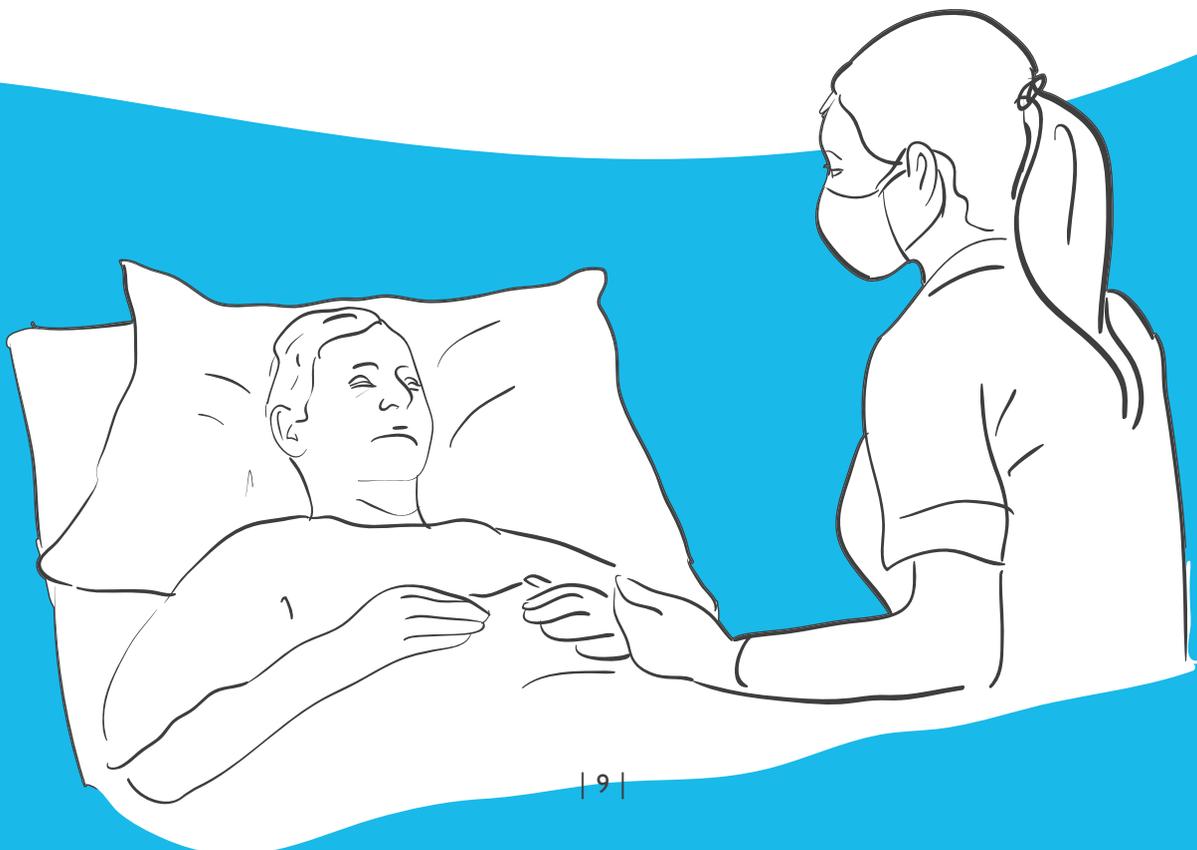
Notify a sanitary-epidemiological station (SANEPID) in your area which will give you guidance on further steps.

If you experience any symptoms, immediately **contact your doctor** for advice.

To avoid exposing other people, **choose contact by phone** or **online**.

Tell the doctor that you have been in contact with a person with COVID-19. In case of severe infection symptoms (i.e. fever above 38°C, coughing and shortness of breath), **contact hospital for infectious diseases directly** or **call an ambulance**.

Do not use public transport.



Where can I get tested?



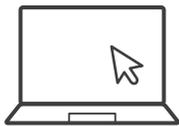
If you suspect you have coronavirus symptoms (fever, cough, difficulty breathing, muscle pain or fatigue), call the **National Health Fund special helpline** for more information:

800 190 590



If you are a Medcover patient in the case of malaise and COVID-19 symptoms, we recommend contacting your doctor via the **Telephone Medical Advice** under the number :

500 900 510



or via the **Medcover OnLine** application

www.medicover.pl/mol/



Remember that the test cannot be done at the patient's request. The doctor decides about the need for the test. If the doctor decides that there is a need for further testing, they will inform you about the procedure to follow.

How can I avoid an infection?

There is currently no vaccine against SARS-CoV-2. The only method of prevention is to limit your potential exposure to infection.



wash your hands properly and often with soap and water or disinfect them with alcohol-based liquid (at least 60%)



avoid touching your eyes, nose and mouth with your hands



regularly clean or disinfect surfaces that are often touched (e.g. door handles) with water and detergent or a disinfectant



keep a safe distance – at least 1-1.5 meters away from sick people



do not use the phone while eating meals and disinfect it regularly (e.g. with wet disinfectant wipes)



avoid gatherings of people



use proven sources of information about COVID-19



eat healthy food and properly hydrate the body



comply with quarantine and other recommendations of sanitary services and medical personnel



cover your mouth and nose with your forearm or a disposable tissue when sneezing or coughing (throw it into the bin after use)

COUGH HYGIENE RULES



• **with a bent elbow**

covering the mouth and nose



• **with a disposable tissue**

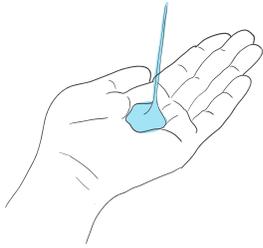


(which should be disposed of immediately after use)

After coughing or sneezing, wash and disinfect your hands. We recommend that you keep at least 1-1.5 meters distance from people who cough or sneeze.

How to wash your hands?

IN ACCORDANCE WITH WHO GUIDELINES – A GUIDE TO HAND HYGIENE
IN HEALTHCARE (MAY 2009)



To dry skin, apply enough solution to cover the entire palm.



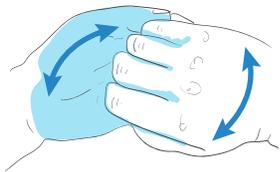
Ensure the entire surface of your hands are covered by rubbing your hands together.



Using a circular motion, apply the solution to the outsides of the hands until completely covered.



Rub the inner parts of the palm with interlaced fingers.



Cover each finger with the solution by gently twisting each finger back & forth.



Cover each thumb with the solution by gently twisting each thumb back & forth.



Keeping your fingers together, rub them in a circular motion in the palm of the other hand.



Once dry, your hands are safe

Do face masks protect against COVID-19?

If you have any signs of a respiratory infection, including SARS-CoV-2 infection, using surgical face masks can reduce the risk of infecting other people.

RULES FOR USING A PROTECTIVE MASK:



If you are healthy, remember that **there is no evidence that face masks are effective in preventing virus infection.**

In fact, **it is possible that the use of face masks may even increase the risk of infection** due to a false sense of security and increased contact between the hands, lips and eyes.

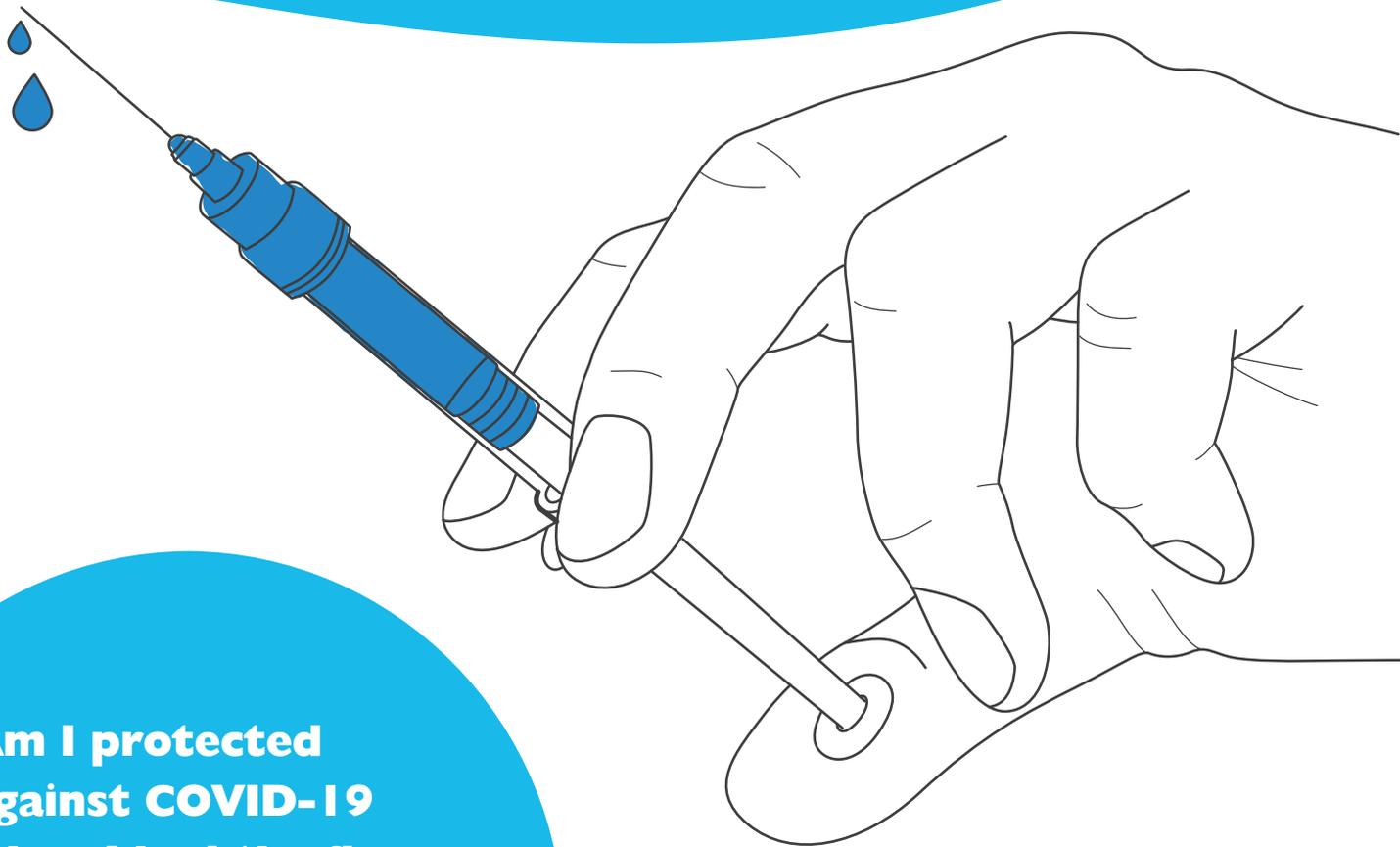
THE FOLLOWING THINGS ARE IMPORTANT TO PREVENT THE SPREAD OF THE INFECTION:

- thorough hand washing with soap and water for at least 20-30 seconds or using alcohol-based antibacterial gels (min. 60%)
- compliance with hygiene rules of sneezing and coughing. Do not cover your face with your hand when you sneeze or cough. Use a disposable tissue (throw it away immediately after use) or cover your nose and mouth with a bent elbow. Then wash or disinfect your hands
- refraining from touching your face
- keeping at least 1-1.5 meters distance from people with symptoms of the disease (e.g. cough, runny nose)

Is there a vaccine against the virus?

There is currently no vaccine against the SARS-CoV-2 virus that causes COVID-19.

Vaccine development takes time. Several pharmaceutical companies are working on vaccine projects. However, before the vaccine can be widely used, it will take months or years because it must undergo extensive testing to determine its safety and effectiveness.



Am I protected against COVID-19 when I had the flu vaccine this year?

The influenza virus and the virus that causes COVID-19 are two very different viruses, and the seasonal flu vaccine does not protect against COVID-19.

COVID-19 and contact with food

There is currently no evidence to suggest that food is the likely route of SARS-CoV-2 transmission. Researchers are constantly monitoring how the virus is spreading and so far **no food has been identified as the source of the infection.**

HOW TO DO GROCERY SHOPPING DURING A PANDEMIC?



keep distance when queueing - optimally 1-1.5 meters. Avoid large clusters of people, and if you can do shopping online, use this opportunity



observe sneezing and coughing etiquette - do not sneeze towards other people and towards the goods; it's best to cover your mouth and nose with a disposable tissue (which should be thrown into the bin, and then your hands should be washed or disinfected immediately) or with your forearm



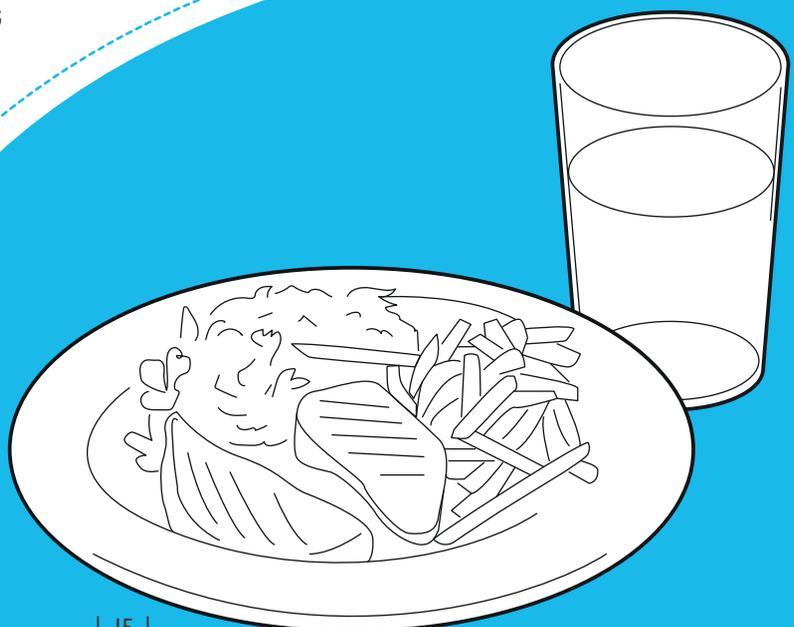
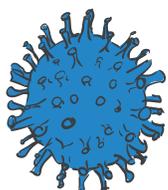
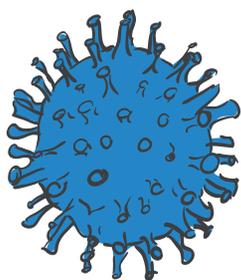
using cards or electronic payments is preferred



do not pick up and touch foods that are intended to be consumed without washing or without heat treatment - e.g. bread, confectionery, vegetables and fruit

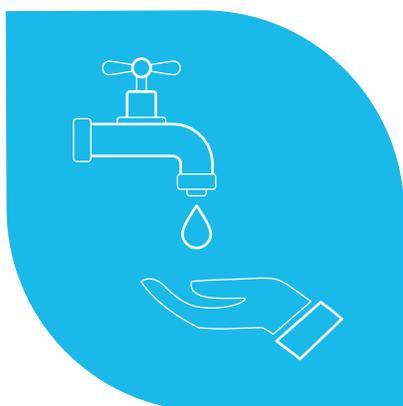


avoid touching your eyes, nose or mouth when shopping

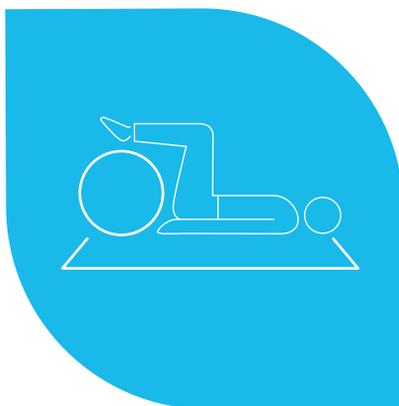


How to deal with an epidemic?

HOW TO CONTROL YOUR EMOTIONS AND TAKE CARE OF YOUR HEALTH WHEN STAYING AT HOME:



follow hygiene rules



remember to exercise



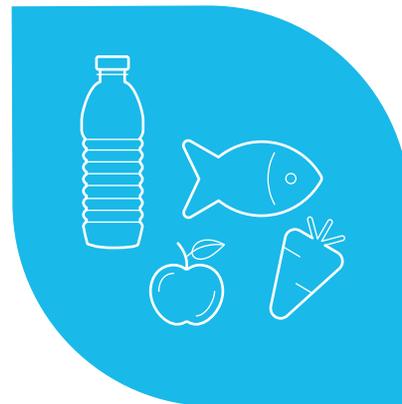
do things that please you



get regular sleep



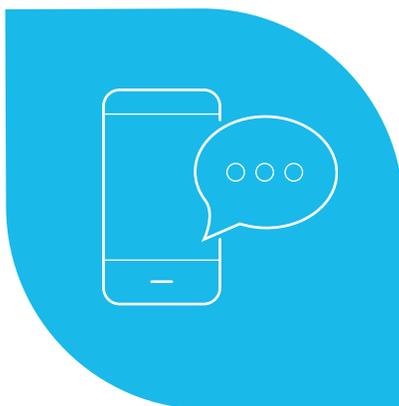
be patient with other household members



eat healthy food



find a reliable source of information, e.g. Chief Sanitary Inspectorate, WHO or Medcover.pl, but do not obsessively check the news

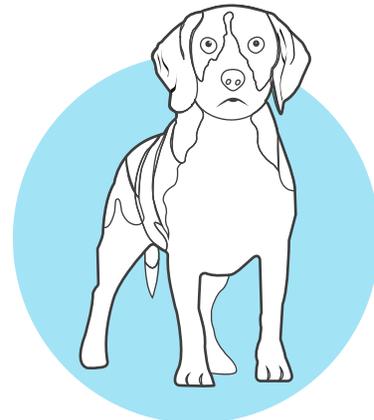


talk to loved ones (by phone or online messengers); don't be afraid to tell them about your anxiety

COVID-19. Facts and myths

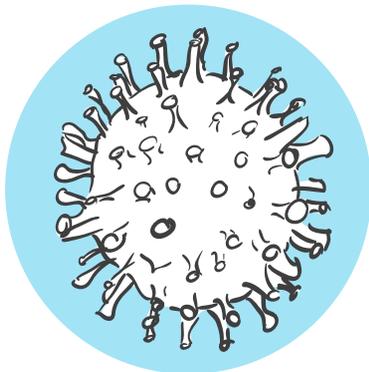
Do dogs and cats carry coronavirus?

No. There is no evidence that pets can carry the SARS-CoV-2 coronavirus that causes COVID-19.



Is coronavirus more infectious than other viruses we know?

Coronavirus is very contagious, but not nearly as infectious as viruses such as measles or chickenpox.



Does drinking alcohol protect against the virus?

No. Drinking alcohol does not protect against the virus. Alcohol reduces the body's resistance.



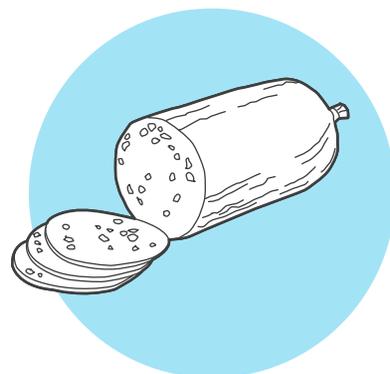
Does frequent drinking water fight coronavirus?

No! To reduce the risk of infection, observe hygiene rules and avoid contact with large clusters of people.



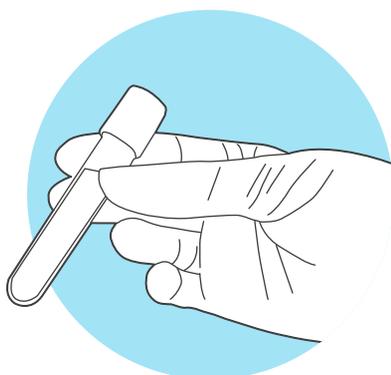
Will there be a shortage of food in Poland?

No! There will be plenty of food in Poland. Poland is one of the largest food producers in Europe.



Are home coronavirus tests effective?

No! Only a medical institution can perform a reliable test for coronavirus.



Will the stores close? Will you not be able to get food and medicine?

No! All grocery stores, drugstores and pharmacies are open – including those in shopping malls and shopping centers.





**WE ALL
NEED TO WORK TOGETHER
TO STOP THE PANDEMIC!**

For people who suspect they have coronavirus symptoms, a special **helpline of the National Health Fund** was launched to inform Poles about what to do if they suspect coronavirus. The hotline operates round the clock, seven days a week at



800 190 590

If you are a Medicover patient, in the event of COVID-19 symptoms, contact a physician through **Telephone Medical Advice**



500 900 510

or arrange a phone call from a physician through **Medicover OnLine**



www.medicover.pl/mol/

ALL INFORMATION ABOUT CORONAVIRUS



www.medicover.pl/koronawirus/



MEDICOVER IN THE WORLD

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Sweden | Turkey | Ukraine | India