

Novel coronavirus

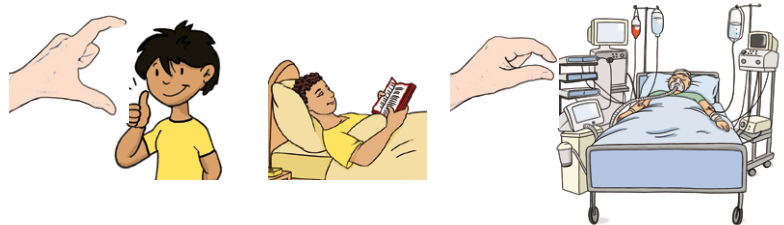
The coronavirus SARS-CoV-2 causes the coronavirus disease COVID-19.

Complaints: The symptoms usually appear within 14 days after infection. The most frequent symptoms are a high temperature (fever) and a dry cough, but also diarrhoea, headache and aching limbs, a loss of taste and general fatigue.

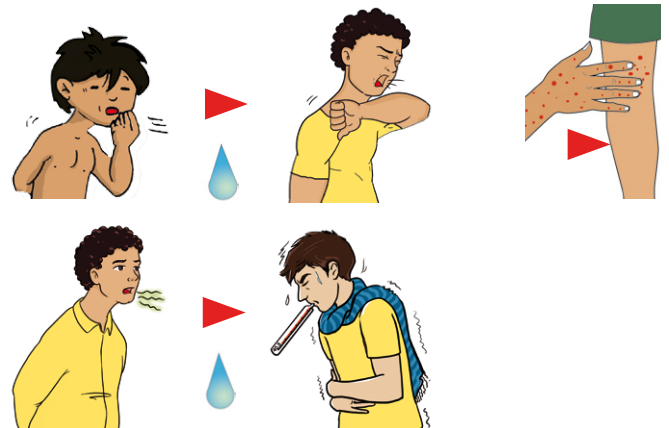


Severity: Many of those infected have relatively mild symptoms, but some patients become seriously or even critically ill.

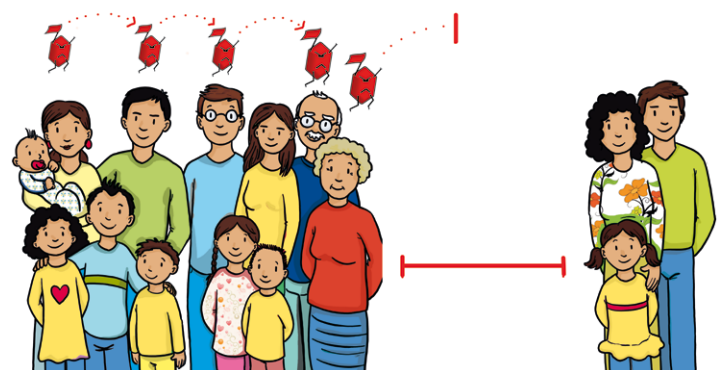
Those particularly at risk are older people, people with existing medical conditions and weakened immune systems.



Transmission: The virus can be transmitted easily. It is transmitted from person to person mostly as a droplet infection, sometimes as a smear infection (infection chain). This means that it is often transmitted by coughing, sneezing, close face-to-face contact and other personal contact, e.g. via hands, but also via objects.



Aim: These measures aim to break this chain of infection and slow down the spread of the virus.



Preventive measures

It is strongly recommended that the following measures be observed:

Strict reduction of contact to other people

Stay at home.

Ventilate (air) rooms well.

Do not shake hands.

Cough and sneeze into the crook (bend) of your arm, turn away.

Wash your hands regularly and thoroughly (see appendix).

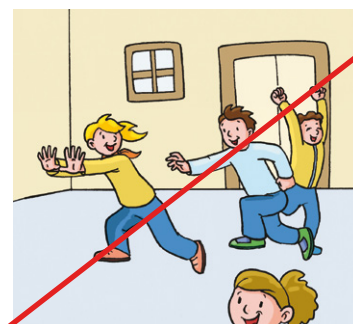
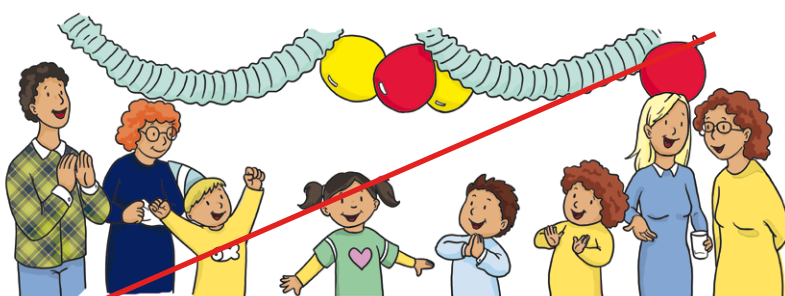
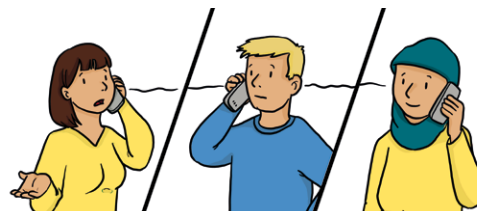
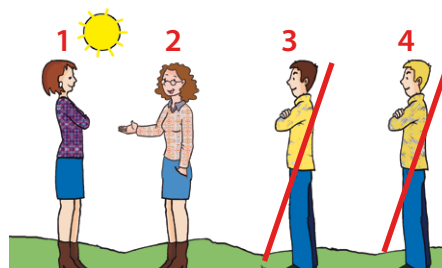
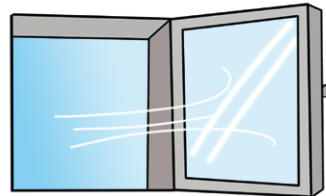
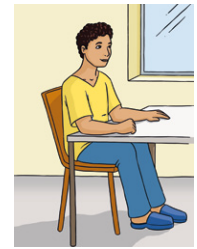
Keep a distance of 1,5-2 m to other people, e.g. at the cash desk while shopping

Prohibition of gatherings of more than 2 persons

Curfew, restrictions

Switch your social contacts to e.g. phone or Skype whenever possible.

Avoid private get-togethers and activities, e.g. sports clubs, community/parish functions, private large celebrations.

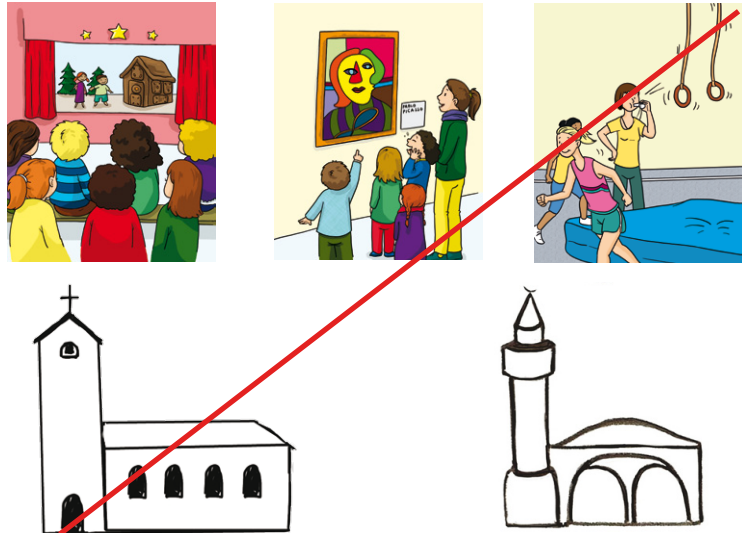


Preventive measures

Protect older people by keeping grandchildren away from their grandparents. Avoid getting physically close to the elderly.



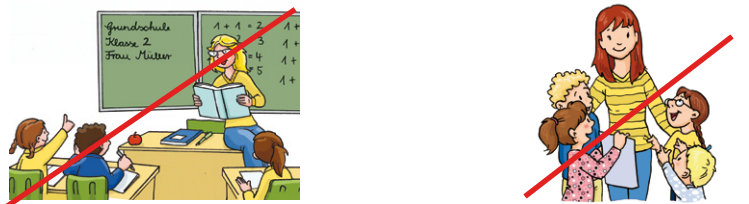
Most events are cancelled, e.g. cinema, concerts, sporting events, theatre, museums, church services.



Many employers have given their employees the chance to work at home wherever possible.



Many universities, schools, nurseries and crèches have closed.



Many hospitals are only allowing patients to receive visitors in emergency (exceptional) cases.



Consider whether you really need to use public transport (buses, trams and trains).

Avoid any unnecessary travel.



Infection and quarantine

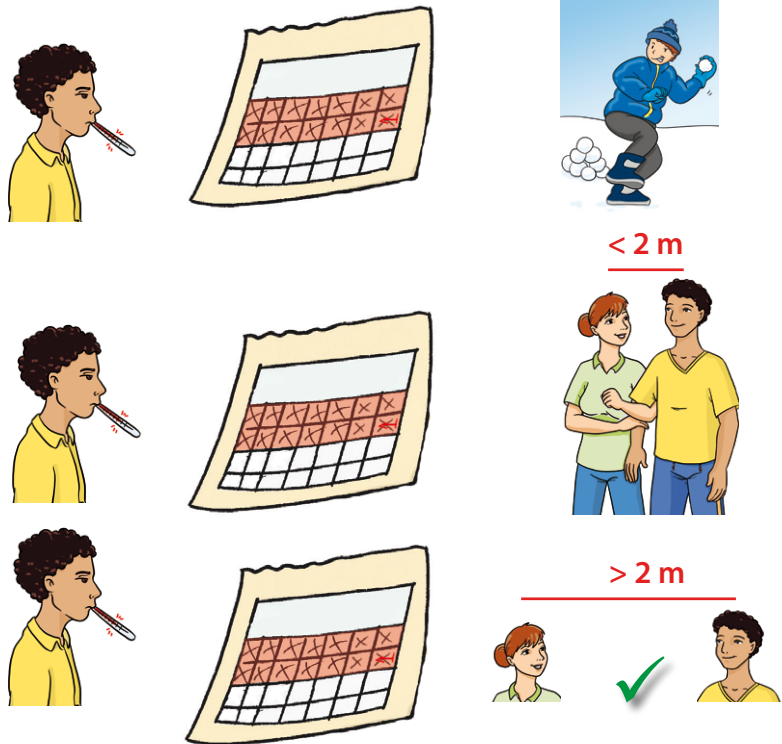
You suspect that you have contracted the corona-virus.

You are showing the specific disease symptoms.

You have been in a designated risk area in the last 14 days.

You were in close contact with an infected person in the last 14 days (distance under 2 m, longer than 15 mins, face-to-face).

You were in non-close contact with an infected person in the last 14 days (distance over 2 m, shorter than 15 mins).

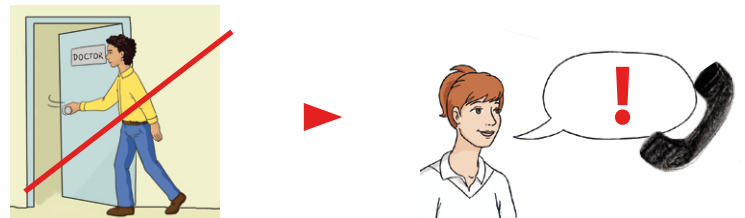


It is imperative that you phone your family doctor or alternatively, in the evening at the weekend, call 116 117. Only call 112 in an emergency.



Under no circumstances should you go to a doctor's practice or to hospital.

Follow the advices of your practitioner and the national health service.



What to do

Please also refer to Preventive measures

You will be contacted by the Public Health Department.

The Public Health Department will tell you whether you need to go into quarantine.

If you are told to go into quarantine, this MUST be observed.

Measure your temperature on a daily basis.

Complete the diary from the Public Health Department.

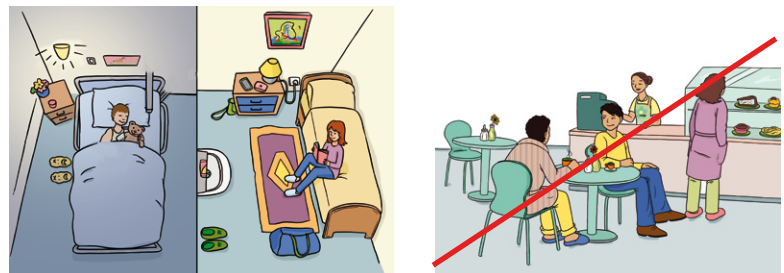


Infection and quarantine

You must not leave the house.



Spatial separation of sick and non-sick people in shared accommodation, e.g. in separate (bed)rooms

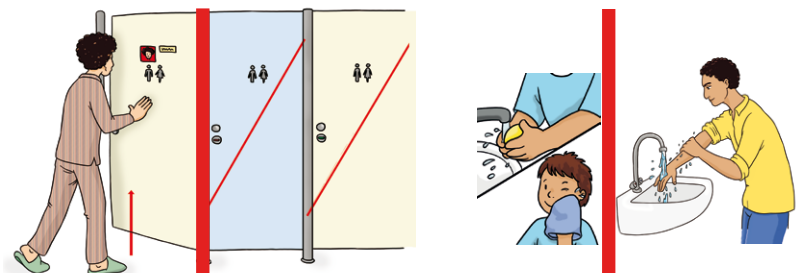


Make sure there are specific separate times defined to use common areas such as the kitchen.



Separate toilets

Separate washing cells



The situation and recommendations can change quickly at any time.

Please make sure you keep yourself up-to-date on a regular basis.

You can consult the following as a source of information as it is updated on a daily basis:

https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Kontaktreduzierung.html

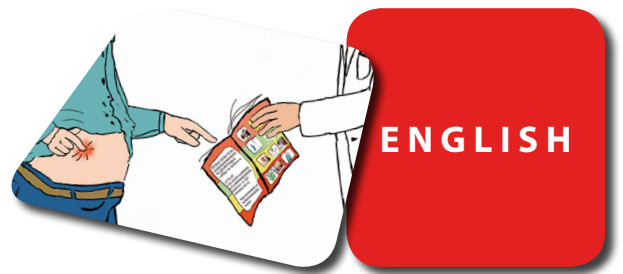
<https://www.infektionsschutz.de/coronavirus-sars-cov-2.html>



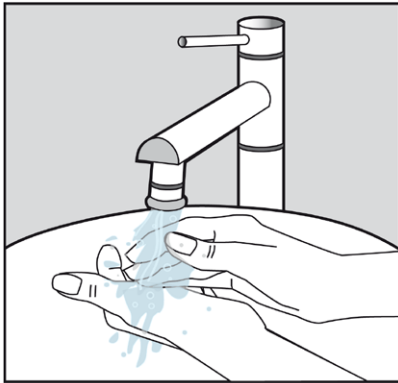
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tip doc

Wash your hands
Disinfect your hands
How?



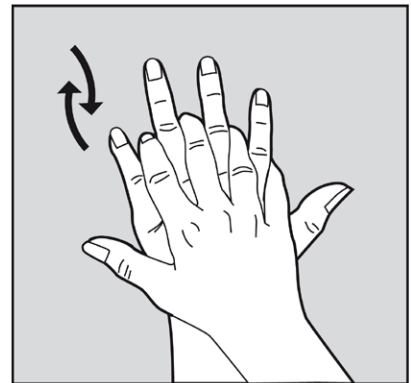
Wash your hands



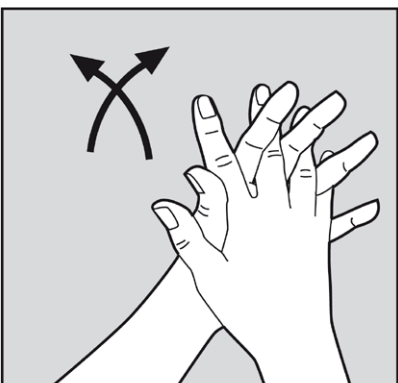
1.
Wet your hands



2.
Rub your hands thoroughly with soap



3.
Rub your hands thoroughly with soap



4.
Rub your hands thoroughly with soap



5.
Rinse your hands thoroughly



6.
Dry your hands

Disinfect your hands

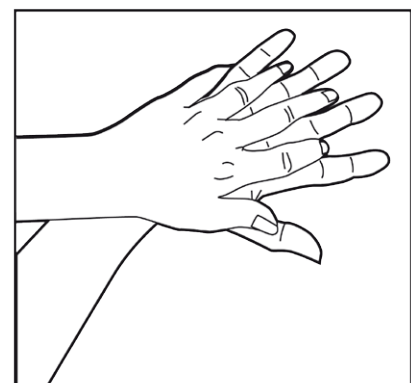


7.
After washing your hands, apply cream to them.

If you wash your hands thoroughly on a regular basis, disinfection at home is not usually necessary.



8.
Take sufficient hand disinfectant in your hand.



9.
Also rub it between your fingers thoroughly.