

## **Basic protective measures against the new coronavirus**

### **What is a coronavirus?**

The novel coronavirus SARS-Cov-2 causes a disease called COVID-19. The most common symptoms are fever, cough, dyspnoea, muscle pain and fatigue.

### **Where have cases of the coronavirus been reported by now?**

The largest number of confirmed cases of the novel coronavirus infections was reported in China (99%), mainly in Hubei Province. The virus then spread to other countries in Asia, Europe, Oceania and North America, where more people were infected (e.g. in Italy, Germany, France and Great Britain). The latest news on coronavirus spread is available on <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>

### **How to protect yourself against the coronavirus?**

The virus spreads through respiratory droplets. Currently, there is no vaccine for the novel coronavirus. You may use other methods to prevent infection, listed below. These methods are also used to prevent other diseases spreading through respiratory droplets, such as seasonal influenza (which peaks between January and March every year).

## **RECOMMENDATIONS**

### **Wash your hands often**

Wash your hands often with soap and water, and if that is not possible, use alcohol-based gels/sanitiser (at least 60% alcohol).

Why? Washing your hands using the above methods kills viruses that may be on your hands.

### **Apply appropriate protection when coughing or sneezing**

When coughing and sneezing cover your mouth and nose with your bent elbow or a tissue – and dispose of the tissue immediately to a closed bin and wash your hands often using soap and water. If you do not have them at your disposal, use alcohol-based hand gels/sanitiser (at least 60% alcohol).

Why? Covering your mouth and nose while coughing and sneezing prevents germs and viruses from spreading. If you sneeze or cough into your hands, you might infect objects or people you touch.

### **Keep a safe distance**

Keep at least a one-metre distance between yourself and other people, especially those who are coughing, sneezing and have a fever.

Why? When someone infected with a virus that causes a respiratory disease, such as COVID-19, coughs or sneezes, they spray small droplets of saliva and mucus that may contain the virus. If you are too close, you risk breathing the virus in.

### **Avoid touching eyes, nose and mouth**

Why? Hands come to contact with many surfaces that may be contaminated with the virus. If you touch your eyes, nose or mouth with contaminated hands, you can transfer the virus from the surface to yourself.

## Protect yourself and others from getting sick

<h3>Wash your hands</h3> <p>Wash your hands with soap and running water when <b>hands are visibly dirty</b></p>  <p>If your <b>hands are not visibly dirty</b>, frequently clean them by using alcohol-based hand rub or soap and water</p>  <p>World Health Organization</p>	<h3>Protect yourself and others from getting sick</h3> <h3>Wash your hands</h3> <ul style="list-style-type: none"><li>• after coughing or sneezing</li><li>• when caring for the sick</li><li>• before, during and after you prepare food</li><li>• before eating</li><li>• after toilet use</li><li>• when hands are visibly dirty</li><li>• after handling animals or animal waste</li></ul>  <p>World Health Organization</p>
<h3>Protect others from getting sick</h3> <p>When coughing and sneezing <b>cover mouth and nose</b> with flexed elbow or tissue</p>  <p><b>Throw tissue into closed bin immediately after use</b></p>  <p><b>Clean hands</b> with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick</p>  <p>World Health Organization</p>	<h3>Protect others from getting sick</h3> <p><b>Avoid close contact</b> when you are experiencing cough and fever</p>  <p><b>Avoid spitting in public</b></p>  <p>If you have fever, cough and difficulty breathing <b>seek medical care early</b> and share previous travel history with your health care provider</p>  <p>World Health Organization</p>

## Masks

### Face masks are not recommended for healthy individuals to prevent the spread of SARS-Cov-2

Wearing a mask that covers your mouth and nose may help reduce the spread of some respiratory diseases. However, using a mask alone is not guaranteed to stop infections and should be combined with using other preventive measures, including hand hygiene, protective rules for coughing and sneezing (see above) and avoiding close contact with other people (at least 1 metre distance). The World Health Organization recommends a reasonable use of masks.

**Use a mask only if you have respiratory symptoms (coughing or sneezing), have suspected SARS-Cov-2 infection with mild symptoms or are caring for someone with suspected SARS-Cov-2 infection.**

Respiratory protection equipment should be CE-marked, certifying that it was properly designed, constructed and made from the right materials.