

RECOMMENDATIONS FOR RISK OF CORONAVIRUS SARS-CoV-2

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WROCLAW
MEDICAL UNIVERSITY

The disease caused by SARS-CoV-2 is called COVID-19. The main symptoms of COVID-19 are: fever, cough, dyspnea, breathing difficulties. In more serious cases – severe pneumonia may develop. Severe course of the disease is observed in approx. 15-20% of persons. Death occurs in 2-3% of sick people. These data are likely to be overestimated, as many people with the mild course of infection have not been confirmed by laboratories

How to wash hands effectively?



1 Wet hands with warm water. Apply liquid soap to the inside part of the palm.



2 Soap both internal hand surfaces



3 Interlace fingers and soap them



4 Soap the thumbs of one hand with the other and vice versa



5 Soap the top of one hand using the internal part of the other hand and vice versa



6 Soap both wrists



7 Rinse thoroughly to remove the soap. Dry them thoroughly



Total time:
30 seconds



Do not forget to wash these areas:

Chief Sanitary Inspectorate



/GIS_gov



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Voivodeship Sanitary and Epidemiological Station: 71 328 30 41 up to 49
National Health Fund helpline: 800 190 590

!!!REMEMBER!!!

WASH YOUR HANDS FREQUENTLY with soap and water

When you cough or sneeze, **COVER YOUR MOUTH AND NOSE**

KEEP AT LEAST THE DISTANCE OF 1 METER away from people who cough and sneeze

If you suspect of being infected, but you do not have any symptoms yet, stay at home, avoid meeting other people so that the virus does not spread. If you have any doubts about your health, please explain them by PHONE or by other methods of remote communication. **DO NOT VISIT PUBLIC HEALTH CARE CENTRES** (unless you are requested to do so within a specified period of time) **OR DO NOT REPORT TO THE HOSPITAL** without prior consultation regarding where you should go and if it is necessary.

HOW TO PROTECT YOURSELF AGAINST CORONAVIRUS

1) Maintaining good hygiene and cleanliness in the workplace:

Try to keep your workplace clean – desks, tables, telephones, keyboards
As one of the ways of transmitting the infection is touching contaminated surfaces.

2. Hand washing:

Wash your hands frequently with soap and water, and if you do not have access to them, use alcohol-based liquids / gels (min. 60%).
As hand washing with these above-mentioned methods kills the virus if it is on your hands.

3. Respiratory hygiene

When coughing and sneezing, cover your mouth and nose with a bent elbow or a handkerchief – immediately throw the handkerchief into a closed waste bin and wash your hands with soap and water, and, if you do not have access to them, use alcohol-based liquids / gels (min. 60%).
As covering your mouth and nose during coughing and sneezing prevents the spread of germs and viruses. If you sneeze or cough in your hands, you may contaminate objects or people you touch.

4. Keep a safe distance

Keep a distance of at least 1 meter between yourself and other people, especially those who cough, sneeze and have a fever.
When someone is infected with a virus causing such respiratory disease as COVID-19, coughs or sneezes, they excrete under pressure small droplets of saliva and mucus containing the virus. If you are too close, there is a risk that you may inhale the virus.

5. Avoid touching the eyes, nose and lips

As the hands touch many surfaces that may be contaminated with the virus. If you touch the eyes, nose or mouth with contaminated hands, the virus may be transferred from the surface onto body