

WHAT IS THE NOVEL CORONAVIRUS?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe disease. COVID-19 is the infectious disease caused by the novel coronavirus (SARS-CoV-2).

How does the virus spread?

People can catch COVID-19 from others who have the virus through inhaling small droplets from infected people who cough or sneeze or through touching contaminated surfaces and then touching nose, mouth or eyes.

What are the symptoms?

Most people who become infected experience mild illness and recover, but for some it can be more severe. The symptoms include a combination of:

- Fever
- Cough
- Difficulty breathing
- Muscle Pain
- Tiredness



Insert national link here
www.ecdc.europa.eu/en/novel-coronavirus-china

OUTBREAK OF NOVEL CORONAVIRUS DISEASE (COVID-19)

What do you need to know?

What to do if you fall ill?

If you have been to an area affected by COVID-19 with risk of exposure **OR** have been in contact with a person who has COVID-19 **AND** within 14 days you develop cough, fever, or shortness of breath:



Stay at home and do not go to work or school.



Immediately call the health number of the country you are in for advice (see back); make sure to mention your symptoms, travel history and contacts.



Do not go to the doctor or hospital. You could infect other people. If you need to contact your doctor or visit the emergency service, call in advance; always indicate your symptoms, travel history or contacts.

The areas with risk of exposure to COVID-19 are those where there are more extensive chains of infection. These may change as the situation develops. For the latest list, check the official national websites, also accessible via the ECDC.



HOW CAN YOU PROTECT YOURSELF AND OTHERS FROM INFECTION



Avoid close contact with sick people, especially people who are coughing or sneezing.



Cough and sneeze in your elbow or in a tissue, NOT your hand. Dispose of the used tissue immediately in a closed bin and wash your hands with soap and water.



Avoid touching your eyes, nose and mouth without washing your hands first.



Regularly wash your hands with soap and water for at least 20 seconds OR use an alcohol-based disinfectant after coughing/sneezing, before eating and preparing food, after toilet use, after touching surfaces in public places.



Practice social distancing: Maintain at least 1 metre distance between yourself and others, especially anyone who is coughing or sneezing.



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