

Coronavirus SARS-CoV-2

Information for Employers

Dear Employers,

due to new outbreaks of **COVID-19**, a disease caused by the new **SARS-CoV-2 virus**, commonly known as **Wuhan coronavirus**, the likelihood of people possibly infected with coronavirus arriving in Poland has increased.

Below we provide you with key information on the new coronavirus:

- it is a large family of viruses that cause severe acute respiratory distress syndrome. In more severe cases, an infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death,
- it was first detected at the end of December 2019 in the city of Wuhan in the Hubei Province of China,
- it is an envelope virus, susceptible to all lipid solvents, so please remember to wash your hands frequently with water and soap or disinfect them with an alcohol-based agent. The viruses can be located in the respiratory tract secretion and even in the urine and faeces of the infected person. Direct contact with these secretions may result in transmission of the virus.
- **the incubation time of the virus can last up to 14 days, but most frequently the virus is hatched within 5-6 days.**

To protect the health of company employees we present standard recommendations to prevent the spread of infection:



wash your hands as often as possible, preferably using soap and water or **disinfect** with disinfectants containing alcohol



when you sneeze or cough cover your mouth with a tissue or put your mouth in the crook of your elbow,



avoid close contact with people who exhibit symptoms of respiratory disease like coughing and sneezing,



stay home when you are sick, e.g. when you have similar symptoms to a cold,



avoid sharing food, drink and/or dishes,



avoid eating raw and/or uncooked meat,

Traveling to countries with outbreaks of COVID-19 is discouraged, but if travel is unavoidable, follow these recommendations:



avoid close contact with sick individuals, especially those with respiratory symptoms



avoid visiting marketplaces or other places where live or dead animals and birds are kept;



avoid contact with animals, their secretions or excrements, and **observe hand hygiene.**

If your employees:

- **have a fever above 38°C or**
- **have symptoms of respiratory infection** such as coughing, rhinitis or breathing difficulties after visiting a region with outbreaks of COVID-19,
- **had contact with a person who is suspected or confirmed to be infected** with the SARS-CoV-2 virus **while traveling, prior to booking an appointment at enel-med please contact a doctor through Telemedicine or First Medical Line (501 111 999).**

When speaking with the doctor, please provide information about your symptoms and your travel history.

In case of acute symptoms such as:

- high fever,
- chest pain,
- breathlessness,
- significant weakness,

immediately report to the admissions department of the nearest Infectious Diseases Hospital where further medical treatment will be determined.

Standard recommendations for preventing the spread of infection include:

- regular hand washing and/or disinfection,
- covering your mouth and nose while coughing and sneezing,
- thorough cooking of meat and eggs.

According to the press releases published on the website of the Chief Sanitary Inspectorate, if a traveller from high risk areas (these areas are constantly provided by Chief Sanitary Inspectorate in their press releases) travels to Poland:

- all those travelling by airplane will receive a Passenger Location Card that contains a request to specify contact details and location of stay;
- on the airplane - the first verification whether the traveller has symptoms of disease, e.g. increased body temperature, will take place. If the passenger has symptoms and is travelling from a high risk area of coronavirus SARS-CoV-2, airport health services will be contacted.

Products from China

The Chief Sanitary Inspector informs that, according to current knowledge, there is no risk of infection with the virus through goods ordered from China.

For more information on the current epidemiological situation regarding coronavirus SARS-CoV-2, please check the following webpages:

<https://gis.gov.pl/aktualnosci/apel-prezesa-naczelnaj-izby-lekarskiej-oraz-glownego-inspektora-sanitarnego-dosrodowiska-medycznego/>

<https://gis.gov.pl/aktualnosci/informacja-dotyczaca-koronawirusa-2019-ncov-postepowanie-dla-podrozujacych/>

<https://gis.gov.pl/aktualnosci/who-oglasza-stan-zagrozenia-zdrowia-publicznego-o-znaczeniu-miedzynarodowym-pheic/>

<https://pssewawa.pl/art,546,informacje-o-nowym-koronowirusie-stan-na-27-stycznia-br>

