

Coronavirus SARS-CoV-2

How to prevent infection

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.

For your safety, we would like to remind you about basic protective measures against infection:



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



when you sneeze or cough among people **cover your mouth with a tissue** or put your mouth in the crook of your elbow, and immediately throw away the used tissue and wash your hands



avoid close **contact with people who have a fever and cough**



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

If you travel to areas where new coronavirus infections have been reported:



avoid close contact with sick people, 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 you:

- **have a fever above 38°C or symptoms of respiratory infection** such as coughing or rhinitis,
- **and you are returning from a region where cases of COVID-19 have been confirmed** (China; South Korea; Italy – in particular the region of Lombardy, Veneto, Piedmont, Emilia Romagna, Lazio; Iran; Japan; Thailand; Vietnam; Singapore and Taiwan) or
- **had contact with a person who is suspected or confirmed to be infected** with the 2019-nCoV 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.

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