

What circumstances put me at risk of contracting COVID-19?

- **Contact* with infected individuals**, starting 2 days before the appearance of symptoms (RKI)
- Returning from travel to the following **risk areas**:
 - **China**: Hubei province (incl. city of Wuhan)
 - **Iran**: Qom province, Tehran
 - **Italy**: South Tyrol, Emilia-Romagna region, Lombardy region and city of Vo (Padua province, Veneto region)
 - **South Korea**: North Gyeongsang province (Gyeongbuk)
(as of 6/3/2020**)

Steps to take if you suspect an infection

- In case of acute respiratory illness, you should stay home, both to recover and to protect others from infection. (per RKI)
- If you suspect coronavirus, always call your physician or the physician on-call service first.
- Do not go see your physician without calling ahead.
- Take your own temperature.

Where can you find help and more information?

- www.rki.de (Robert Koch Institute)
- Regional health authorities
- World Health Organisation (WHO)

* you can find the definition of a 'contact' at www.rki.de in the article 'Kontaktpersonennachverfolgung bei respiratorischen Erkrankungen durch das Coronavirus SARS-CoV-2' (information in German)

** www.rki.de/covid-19-risikogebiete

How is COVID-19 treated?

- Treatment for a coronavirus infection consists of managing the clinical symptoms (e.g. fever, cough). Supportive measures can contribute to a full and speedy recovery.
- There is **no vaccine** available (yet).



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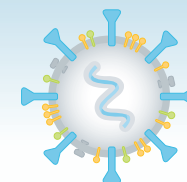
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Taking
steps to
break the chain
of infection

Coronavirus COVID-19

What you should know



Patient Information

Rev01.01/XX0705en00070
Rev01.01/0705en00067

About the virus

The *Coronaviridae* (CoV) family includes several genera and species of viruses, many of which cause disease in mammals and birds and can be transmitted from animals to humans. Human coronaviruses (hCoVs) were first described in 1965. The virus that appeared in late December 2019 in Wuhan (China) – probably transmitted from a bat to humans – is a novel human pathogenic coronavirus.

The **respiratory illness** caused by the SARS-CoV-2 virus is known as COVID-19. In Germany, the number of infected individuals is still limited. Worldwide almost 98,000 people are infected – and that number is growing. (as of 6/3/2020)

An insidious aspect of the coronavirus is its **long incubation period**. It can take between 2 and 14 days before the first symptoms appear. The average is 4 days. During this time the infected individual is already contagious.

Possible symptoms

- ✓ Often no symptoms, or only mild symptoms
- ✓ Cough, runny nose
- ✓ Difficulty breathing/shortness of breath
- ✓ Fever
- ✓ Fatigue
- ✓ Joint and muscle aches

If you notice these symptoms, it is nevertheless more likely that you have a common cold – as long as you have not had any contact with someone infected with COVID-19. There is no reason to panic. Simply call your GP (see overleaf: 'Steps to take if you suspect an infection').

Medically necessary tests are covered by health insurance!

Who is most at risk?

- Older adults
- Individuals with underlying conditions like high blood pressure, diabetes or heart, liver or respiratory disease



Infected individuals spread the virus even when they themselves show **NO** symptoms!

Measures to interrupt the chain of infection

- Observe **hygiene measures**
 - e.g. regular, thorough hand washing (at least 20 seconds)
 - Sneeze into your **elbow** or a paper facial tissue.
 - Since the virus generally enters the body via the eyes, nose and mouth, avoid touching your face with unwashed hands.



- Keep a **distance** of 1.5 to 2 metres from infected individuals or avoid contact completely if possible.
- Only alcohol-based disinfectants labelled as '**antiviral**' are effective.
- Avoid **handshakes**. Eye contact or a nod is a sufficient greeting.

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you care.**