



STAY AT HOME

Regardless of whether you feel ill in any way, or not - stay at home, if you do not need to go out (e.g. go work, go to pharmacy, take the dog for a walk).

COVID-19 disease can be asymptomatic, it can be transmitted to others even when you have no symptoms. That is why isolation and avoiding meeting other people are so important. In this way, we protect others and prevent the spread of the virus. It's a matter of social responsibility.

LET'S TAKE CARE OF EACH OTHER

It depends on us, our behavior, how fast the virus will spread, how soon we will be able to return to everyday activities. This applies to everyone, regardless of age!

Remember that nowadays it is recommended to solve out the necessary matters through different remote channels (e.g. e-mail or telephone) and to avoid contacts with other people to a necessary minimum. This also applies to Offices and other administrative units – if you have to make a request, call, write an e-mail or send the necessary documents by post.

IF YOU ARE SICK

If you happen to be infected, but you don't have symptoms yet, stay at home, avoid contact with other people so that the virus does not spread further.

Any doubts about your health condition should be consulted by **phone** or other methods of remote consultation. If you feel sick and have a fever, runny nose or cough, stay at home and don't go to work or shopping. You will not infect others then. This applies even if you only feel a little sick.

Stay at home as long as you feel sick. If you feel worse while staying home and you can't take care of yourself, you can call at National Health number **800 190 590** for advice on what to do next (available in Polish or English). Also, check if your local government or sanitary-epidemiological unit offers additional contact numbers for suspected coronavirus infection.



<https://www.pacjent.gov.pl/podejrzewasz-ze-masz-koronawirusa#znajdz-stacje-sanitarno-epidemiologiczna>

When attempting to treat, if you cannot contact a doctor at the moment, follow recommendations from a reliable sources (e.g. World Health Organization or Polish Ministry of Health).



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All patients with suspected coronavirus, regardless of citizenship and insurance, are diagnosed and treated free of charge.

The only difference is that the National Health Fund pays for Polish Citizens, and the Ministry of Health for foreigners.

AVOID CONTACT WITH OLDER PEOPLE

Older people are more likely to suffer from severe illness or even death due to coronavirus infection. Thus, it is important not to visit people in hospitals and nursing houses if not necessary. Postpone such visits if you feel that you have even the mildest symptoms. If you work in healthcare with older people, do not go to work if you have a cough or any symptoms of cold.

DO NOT GO TO THE POLYCLINIC / EMERGENCY IN PERSON

Unless you are asked to do so within a specified time, do not go to the hospital without first agreeing on where to go and whether you really need it.

One infected patient (including you) can be the source of infection for all other people in the waiting room! It is **IMPERATIVE** that you provide all information truthfully - do not hide any relevant information (return of a person from your immediate environment from abroad, contact with a person who had symptoms of coronavirus). This information is extremely important. The situation when medical teams are quarantined and out of work for 14 days is not desirable, especially at this time!

PAY ATTENTION TO THE SYMPTOMS CHARACTERISTIC OF COVID-19

- The most common symptoms of COVID-19 are fever and cough.
- Common symptoms also include a sore throat, headache, muscle and joint aches or loss of sense of smell and taste.
- Most people have mild symptoms that will go away after home treatment and isolation.
- Some people may be seriously ill and, for example, have difficulty breathing and pneumonia.

If you recognize these symptoms, under no circumstances should you contact other people. It's important to remember that some people get the disease without any symptoms, which doesn't mean they can't infect others.



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WASH YOUR HANDS OFTEN

Substances that carry the virus are very contagious and get on your hands easily. They spread further when you pick something up. Therefore, wash your hands often with soap and warm water for at least 20 seconds.

Always wash your hands when you get home or when you come to work, before meals, before preparing meals and after visiting the toilet. A disinfectant solution can be a solution when you can't wash your hands.



REMEMBER TO COUGH AND SNEEZE INTO THE ELBOW FLEXION

When you cough and sneeze, small drops of infectious substances that can spread the virus are carried. Coughing and sneezing into the elbow flexion or paper tissue prevents infection from spreading to your surroundings or your hands. Always throw a paper tissue in the dustbin and wash your hands.



DISINFECTANT

Disinfectant solution can be useful when you have hand sanitizer containing at least 60 percent alcohol. If it is not available, it can be replaced successfully with ordinary soap and water - provided that they are used for at least 20 seconds.



A cell phone is one of the most-touched items during the day. We touch the phone with dirty hands, leaving pathogenic microorganisms on its surface. Therefore, regularly disinfect your phone, e.g. by wiping with a cloth with disinfectant liquid every time you return home.



LEAVE THE HOUSE ONLY WHEN NECESSARY

If it is possible - put on gloves, especially if you have skin damage on your hands (virus can get to the body that way). Disinfect your hands before and after contact with objects that are used also by other people - buttons in the elevator, front doors, shopping carts. Use cashless payments. If you have any symptoms or you know you may have had contact with an infected person - do not expose other people to danger, stay at home. Try doing online shopping, order food with home delivery, thus supporting local entrepreneurs. Remember to ask the courier to leave delivery in front of the door.



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

Infection spreads through the mucous membranes of the eyes, nose and mouth. Therefore, avoid touching your eyes, nose and mouth. Wear a mask. Masks protect other people if we are carriers of the virus so that we do not spread the virus.



PROTECTIVE MASK

Wear a mask - even a cotton one will be helpful, it will not protect against the virus, but will reduce the risk of infection. Masks protect other people if we are carriers of the virus so that we do not spread the virus.



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