

## PROTECTION MEASURES

Wash your hands for about 20 seconds with soap and warm water or use a disinfectant gel. Cough and sneeze in tissue paper.

If you do not have a handkerchief, use a sleeve.

Avoid touching eyes, nose and lips with unwashed hands

The best way to wash your hands properly

Step 1: Wet your hands (hands) with running water.

Step 2: Use enough soap to cover your wet hands.

Step 3: Rub all the surfaces of the hands - including the parts on the back, between the fingers and under the nails - for at least 20 seconds.

Step 4: Rinse thoroughly with running water.

Step 5: Dry your hands with a clean disposable towel / wipe or towel.

What to do if you suspect a new CORONA Viral infection?

If you have fever, cough and shortness of breath, seek medical attention with the first symptoms of the disease to reduce the risk of developing more severe infections and tell your doctor if you have recently traveled to virus-affected areas.

Taking medication on your own like an antibiotic is not effective against CORONA VIRUS and can even be harmful.

## VIRUS CORON CONDUCT GUIDE

- 1) Don't panic! Be sensible, aware, alert and organized, everyone in your environment (family, work, school ...). Plan in detail how you will behave if the symptoms occur.
- 2) It is important for the one who comes from abroad to self-report where he is and how much he has been staying.
- 3) General personal hygiene.
- 4) Eat healthy. Eat fruits and vegetables and anything that will boost your immunity and dampen the clinical picture. Wash the food well and process it sufficiently.
- 5) Avoid staying in groups.
- 6) If the infection already occurs, the treatment is carried out in isolation. Such a person is incapable of working and should not need to go to work because of others.
- 7) Also, if you are going out for an extended period, it is necessary to sweat before entering the apartment or house and dispose of used clothing outdoors - ventilation, until the next use.

## PROTECT YOURSELF

Corona viruses (CoV) are a large family of viruses that cause diseases ranging from mild colds to severe respiratory diseases, such as the known Middle Eastern Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). In addition to these known corona viruses, a new corona virus (2019-nCoV), now known as COVID-19, is currently emerging. It is a strain not previously identified in humans

**SIGNS, SYMPTOMS OF CORONA VIRUS INFECTION** Respiratory symptoms such as: - headache, runny nose, - high fever (38C), fever, - severe cough, sore throat, and - difficulty breathing. In severe cases of infection, the following may occur: - pneumonia, - severe acute respiratory syndrome. And in some cases: - kidney failure and - death.

## HOW THE VIRUS CORONA SPREADS

When someone who has a VIRUS CORONA coughs or exhales, it releases droplets of infected

fluid. Most of these drops fall on nearby surfaces and objects - such as desks or phones. People could get CORONA VIRUS by touching contaminated surfaces or objects - and then by touching their eyes, nose or mouth. If they are one meter away from a person with CORONA VIRUS, they can get it by inhaling droplets with a sickening cough or coughing. In other words, CORONA VIRUS spreads in a similar way to flu. Most people infected with CORONA VIRUS have mild symptoms and recover.

#### HYGIENE IN THE AGE OF CORONA VIRUS:

There is no or very small reason to panic when you know that you have done everything in your power to prevent the spread of the infection. Every housewife is most often responsible for cleanliness in the kitchen as well as for the hygiene rules throughout the house. They are obliged to be applied by all household members, as well as to make sure that they behave responsibly in accordance with the recommendations of the doctor outside the home. Coron infection with the virus spreads over infected surfaces and it is therefore important to change habits that increase the risk of transmission as soon as possible. No one can say for sure how long the virus has been maintained on different surfaces. There is information that it is longer when it comes to metal surfaces, but estimates range from a few hours to even up to ten hours. Since transmission is most often done by touching an infected surface and then entering it with the hands of the body, it is very important to tighten food hygiene especially.

#### HYGIENE BEGINS WHEN PURCHASING GOODS AND GROCERIES

Go to the store with a list of necessary supplies and get them in order, neatly and unnecessarily touching what you will not buy. Keep an eye out for bread still sold in semi-open bags in many stores. Whenever possible, buy one that is in a sealed bag. Rather, buy packaged food rather than one that is weighing, especially if you see open bags or plastic grocery boxes on the shelves. Do not linger on the action more than necessary, especially when it is crowded. All you can order online is to wait at home.

#### HYGIENE AT HOME

As soon as you get home, unpack your shopping bags and bags at one table and wash them immediately. Carefully take your groceries out of the packaging and pack everything you can into your home packaging. Just as you will usually pour coffee and sugar into pots, so wash the fruit immediately and place in a bowl. For the little ones, you unpack the chocolate, then break it into cubes and put it in a convenient box with a lid. While unpacking, wash your hands from time to time. The packaging is otherwise quite dirty as it goes through a "thousand" hand until it reaches the shelf. Then you will put it in a not so clean basket, with the hands that you used to hold in the carriage until a short time later, the cashier will remove it with your hands dirty with money. It sounds exaggerated, but the path of that packaging is also the path of infection. In general, many bacteria and other microbes are more than welcome in the home, which is what every epidemiologist will likely to tell. However, while so little is known about the current corona virus epidemic, anything can help reduce the risk by tightening precautions and tightening hygiene

#### ORGANIZE PREVIOUSLY HOUSEHOLD SUPPLY

If you do not want or cannot cook, you can always choose a less risky variant. So it's better to order food and eat it at home with your own utensils. It can also be heated there at high temperature, which will destroy the microbes. This is a solution to avoid crowds in the restaurant, going to it, as well as the risk of using cutlery that you have not personally washed. If you are already eating out of the house and you can choose, then it is always better to eat outside. Make it a fast food kiosk you will get packaged in disposable paper bags. Even if it's a little cold, it's better to eat in front of a kiosk than indoors at a small restaurant.

## PLANNING MEALS FROM THERMALLY PROCESSED FOOD

When shopping for groceries, plan your meals so that you can store foods that no one has touched or subject to high heat. That means a better head of cabbage to clean from the outer leaves than a parsley that stands for hours exposed in a jar of water on a shelf in the shop. If you just want parsley, do not put it in a salad, but in a hot soup that you will leave to simmer a little longer. When buying vegetables, choose the one that peels, and it is safest to eat the one you put in your freezer last fall. In the house, regularly clean locks, switches, keys and kitchen surfaces. Cook kitchen towels and towels regularly. It goes without saying that you only touch the food with clean hands, that your nails are not too long and that you regularly use a brush to wash them. There is no or very small reason to panic when you know that you have done everything in your power to prevent the spread of the infection.

## PHONE NUMBERS FOR CIVIL CALLS

PHONES FOR CALLING CITIZENS OVER 65 YEARS AGO FOR DELIVERY OF MEDICINES, FOODS AND OTHER NEEDS

09: 00-14: 00 018 / 292-380 018 / 265-868 060 / 020-94-10

email: covid19 @ palilula.eu

PUBLIC HEALTH INSTITUTE PHONE NUMBER

060 / 411-94-16 060 / 486-88-25 060 / 420-40-16

RED CROSS PHONE

018 / 511-316 018 / 511-317 018 / 523-718

HOME MEDICAL TREATMENT- NIS

069 / 455-220 018 / 543-469 018 / 243-449 018 / 516-502 018 / 231-612

CENTER FOR SOCIAL WORK NIS

018 / 248-439