CORONAVIRUS

The virus spreads through respiratory droplets, so when coughing and sneezing, but also when touching your eyes, nose and mouth. The main symptoms of the coronavirus disease include high fever, shortness of breath, cough, loss of smell or taste.

HOW TO PREVENT INFECTION?

- **Wash your hands** often with water and soap or disinfect them with alcohol-based hand sanitiser that contains at least 60% alcohol.
- **Keep at least 1.5-metre distance** from other people.
- **Respect the restrictions** resulting from the epidemic regulations.
- **When coughing or sneezing, cover your mouth and nose** with your elbow or a disposable handkerchief.
- **Cover your mouth and nose** in public enclosed spaces and means of public transport.
- **If you show symptoms characteristic of COVID-19**, contact a primary care physician over the phone. If human life or health is at risk, dial 112 or 999 emergency number immediately.

NFZ Hotline

800 190 590

www.gov.pl/koronawirus

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