

Prophylactics

Coronaviruses are vulnerable to basic disinfectants and high temperatures. Hence, the standard procedures for disinfection are effective.

The basic ways of avoiding infection include:

- Frequently washing your hands with soap and water; disinfecting your hands using alcohol-based preparations and avoiding touching your eyes, nose and mouth with your hands;
- Covering your nose and mouth when coughing or sneezing;
- When in contact with those showing symptoms of infection, it is advisable to keep at a distance of at least 1 metre;
- There is no need for healthy people to wear masks.

source: informacje.pan.pl



Avoid direct contact



Wash your hands frequently and thoroughly

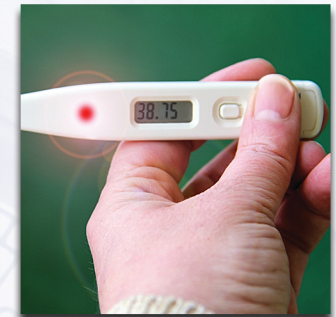
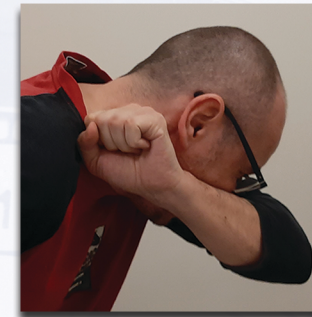
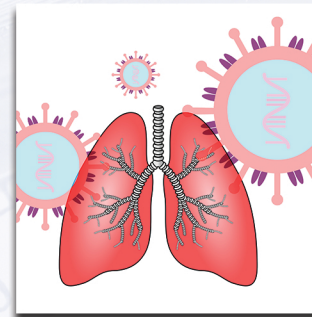


Avoid crowded places

Don't panic!

Viruses of the coronavirus group cause every year about 20% of all upper respiratory system infections.

SYMPTOMS: DYSPNOEA, COUGH, FEVER EXCEEDING 38°C



Avoid bare-hand contact with places where germs can gather in public spaces: door handles, public transport rails and credit card terminals. This also applies to the prevention of flu, which kills more people a day than coronavirus. Contact does not only mean handshake, but also kissing or hugging.

Where to look for reliable information on the disease?

- State Sanitary Inspectorate
- National Institute for Public Health – State Institute of Hygiene (PZH)
- World Health Organisation