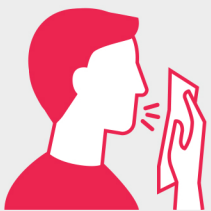The **CORONAVIRUS** causes fever, cough, dyspnea, muscle pain and fatigue.

The virus spreads through respiratory droplets, so while coughing, sneezing or talking.
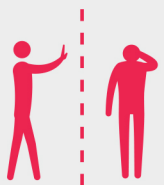
How to prevent infection?

Wash your hands often with soap and water.

When coughing or sneezing, **cover your mouth and nose.**

Keep at least a one-metre distance between yourself and people who are coughing and sneezing.

If you **return from a region** where the coronavirus is present and you **have symptoms** of illness or **have had contact** with a person infected, call a sanitary-epidemiological station or seek medical help at an infection or observation ward.

NFZ Hotline

800 190 590