



Information sheet for dealing with coronavirus

Here's how your personal behaviour
can increase your own protection:

- 1. Wash your hands more often and thoroughly, using soap and water.**
- 2. Avoid shaking hands, hugging and kissing.**
- 3. Observe the coughing and sneezing etiquette (use disposable tissues, cough and sneeze into your elbow).**
- 4. Do not touch your face with unwashed hands.**
- 5. Ventilate closed rooms more often.**
- 6. Avoid large crowds.**
- 7. If you experience any COVID-19 symptoms (see reverse), call 116 117.**
- 8. If you have had contact with a COVID-19 patient, call your public health department immediately.**

By following these measures, you will not only protect yourself, but also any of your fellow citizens who are older and/or chronically ill.

Cases of a new kind of coronavirus SARS-CoV-2 infection (also called COVID-19) are currently present throughout the world. The list of current at-risk areas is available on the Robert Koch Institute (RKI) website.

Please use the photo function on your mobile phone to open the at-risk areas website.



<https://q.bayern.de/coronavirusrki>

In most cases, the new coronavirus SARS-CoV-2 disease is a flu-like infection, with no clinical differences between this and a cold or flu (influenza).

What are the indications of a coronavirus infection?

Do you have **symptoms** such as a fever, muscle pain, cough, runny nose or diarrhoea?

AND

Have visited one of the coronavirus at-risk areas (<https://q.bayern.de/coronavirusrki>) within the past 14 days?

OR

Had contact within the past 14 days with someone who has **tested positive for coronavirus?**

If the criteria stated apply to you, please take the following action:

- Please avoid all unnecessary contact with other people and stay at home.
- As soon as possible, please call your GP or the **duty doctor** on

116 117.

Your GP or the duty doctor will explain how to proceed and what to do next.

You do not have any symptoms, but have had contact with someone who has tested positive for coronavirus within the past 14 days?

Then please contact the responsible public health department **immediately in every case.**