ALWAYS REMEMBER THE FOLLOWING RULES:

- Avoid direct contact with people who exhibit respiratory symptoms such as coughing and/or sneezing.
- Wash your hands frequently and thoroughly with soap and water – for at least 20 seconds.
- Avoid touching your eyes, nose or mouth with your hands.
- Stay at home when you are sick, for instance when you have symptoms similar to a cold.
- Before you travel abroad, check the websites of WHO, GIS, Ministry of Foreign Affairs whether the areas you plan to visit are safe; alternatively, consult a travel medicine doctor.
- Observe and teach others the so-called cough etiquette, i.e. covering the mouth when coughing or covering the nose and mouth when sneezing, preferably with a disposable tissue or forearm.
- If you are sick, e.g. if you cough, sneeze, have a fever or stay close to sick people, wear a protective mask in public places.
- Use an antibacterial gel or disposable wipes with alcohol for additional hand hygiene.
- Avoid sharing food, drink or dishes.
- Regularly clean and disinfect the objects and surfaces you use.

IMPORTANT

If you have a fever or symptoms of lower respiratory tract infection (such as coughing, shortness of breath), or other worrying symptoms; if you have returned from the areas around the outbreak, or if you have been in contact with a sick person while travelling, stay at home and contact a doctor at the Telephone Medical Advice +48 500 900 510 or through a chat room at Medicover OnLine (mol.medicover.pl).

In case of alarming symptoms that indicate a severe course of infection, such as:
- Dyspnoea
- Chest pain
- Severe cough
- High fever
- Fatigue

Contact Hot Line Medicover for emergency medical help (+48 500 900 999)