

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

The virus spreads through respiratory droplets, so while coughing, sneezing or talking.

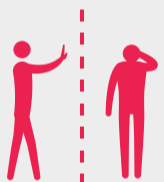
## How to prevent infection?



**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**