

Basic Protective Measures against Coronavirus

▶ RULES FOR SEEKING MEDICAL ATTENTION

Flu and cold may have similar symptoms to coronavirus. **However, report immediately to an infectious diseases ward or emergency ward if:**

- you have symptoms that may indicate coronavirus infection, i.e. fever above 38°C, cough or difficulty breathing
- during the last 14 days you had contact with infected persons or persons suspected to be infected, or stayed in a high-risk region
- you worked at or visited medical facilities where patients with coronavirus infection were treated.

THE NEAREST INFECTIOUS DISEASES WARDS ARE IN:

- **Bytom**
(Specialist Hospital no. 1, al. Legionów 49),
- **Chorzów**
(Specialist Hospital, ul. Zjednoczenia 10),
- **Tychy**
(Megrez Hospital, ul. Edukacji 102),
- **Cieszyn**
(Silesian Hospital, ul. Bielska 4).

You can find the complete list of infectious diseases wards on the websites of the Ministry of Health www.gov.pl/zdrowie and Chief Sanitary Inspectorate www.gis.gov.pl.

Please also visit the Chief Sanitary Inspectorate profile on Facebook, where the latest news is published.

* (based on materials from the Chief Sanitary Inspectorate and Ministry of Health)



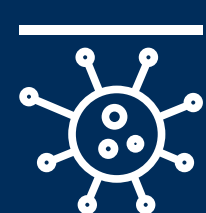
WASH YOUR HANDS FREQUENTLY with soap and water, and if you have no access to them, use alcohol-based liquids/gels (min. 60%). Washing your hands kills the virus, if it is on your hands.



COVER YOUR MOUTH AND NOSE WITH YOUR BENT ELBOW OR TISSUE WHEN YOU COUGH AND SNEEZE – dispose of the tissue immediately in a closed waste bin and wash your hands with soap and water, and if you have no access to them, use alcohol-based liquids/gels (min. 60%). Covering your mouth and nose when you cough and sneeze prevents germs and viruses from spreading. If you sneeze or cough into your hands, you may contaminate objects or people that you touch.

▶ IMPORTANT: disinfectant dispensers are installed in buildings at the University of Silesia.

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KEEP AT LEAST 1 METRE DISTANCE BETWEEN YOURSELF AND OTHERS, especially those who cough, sneeze and have a fever. When an infected person coughs or sneezes, they spray small droplets of saliva and mucus under pressure. If you are too close to them, there is a risk that you may inhale the virus.



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

Your hands touch many areas that may be contaminated. If you touch your eyes, nose or mouth with contaminated hands, you may carry the virus from the area to yourself and others.



IF YOU HAVE MILD RESPIRATORY SIGNS AND HAVE NOT TRAVELLED TO HIGH-PREVALENCE COUNTRIES, remember to keep the basic protective measures when you cough and sneeze, maintain hand hygiene and stay at home until you recover.



IT IS NOT RECOMMENDED FOR HEALTHY PEOPLE TO USE FACE MASKS IN ORDER TO PROTECT THEMSELVES AGAINST CORONAVIRUS

Wearing a mask to cover your mouth and nose may help limit the spread of diseases. However, it should be combined with the use of other measures, such as maintaining hand hygiene and protection rules when you cough and sneeze, as well as avoiding too close contact with others (see above). Use masks only when you have respiratory signs (coughing or sneezing), or you suspect that you have coronavirus infection, or you are taking care of a person with suspected coronavirus infection.

▶ Necessary information on dealing with the coronavirus can be obtained free of charge under the number 800 190 590. The line was launched by the Ministry of Health and is available around the clock.

