



Ministerstwo Zdrowia



CORONAVIRUS

The virus spreads through respiratory droplets, so when coughing and sneezing, but also when touching your eyes, nose and mouth.

The main symptoms of the **coronavirus** disease include **high fever, shortness of breath, cough, loss of smell** or **taste**.

HOW TO PREVENT INFECTION?



Wash your hands often with water and soap or **disinfect** them with alcohol-based hand sanitiser that contains at least 60% alcohol.



When coughing or sneezing, **cover your mouth and nose** with your elbow or a disposable handkerchief.



Keep at least 1,5-metre distance from other people.



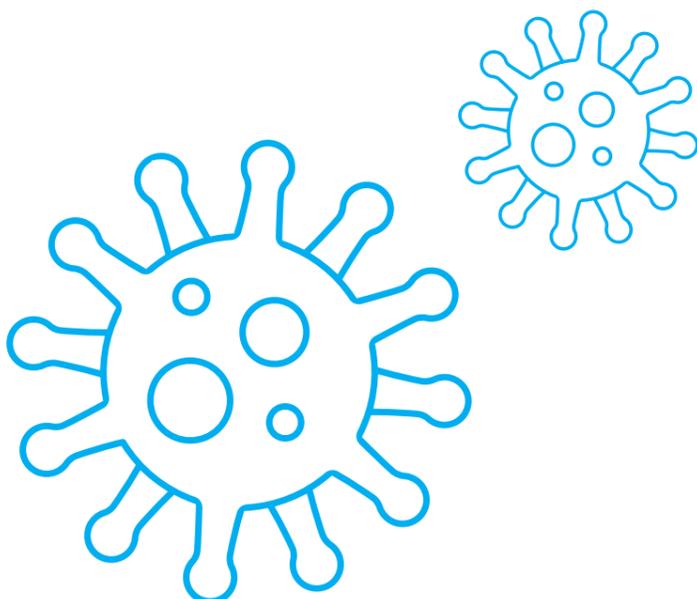
Cover your mouth and nose in public enclosed spaces and means of public transport.



Respect the restrictions resulting from the epidemic regulations.



If you **show symptoms characteristic of COVID-19**, contact a primary care physician over the phone. If human life or health is at risk, dial 112 or 999 emergency number immediately.



NFZ Hotline

800 190 590

www.gov.pl/koronawirus