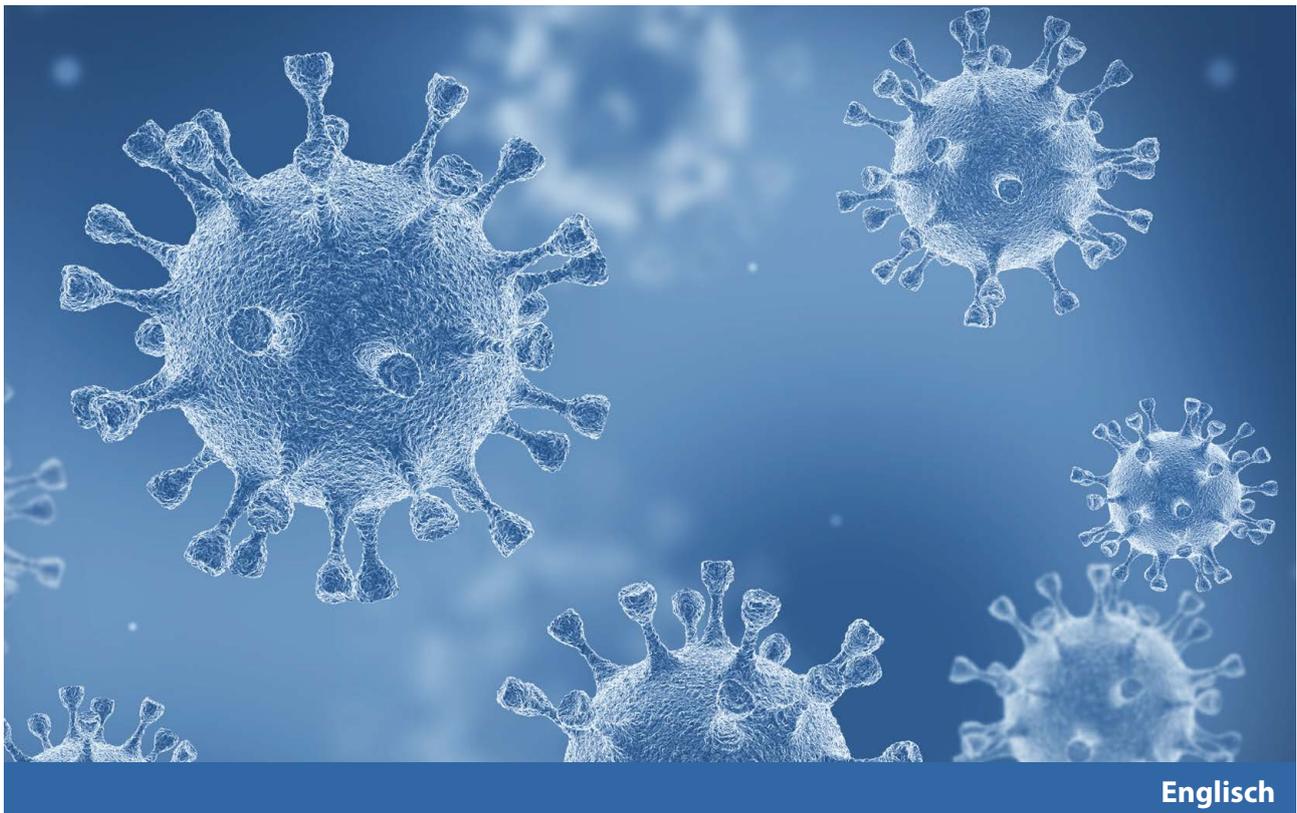




www.covid-information.org

Coronavirus SARS-CoV-2

Information and practical advice



**Ethno-
Medizinisches
Zentrum e.v.**



Ethno-Medical Center Germany

Act safely and respectfully!

- We must show **discipline** and act in **solidarity**. This will help protect your health and slow down the spread of the virus.
- Only trust **information sources** that are accurate and reliable.
- Also refer to the latest information from the World Health Organization (WHO). The WHO offers current and reliable information, some of it also available in a range of languages.
- In Germany, you can obtain current and reliable information from the Robert Koch-Institute (RKI), the Federal Center for Health Education (Bundeszentrale für gesundheitliche Aufklärung, BZgA) or the Ministry of Health (Bundesministerium für Gesundheit, BMG).
- Please let us all be mindful in order to protect our health and the health of the medical and care personnel.
They are the heroines and heroes who are risking their own health to protect us from the infection and to provide our medical care.
- **We kindly ask those affected or already ill with COVID-19** to follow the instructions of medical and care personnel.
- Please make sure you comply with all the latest **instructions, appeals and notices** issued by the respective national and local authorities.

Stay healthy!

How can I best protect myself?

The following main protective measures are simple and very effective! Protective hygiene rules when coughing or sneezing, hand washing and keeping a distance should become habitual. Also educate your family, friends and acquaintances about these protection measures.



Protective hygiene rules when coughing or sneezing

- When coughing or sneezing, keep a distance of at least 1.5 meters from other people and turn away from them.
- Cough or sneeze into a facial tissue. Use the tissue only once. Dispose of tissues in a rubbish bin with a lid.
- If there are no tissues available, hold the crook of your arm (not your hand!) in front of your mouth and nose when coughing or sneezing.
- If you have had visitors, open the windows wide and air the room for 5 minutes.



Hand washing

- Wash your hands often and thoroughly with soap, including the spaces between your fingers and the fingertips. Ideally for half a minute and using liquid soap. Rinse your hands under running water.
- Dry your hands carefully, including between your fingers. At home, everyone should use their own towel. In public toilets, it is best to use disposable towels. In public toilets, close the tap with a disposable towel or use your elbow.



Keeping a distance

- Avoid close contact such as shaking hands, kissing and hugging. You are not being rude; you are merely protecting yourself and others.
- If you are sick, stay at home to recover and to prevent spreading the pathogens.
- Even people who are infected but do not show any symptoms of the disease can infect others. Keep a distance of at least 1.5 meters to avoid the direct transmission of pathogens.
- Those who are sick should stay away from particularly vulnerable individuals, such as older people or those with pre-existing health conditions.

Important facts about the novel coronavirus

Its official name is 'SARS-CoV-2'. The respiratory disease that it causes is called 'COVID-19'. It is transmitted by droplet or smear infection. This can happen from person to person via the mucous membranes, or indirectly via the hands. This is because the hands can come into contact with the mucous membranes of the mouth, the nose or the eyes, and so make the transmission of the virus possible.

The virus causes a respiratory infection. Apart from cases of mild illness, symptoms that may occur include fever, cough, breathing difficulties or shortness of breath, as well as headache and muscle soreness.

In severe cases, pneumonia may develop.

Older people and those with a chronic illness are especially at risk. In most cases, symptoms are markedly milder among children. At this time, it is assumed that up to 14 days may pass between infection and the onset of symptoms.

Only a laboratory test can confirm whether a person has been infected with the novel coronavirus.

Have I got the coronavirus?

If you are arriving from a risk area, if you notice you are having symptoms, or if you had contact with a person who has been confirmed to have the novel coronavirus:

- **If you have symptoms, please call your doctor.**
If she/he is unavailable, please contact the on-call medical service by dialling 116 117.
In an emergency, please call 112.
- **If you had contact with an infected person, but don't have symptoms yourself, or if you have returned from a risk area, please inform your local public health authority (Gesundheitsamt)*.**
- **Tell the doctor if you have, for example, existing conditions such as high blood pressure, diabetes, cardiovascular disease, chronic respiratory illness, or if you have a disease or are taking a treatment that lowers the immune system.**
- **Find out who to contact and what precautions you have to take so that you don't infect others.**
- **Please do not go to your doctor's practice without making an appointment. This way you are protecting yourself and others!**
- **Avoid unnecessary contact with other people and stay at home as much as possible.**

Is there a vaccine?

There is not yet a vaccine against the novel coronavirus. Every effort is being made to make a vaccine available.

Do other vaccinations help?

Vaccinations against other respiratory diseases do not protect against the novel coronavirus. However, they can prevent other respiratory infections. These include influenza and pneumococcal pneumonia. Other vaccinations can therefore help avoid double infections.

Are imported goods contagious?

There is no known risk from goods, mail items or luggage. Objects in the immediate vicinity of sick people must be kept clean.

Is wearing a face mask necessary?

There isn't sufficient evidence that wearing mouth and nose protection fundamentally reduces the risk of infection in healthy people. It is much more important that protective hygiene recommendations are observed, e.g. when coughing and sneezing, and for hand washing. Those who are infected, however, can use mouth and nose protection to reduce the risk of infecting others. Infected people can pass on the virus even if they don't have symptoms. There are situations where the recommended 1.5 meters of social distancing cannot be maintained. In these cases, wearing improvised face masks may help to contain the spread of SARS-CoV-2.

Important: face masks must fit well and must be changed when they have become damp. Damp masks do not provide a barrier to viruses.

Is it necessary to use disinfectants?

Regular and thorough hand washing usually provides effective protection against infection. If the people around you are particularly susceptible to infection, hand disinfection may be sensible.

* You can find your local public health authority at www.rki.de/mein-gesundheitsamt

If you have symptoms, contact your doctor.

If unavailable, contact the on-call medical service.

It is available throughout Germany by dialling **116 117**, including at night, at weekends and on public holidays.

When are quarantine measures necessary?

If you have been confirmed to have coronavirus infection.
If you had close contact with someone who is infected.
If the responsible public authority orders you to be quarantined.

How long does quarantine last?

If the illness is mild, quarantine currently lasts for two weeks in most cases. You must stay at home during this time. This also applies to individuals who were in close contact with the person who is ill.

Two weeks also corresponds to the time from possible infection with the novel coronavirus SARS-CoV-2 until the onset of symptoms or confirmation of the virus in a throat swab.

If quarantine is imposed, you will be informed by the responsible health authority about what to do if, for example, symptoms appear. Such as whether you need to check your body temperature, or when quarantine will be lifted.

What should I keep in mind when quarantined at home?

- Avoid close contact with others in your household.
- Ask family members, acquaintances or friends for help with shopping, which should then be left outside your door.
- Make sure to air your apartment or house regularly.
- Cutlery, crockery and personal hygiene items should not be shared with other family members or people living in the household. Utensils and dishes must be washed regularly and thoroughly. This also applies to clothing.
- Contact your general practitioner or specialist if you urgently need medication or medical treatment.
- Inform your doctor if you have a cough, runny nose, shortness of breath or fever.
- Contact local support services if you need help looking after your children.

What should I watch out for in a shared accommodation facility?

Have you arrived from a risk area, are you noticing that you are having symptoms, or have you had contact with a person who has been confirmed to have coronavirus? If you live in a shared accommodation facility, let management or social services know. Also inform your school, language school, the place where you are being trained or work etc.

Where can I find further information?

Your local public health authority

offers information and assistance. You can find the telephone number of your local public health authority at: www.rki.de/mein-gesundheitsamt

The Federal Ministry of Health (BMG)

offers centrally collated information about the novel coronavirus at:

www.zusammengegencorona.de

Citizen's Services Line: 030 346 465 100

Advice for people with hearing loss:

Fax: 030 340 60 66-07

info.deaf@bmg.bund.de

info.gehoerlos@bmg.bund.de

Sign language video telephone:

www.gebaerdentelefon.de/bmg

The Robert Koch-Institute (RKI)

provides information about the novel coronavirus on its website:

www.rki.de/DE/Home/homepage_node.html

The Federal Center for Health Education (BZgA)

has compiled answers to frequently asked questions about the novel coronavirus at:

www.infektionsschutz.de

The State Minister and Federal Commissioner for Migration, Refugees and Integration

provides information in up to 18 languages:

www.integrationsbeauftragte.de/corona-virus

The Office of Foreign Affairs

provides safety information for travellers to affected regions:

www.auswaertiges-amt.de/de/ReiseUndSicherheit

The World Health Organization (WHO)

provides information on the global situation:

www.who.int

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www.globalshapersmunich.org

Sources: BMG, RKI, BZgA

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