



**ADVICE FOR PEOPLE WHO ARE ILL
(WITH SYMPTOMS OF CORONAVIRUS)**

What is the coronavirus?

The coronavirus (Covid-19) is a disease which is very similar to the flu. The virus causes respiratory complaints, coughing and fever. Most people will recover from the virus (generally within 7 days). For older people and people with lung, heart or kidney problems, the virus can be dangerous.

The coronavirus is transmitted between people. When an infected person coughs or exhales, the virus is spread through small droplets from the nose or mouth. An infected person can also pass on the virus through hand contact. If you are ill, you should ensure that you do not infect other people.

What are the symptoms?



Fever (above 37.5°C)



Coughing and/or sneezing



Sore throat



Difficulty breathing

ARE YOU ILL? PROTECT THE PEOPLE AROUND YOU!



Remain in your room

- Remain in bed in your room as much as possible
- Open the doors and windows of your room twice per day (for 30 minutes)



Wash your hands

Wash your hands very regularly with soap and water

- before eating
- after every visit to the toilet
- after coughing or sneezing
- whenever you leave the room



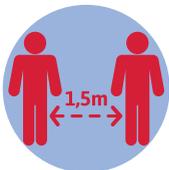
Use paper tissues

- Use a new paper tissue when coughing or sneezing
- Discard tissues in a rubbish bin with a lid



Do not share your things

- Do NOT share your things (toothbrush, cutlery, clothes, towel, sheets) with other people
- Do NOT share your cigarettes with other people



Keep a distance

When leaving your room

- Keep a 1.5-metre distance from other people
- Only meet people outdoors or in a room with an open window
- Avoid queues and public spaces (refectory, waiting rooms)
- You will not get a face mask - only medical staff will wear a face mask

Monitor your symptoms!

If your symptoms get worse (high fever, difficulty breathing, etc.)

- Ask a room-mate or family member to inform the reception or the medical service
- Do not go to the reception or the medical service yourself
- Remain in bed in your room
- The doctor or nurse will come to visit you in your room