

## WHAT IS THE NOVEL CORONAVIRUS?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe disease. COVID-19 is the infectious disease caused by the novel coronavirus (SARS-CoV-2).

### How does the virus spread?

People can catch COVID-19 from others who have the virus through inhaling small droplets from infected people who cough or sneeze or through touching contaminated surfaces and then touching nose, mouth or eyes.

### What are the symptoms?

Most people who become infected experience mild illness and recover, but for some it can be more severe. The symptoms include a combination of:

- **Fever**
- **Cough**
- **Difficulty breathing**
- Muscle Pain
- Tiredness



[www.ecdc.europa.eu/en/novel-coronavirus-china](http://www.ecdc.europa.eu/en/novel-coronavirus-china)

## OUTBREAK OF NOVEL CORONAVIRUS DISEASE (COVID-19)

### What do you need to know?

#### What to do if you fall ill?

If you have been to an area affected by COVID-19 with risk of exposure **OR** have been in contact with a person who has COVID-19 **AND** within 14 days you develop cough, fever, or shortness of breath:



Stay at home and do not go to work or school.



Immediately call the health number of the country you are in for advice (see back); make sure to mention your symptoms, travel history and contacts.



Do not go to the doctor or hospital. You could infect other people. If you need to contact your doctor or visit the emergency service, call in advance; always indicate your symptoms, travel history or contacts.

The areas with risk of exposure to COVID-19 are those where there are more extensive chains of infection. These may change as the situation develops. For the latest list, check the official national websites, also accessible via the ECDC.



## HOW CAN YOU PROTECT YOURSELF AND OTHERS FROM INFECTION



Avoid close contact with sick people, especially people who are coughing or sneezing.



Cough and sneeze in your elbow or in a tissue, NOT your hand. Dispose of the used tissue immediately in a closed bin and wash your hands with soap and water.



Avoid touching your eyes, nose and mouth without washing your hands first.



Regularly wash your hands with soap and water for at least 20 seconds OR use an alcohol-based disinfectant after coughing/sneezing, before eating and preparing food, after toilet use, after touching surfaces in public places.



Practice social distancing: Maintain at least 1 metre distance between yourself and others, especially anyone who is coughing or sneezing.



Health and Food Safety

## NATIONAL NUMBERS ON COVID-19

Austria	(+43) 800 555 621
Belgium	(+32) 800 14689
Bulgaria	(+359) 2 807 87 57
Croatia	(+385) 91 468 30 32; (+385) 99 468 30 01
Cyprus	(+357) 1420
Czechia	(+420) 724 810 106; (+420) 725 191 367
Denmark	(+45) 72 22 74 59
Estonia	(+372) 634 6630; 1220
Finland	(+358) 295 535 535
France	(+33) 800 130 000
Germany	(+49) 30 346 465 100
Greece	(+30) 210 521 2054
Hungary	(+36) 80 277 455; (+36) 80 277 456
Ireland	(+353) 1850 24 1850*
Italy	(+39) 1500
Latvia	(+371) 67387661
Lithuania	(+370) 8 618 79984
Luxembourg	(+352) 8002 8080
Malta	(+356) 21324086
Netherlands	(+31) 800-1351
Poland	(+48) 800 190 590
Portugal	(+351) 808 24 24 24
Romania	(+40) 800 800 358
Slovakia	(+421) 917 222 682
Slovenia	(+386) 31 646 617, 080 1404*
Spain	See regional numbers: <a href="https://bit.ly/2V0t0zs">https://bit.ly/2V0t0zs</a>
Sweden	(+46) 113 13
Norway	(+47) 815 55 015
Iceland	(+354) 544 4113, 1700
Liechtenstein	(+423) 230 30 30
Switzerland	(+41) 58 463 00 00
UK	(+44) 111*

\* numbers dialled only from the respective country

**For emergencies: call 112 in all EU Member States**

## OUTBREAK OF NOVEL CORONAVIRUS DISEASE (COVID-19)

### What to do if you travel?

#### *Stay healthy while travelling*

If you travel to areas with risk of exposure to COVID-19:

- practice strict hygiene measures (see front),
- maintain social distance as much as possible,
- follow the local health advice.

#### *Avoid travelling if you are sick.*

### *If you fall ill while travelling*



Immediately inform crew and seek medical help early.



Avoid, if possible, public transport. If you need to take public transport, maintain at least 1 metre distance from other passengers, if possible. Wash hands with soap and water regularly OR use alcohol-based disinfectant.



Follow the advice of the local health authorities. They know best the local epidemiological situation.



Stay informed. Check regularly the information from local health authorities.

For further information:

[www.ecdc.europa.eu/en/novel-coronavirus-china](http://www.ecdc.europa.eu/en/novel-coronavirus-china)