

RECOMMENDATIONS FOR FOREIGNERS IN RELATION TO THE RISK OF CORONAVIRUS INFECTION

The recommendations have been prepared on the basis of information from:

- 1) Government Centre for Security – “Guidelines for critical infrastructure operators in the field of preventive measures preventing the spread of SARS-CoV-2 coronavirus”;
- 2) Ministry of Development – “Recommendations for workplaces in relation to the spread of coronavirus”;
- 3) Ministry of Health (website);
- 4) Chief Sanitary Inspector (website).

CHARACTERISTICS OF THE SARS-COV-2 VIRUS AND COVID-19 DISEASE

What is coronavirus?

SARS-Cov-2 coronavirus causes a disease called COVID-19. It owes its name to its molecular structure. Under a microscope, it looks like having the shape of a crown.

What are the first signs of a coronavirus infection?

The virus primarily attacks the **respiratory system**. The first symptoms usually appear within 2 to a maximum of 14 days from contact with an infected person. If your body gets infected, you will soon get symptoms of a cold or flu.

The most common symptoms include:

- high fever (above 38 degrees);
- persistent cough and shortness of breath;
- trouble breathing.

Some coronavirus patients have gastrointestinal disorders. Nausea, diarrhoea, vomiting that resembles a normal intestinal flu may also occur in some infected patients.

How often do the symptoms occur?

A severe course of the disease is observed in approx. 15-20% of cases. Deaths occur in 2-3% of cases. These data are probably overestimated, as many people with a mild infection have not been confirmed as infected by a laboratory test.

Who is the most exposed?

The risk of developing severe disease and death concerns primarily the elderly, people with reduced immunity accompanied by other diseases, especially chronic ones.

INSTRUCTIONS



WASH YOUR HANDS FREQUENTLY

Use soap and water or disinfect your hands with alcohol-based liquids / gels.

- Remember to frequently wash your hands with soap and water, or – if it is not possible – to disinfect them with liquids / gels based on alcohol (min. 60%).
- Washing hands with the abovementioned methods effectively eliminates the virus.
- The virus has the ability to temporarily reside on surfaces and objects if they have been contaminated with respiratory secretions (during coughing or sneezing) of sick people. There is a risk of transmission of the virus from contaminated surfaces on the hands, e.g. by touching the face or rubbing the eyes. That is why frequent hand washing reduces the risk of infection.

**Each time before entering the centre for foreigners,
it is mandatory to wash your hands with disinfectant.**

INSTRUCTIONS



APPLY PROTECTION RULES WHEN SNEEZING AND COUGHING

Cover your mouth and nose with the bend of elbow or a handkerchief when coughing or sneezing. Throw the handkerchief into the basket and wash your hands.

When coughing or sneezing, cover your mouth and nose with the bend of elbow or a handkerchief – throw the handkerchief into a closed basket as soon as possible and wash your hands using soap and water or disinfect them with agents based on alcohol (min. 60%).

Covering the mouth and nose when coughing or sneezing prevents the spread of germs, including viruses. If you do not follow this rule, you can easily contaminate objects, surfaces or touched body parts, e.g. when greeting a person.

INSTRUCTIONS



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH

By touching your eyes, nose or mouth with contaminated hands you can spread the virus.

Hands touch many surfaces that may be contaminated with the virus.

Touching one's eyes, nose or mouth with contaminated hands may cause the virus to spread from the surface to the person.

Every human being involuntarily touches the face approx. 90 times a day – avoid the reflex of touching the face. One of the methods can be working with gloves (suitable for the workplace), gloves will not prevent the transmission of the virus, however, they will create a psychological barrier to help you avoid touching the face.

INSTRUCTIONS



KEEP A SAFE DISTANCE FROM THE INTERLOCUTOR

Stay at least 1-1.5 m away from the person who coughs, sneezes or has a fever.
Avoid tactile contact.



REGULARLY CLEAN OR DISINFECT THE AREAS TOUCHED

Regularly wipe desks, counters and tables, door handles, light switches, handrails etc. with water and detergent or with a disinfectant.



REGULARLY DISINFECT YOUR PHONE AND DO NOT USE IT DURING MEALS

You can use for disinfection e.g. wet wipes soaked in disinfectant.

INSTRUCTIONS

REMEMBER

If you suspect infection, but you have no **symptoms** yet, stay at home, **avoid contact with other people**, so that the virus does not spread.

Clear any doubts about your health condition **by PHONE** or other remote consultation method.

DO NOT GO TO THE HEALTHCARE CENTRE (unless you are asked to do so at a specified time) **or to the hospital without** first agreeing on where to go and whether it is needed in your case. **Use TELEPHONE CONSULTATION.**

One sick patient **(including you)** can be the source of infection for all other people in the waiting room.

INSTRUCTIONS

REMEMBER

- TAKE CARE OF YOUR RESISTANCE
- GET ENOUGH SLEEP
- TAKE CARE OF YOUR PHYSICAL CONDITION
- EAT REASONABLY

What does it mean to have been in contact with someone infected with SARS-CoV-2 coronavirus?

- someone was in direct contact with the sick person or in contact at a distance of less than 2 meters for more than 15 minutes;
- someone had a long face-to-face for conversation with a person having symptoms of the disease;
- an infected person belongs to a group of someone's close friends or colleagues;
- a person lives in the same household or in the same room as the sick person.

REMEMBER

USE PROVEN SOURCES OF KNOWLEDGE ABOUT THE CORONAVIRUS



Use information from proven sources based on scientific evidence. You can find them on the websites of the Ministry of Health (www.gov.pl/zdrowie) and the Chief Sanitary Inspectorate (www.gis.gov.pl).

Information on how to deal with suspected coronavirus infection can be obtained by calling the National Health Fund helpline.

National Health Fund helpline

800 190 590

www.gov.pl/koronawirus