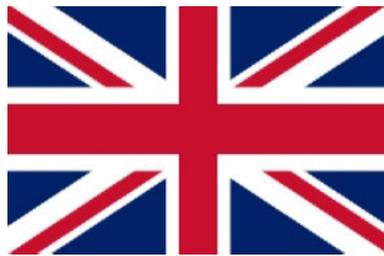


Hinweise
zum
CORONA-Virus
und
Verhaltensempfehlungen zum Schutz davor



Englisch

Zusammengestellt vom Kreis Viersen
und dem Kommunalen Integrationszentrum des Kreises Viersen

(Stand: 25. März 2020)

Quelle: <https://www.kreis-viersen.de/corona>

INFORMATION ON THE NEW CORONA VIRUS (SARS-COV-2) AND COVID-19

How dangerous is the new corona virus?

- Infection with the new corona virus can lead to coughing, sniffing, a sore throat and fever as well as also sometimes diarrhoea.
- Symptoms can arise for up to 14 days after infection.
- For most persons including children the infection is not life-threatening. For a number of the infected persons the virus can lead to a more serious course with breathing problems and pneumonia. Up to the present time fatalities have occurred above all with elderly persons and/or persons who had previously suffered from a chronic underlying disease. At the present time there is not yet sufficient data to permit a final evaluation of the severity of the new respiratory illness to be made.
- At the present time there is not yet a vaccine that provides protection against the new corona virus.

How is the new corona virus transmitted?

The new corona virus can be transmitted from person to person. The principal mode of transmission is droplet infection. This can occur directly via the mucous membranes of the respiratory tracts or also indirectly via one's hands which are then brought into contact with the mucous membranes of the mouth or nose as well as also the conjunctiva.

How can one avoid transmission of the corona virus?

To be observed in general ...

- When coughing or sneezing keep as far as possible away from other persons - turn away if possible. Sneeze into your elbow or a paper handkerchief and then dispose of this.
- Avoid physical contact when greeting other people and wash your hands regularly and thoroughly for at least 20 seconds with soap and water.
- Keep your hands away from your face, avoid touching your mouth, eyes or nose with your hands.

- Do not share objects which come into contact with your mouth such as cups or bottles with other persons.

Good hand hygiene is important ...

- When arriving in an institution such as a kindergarten or school,
- After breaks and sporting activities,
- After blowing your nose, sneezing or coughing,
- Prior to preparing food and prior to eating and
- After going to the toilet.

- Do not share objects such as cutlery, towels or working materials like pencils with other persons.

What should you do if you notice/have symptoms?

Initial symptoms of infection with the new corona virus are coughing, sniffing, a sore throat and fever (a high temperature). In addition some persons will suffer from diarrhoea. Should persons, who have been in a region or area in which cases of illness with the new corona virus have arisen, notice within 14 days the symptoms described above, then these persons should avoid unnecessary contact with other persons and if possible stay at home. Affected persons should contact their doctor by telephone and discuss what should be done before going to the doctor's practice. Persons who come / have come into contact with a person with such an illness should contact the health authority competent for them. The relevant competent health authority can be learnt via a database of the Robert Koch Institute (RKI) at <https://tools.rki.de/PLZTool/>. You can also find this and other information at www.infektionsschutz.de and https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/nCoV.html. Make use too of the media of the BZgA (Federal Centre for Health Education), e.g. the poster "10 hygiene tips" which is available in a number of languages and can be downloaded free of charge at <https://www.infektionsschutz.de/coronavirus-sars-cov-2.html>.