Coronavirus

The most important information for your health

How is a virus passed on?

Mainly by droplet infection through airways. Just like the viruses that cause colds or flu, coronavirus is mainly spread through bodily fluids such as saliva or nasal secretions from infected people. Infection is possible through contact with contaminated surfaces or by touch. So you should avoid touching your eyes with your hands if you haven't washed them.

How do I know that I've been infected?

Most people have symptoms that are similar to those of **a severe cold**. However, the virus can also lead to pneumonia.

Typical symptoms include:

- A dry cough
- A temperature
- Shortness of breath

Based on current understanding, there could be a delay of 27 days between being infected and the appearance of the first symptoms. During this period you may also be able to pass on the infection. Current cases show that older people and those with pre-existing conditions are most severely affected. Children and otherwise healthy adults do not seem to develop such a serious illness.
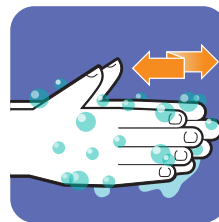
Hand washing: effective against corona and other viruses

Step 1
Hold your hands under running water making sure they are wet up to the wrist. The temperature of the water is not important.

Step 2
Carefully rub soap all over your hands.

Step 3
Take extra care to cover the ends of your fingers and your thumbs. They often have high levels of virus.

30 Sek.

Thorough hand washing takes about 30 seconds (the same time as singing "Happy Birthday" through twice).

Step 4
Rub your hands together to make sure that the soap goes in between your fingers.

Step 5
Rinse off the soap thoroughly and dry your hands well. Then moisturise your hands, if you can.

If you feel unwell and suspect that you have been infected with coronavirus, **contact your family doctor**, your local health authority or medical emergency services **by phone** (please do not visit your doctor in person) on the number
116 117.

Umschau
APOTHEKEN
Stay informed, stay healthy

In an emergency you can contact the emergency services on the same free number across Europe from a landline and any mobile network by calling **112.**