



Ministerstwo Zdrowia



If you are showing symptoms such as **fever** (above 38°C), **cough, shortness of breath, loss of smell** or **taste**, and if you have had close contacts with a confirmed or suspected case of COVID-19 in recent days:

**immediately contact a primary care physician over the phone.  
You will be instructed what to do next.**

**If in doubt,  
call the hotline at 800 190 590**

## REMEMBER!

You suspect to have the virus, but you are not showing any symptoms?

**Stay at home and avoid contact with other people** to prevent the spread of the virus.

Any health concerns should be explained **OVER THE PHONE** or by other means of remote consultation.

A single infected person (**including you**) can transfer the virus onto all the patients in the waiting room.

- Wash your hands often with water and soap or disinfect them with alcohol-based hand sanitiser that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth.
- When coughing or sneezing, cover your mouth and nose with your elbow or a disposable handkerchief.
- Stay away from people who are sick.
- Cover your mouth and nose in public enclosed spaces, means of public transport and in every other place where keeping the distance is not possible.

**RESPECT THE RESTRICTIONS RESULTING FROM THE EPIDEMIC REGULATIONS.**

