CORONAVIRUS causes fever, cough, breathing difficulties. It is spread by droplet transmission, i.e. when coughing, sneezing, but also by touching the eyes, nose and mouth with the hands.

How to prevent infection?

Wash hands frequently with soap and water. When you cough or sneeze, **cover your mouth and nose.**

Stay at least 2 meters away from people who cough and sneeze.

Comply with the restrictions imposed by the regulations on epidemics.

If you suddenly develop symptoms of a respiratory infection (with at least one of the symptoms being fever, breathing difficulties or cough), and **if you have been in close contact** with a confirmed or probable **COVID-19** case in the last 14 days, **call** a poviat sanitary and epidemiological station immediately or go to the nearest hospital with an infectious diseases ward, while avoiding public transport.

NFZ Hotline

800 190 590