If you've noticed symptoms, such as:

FEVER (above 38^0 C), **COUGH**, **SHORTNESS OF BREATH** or **BREATHING DIFFICULTIES**,

and if you've been in close contact with a confirmed or probable COVID-19 case
in the last 14 days,

immediately notify of it the poviat sanitary and epidemiological station
by **calling the number below:**

Phone number:

or

in case of severe symptoms call the emergency number 112 or report directly to the nearest
hospital with an infectious diseases ward – the nearest ward:

Phone number:

THE NATIONAL HEALTH FUND HOTLINE ON CORONAVIRUS – 800 190 590

REMEMBER!

If there is a suspicion of being infected but you have no symptoms yet, stay home, **avoid contact with other people** to prevent the virus from spreading.

If you have any doubts about your health condition, consult it **BY PHONE** or by using other methods of remote consultation.

DO NOT GO TO A PRIMARY HEALTH CARE FACILITY (unless you are asked to do so on a specific day) and **do not go to the hospital** without prior arrangement where you should report and whether it is necessary.

One sick patient (**you too**) could be a source of infection for everyone else in the waiting room!!!

· Wash hands frequently with soap and water or alcohol-based disinfectant (with at least 60% alcohol content).
· Avoid touching your eyes, nose and mouth.
· Cover your mouth and nose with the bend of your arm or disposable tissue when you cough or sneeze.
· Stay away from sick people.

Comply with the restrictions imposed by the regulations on epidemics.

Ministerstwo Zdrowia   PAŃSTWOWA INSPEKCJA SANITARNA   NFZ