

KNOW

What is the novel coronavirus?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases. The novel coronavirus is a new strain, not previously identified in humans. COVID-19 is the infectious disease caused by the latest discovered coronavirus (SARS-CoV-2).

How does the virus spread?

People can catch COVID-19 from others who have the virus through inhaling small droplets from people with COVID-19 who cough or sneeze or through touching contaminated surfaces.

What are the symptoms?

Many people who become infected experience mild illness and recover, but it can be more severe for others.

The symptoms include a combination of:

- Fever
- Cough
- Difficulty breathing
- Muscle pain
- Tiredness



Insert national link here
www.ecdc.europa.eu/en/novel-coronavirus-china

KNOW, PREPARE, PROTECT

Information on COVID-19 for people with chronic diseases, their family members and care givers

NATIONAL INFORMATION ON COVID-19

[National information]

[National number +xx xxx xxx xxx]

For further information:

[national website]

www.ecdc.europa.eu/en/novel-coronavirus-china

PREPARE

What to do if you have a chronic disease?

How can you prepare yourself

- Educate yourself on COVID-19 from trusted sources.
- Refill your prescription medicines or consider using a mail-order for your medications.
- Have over-the-counter medicines and medical supplies (e.g. tissues, thermometer) to treat fever.
- As much as feasible, keep physically active to ensure good physical condition.
- Have enough groceries and household items, approximately 2-4 weeks. Prepare gradually and avoid panic buying.
- Activate your social network. Contact family, friends, neighbours or community health care workers in advance and make joint plans on what to do when COVID-19 is spreading in your community or if you become ill.
- Follow instructions from national authorities on how to prepare for emergencies.
- Continue to practice general hygiene.

What do you do if you fall ill?

If you become ill with symptoms of cough, fever and difficulty breathing:

- 1 Stay home and call your local health care services for advice.
- 2 Mention what chronic disease you have.

PROTECT

How can you protect yourself and others



Clean your hands often. Wash your hands with soap and water or, if not available, use an alcohol-based hand sanitizer:

- Before eating, after using the toilet;
- After blowing your nose, coughing or sneezing;
- After having been in public places;
- After having touched surfaces in public places;
- After having touched other people.



Avoid contact with sick people, in particular those with a cough.



Avoid touching your face, nose and eyes.



Avoid meetings, events and other social gatherings in areas with ongoing community transmission.



Practice social distancing if COVID-19 is spreading in your community:

- Avoid crowds, especially in confined and poorly ventilated spaces.
- Do your grocery shopping at off-peak hours.
- Avoid using public transport during rush hours.
- Exercise outdoors instead of indoor settings.



If you develop cough, once COVID-19 is spreading in your community, use medical facemasks. This will protect those around you from getting infected.