

## How to prevent it



### Wash your hands often

with water and soap or alcohol-based solutions, **especially after contact with people who are ill and their environment.**



### Avoid close contact

with **anyone showing symptoms of respiratory illness**, such as coughing and sneezing..

2 m.



### Maintain a distance

of at least **two metres** from anyone showing symptoms of acute respiratory infection.



### Cover your mouth and nose

with disposable tissues or use the inside of your elbow **when coughing or sneezing and wash your hands immediately afterwards.**



### Avoid sharing food

and utensils (cutlery, cups, napkins, etc.) and other objects without cleaning them properly.



### Contact with animals

No special measures are necessary.

## You may be affected by coronavirus if...



You have a fever, cough, shortness of breath or general malaise



You've travelled to a risk area:

Spain (Community of Madrid, La Rioja and Basque municipalities of La Bastida and Vitoria), China (including Hong Kong and Macau), South Korea, Japan (Hokkaido Island), Singapore, Iran, Italy, France (departments of Haut-Rhin [Grand Est] and de l'Oise [Hauts-de-France]), Germany (district of Heinsberg [North Rhine-Westphalia])



You've been in close contact with someone who is a probable or confirmed case of coronavirus

If you're not sure, you can take a test to find out quickly and easily if you meet the criteria for coronavirus infection. Available at <http://canalsalut.gencat.cat/coronavirus-test/>

If your case meets these conditions, call **061 Salut Respon**. Your case will be assessed, and you'll be told what steps to take.



## Remember

- **Avoid** unnecessary travel to risk zones.
- **Avoid** visiting seniors' residences in Catalonia if you have fever or respiratory symptoms or have travelled to a risk zone.
- **You don't need to** wear a mask to protect yourself from coronavirus SARS-CoV-2 in public spaces unless instructed to do so by a medical professional.
- In hospitals and social care centres, it is recommended that the **number of people accompanying anyone who goes for testing or visits be strictly limited**. This also applies with respect to patients who have been admitted.



### How is it transmitted?

By respiratory droplets and via direct contact of secretions with the nose, eyes and mouth. SARS-CoV-2 has an incubation period of 2 to 14 days.



### What are the symptoms?

Symptoms are mild and flu-like: general malaise, fever, cough, etc. In mild cases, there may be shortness of breath. In severe cases, the infection may cause pneumonia and other complications.



### What groups are most at risk?

Elderly people with chronic diseases, such as cardiovascular, diabetes, heart or lung diseases, or impaired immunity.



### Is there a treatment?

Not at present, but there are many ways to control the symptoms. Medical care can improve the prognosis.

For more information, visit [canalsalut.gencat.cat/coronavirus](http://canalsalut.gencat.cat/coronavirus) or call **061 Salut Respon**