The **CORONAVIRUS** causes fever, cough, dyspnea, muscle pain and fatigue.

The virus spreads through respiratory droplets, so while coughing, sneezing or talking.

**How to prevent infection?**

**Wash your hands often** with soap and water.

**When coughing or sneezing, cover your mouth and nose.**

**Keep at least a one-metre distance** between yourself and people who are coughing and sneezing.

**If you return from a region** where the coronavirus is present and you **have symptoms** of illness or **have had contact** with a person infected, call a sanitary-epidemiological station or seek medical help at an infection or observation ward.

**NFZ Hotline**

**800 190 590**