MEDICAL UNIVERSITY OF GDAŃSK

COVID-19/Coronavirus
Practical information

To minimize risk of falling ill remember the following rules

Wash your hands frequently
Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Maintain social distancing
Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

If you have fever, cough and difficulty breathing, seek medical care early
Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health clinic.

Practice respiratory hygiene
Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Avoid touching eyes, nose and mouth
Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practise food safety
Avoid raw meat, however even in areas experiencing outbreaks, meat products can be safely consumed if these items are cooked thoroughly and properly handled during food preparation.

source – World Health Organisation

Do you show these symptoms?

IMPORTANT TEL. NO.

If in the last 14 days you have stayed in one of the countries of SARS-CoV-2 virus active transmission and show the following symptoms:

- cough
- shortness of breath
- breathing difficulties
- fever (high temperature)

please contact ➡

County Sanitary-Epidemiological Station in Gdansk (Powiatowa Stacja Sanitarno-Epidemiologiczna w Gdańsku) immediately via telephone: **+48 698 941 776**

In case of severe symptoms please call the emergency no. **112**

or contact the nearest Infectious Diseases Outpatient Clinic: Pomeranian Centre for Infectious Diseases and Tuberculosis **+48 (58) 341 55 47**

or University Centre of Maritime and Tropical Medicine (UCMTM) in Gdynia **+48 (58) 699 85 78**

Do not visit your General Practitioner (GP) or local Emergency Department (ED).

Call them first. If you do not have a GP, please call **112**!

source – Powiatowa Stacja Sanitarno-Epidemiologiczna w Gdańsku