

GUIDELINES

Coronaviruses (CoV) is a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

How does coronavirus spread?

Some coronaviruses can be transmitted from person to person, usually after close contact with an infected patient, for example, in a household workplace, or health care centre.

Is it safe to receive a package from any area where COVID-19 has been reported?

The likelihood of an infected person contaminating commercial goods is low and the risk of catching the virus that causes COVID-19 from a package that has been moved, travelled, and exposed to different conditions and temperature is also low.

What are the symptoms of coronavirus (COVID-19)?

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties.

What to do if you have a fever and other symptoms that are similar to flu?

If the symptoms occurred while traveling in China or after that, or during 14 days after being in contact with people who recently visited China, you should immediately call the emergency number 112, provide the details of your symptoms and circumstances, and follow the medical instructions. If the symptoms occur while airborne in a flight, immediately inform the flight crew.

How protect from infection coronaviral?

Basic protective measures against the new coronavirus:


- wash your hands frequently;
- regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water;
- avoid touching eyes, nose and mouth;
- when coughing and sneezing cover your mouth and nose with flexed elbow or tissue;
- take care of food safety (especially avoid eating raw meat, eggs);
- maintain distance between yourself and anyone who is coughing or sneezing;
- wear gloves and a disposable medical mask to accompany the suspected person to the doctor;
- when the service is finished, remove the disposable medical mask and gloves, place them in a plastic bag and tie it tightly;
- perform hand hygiene procedures- use alcohol-based hand rubs (containing 60%–95% alcohol) and/or apply the soap on your hands and wash them carefully water.

How to use medical masks?

1. Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
2. Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
3. Replace the mask with a new one as soon as it is damp or every 3-4 hours.
4. To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

Where can I get more information about the new coronavirus?

Information is available on the Ministry of Health website. Residents can also consult the hotline on +370 618 79984 (7/24 consultation/advice by the staff of the National Center for Public Health).

 <p>1 Apply the mask covering your nose, mouth and chin</p>	<p>Apply the mask covering your nose, mouth and chin.</p>
 <p>2 Adjust the nose clip apply the nose clip over your nose and tighten</p>	<p>Adjust the nose clip, apply the nose clip over your nose and tighten it</p>
 <p>3 Place the mask over your nose mouth and chin making sure that it is airtight</p>	<p>Place the mask over your nose, mouth and chin making sure it is airtight.</p>
 <p>4 Adjust the mask</p>	<p>Adjust the mask, Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.</p>