





## **virus infections – hygiene protects!**

You can help protect yourself and others from infectious diseases with very simple measures:

The most important hygiene tips are:

1.  Keep enough distance from people who suffer from a cough, a running nose or fever - also due to the ongoing flu.
2.  Sneeze or cough in the crook of your arm or in a handkerchief - and throw away the handkerchief in a trash can with a lid.
3.  Keep your hands away from your face - avoid touching your mouth, nose or eyes with your hands.
4.  Wash your hands regularly and sufficiently long enough (for at least 20 seconds) with water and soap - especially after you have blown your nose, sneezed or coughed.



Further information on [www.infektionsschutz.de](http://www.infektionsschutz.de)

**Your family doctor or public health department  
will be happy to help you.**

**Do you have any more questions? Please,  
give us a call:**

**05681 - 775 123**

**District office Schwalm-Eder-Kreis  
Department 53.3  
Public hygiene and disease control  
Hans-Scholl-Str. 1 | 34576 Homberg (Efze)**

**[www.schwalm-eder-kreis.de](http://www.schwalm-eder-kreis.de)**



**SCHWALM-EDER-KREIS**

**Service-Hotline:  
05681 775 123**

**Information  
Coronavirus  
(COVID-19)**

**English-Version**



**SCHWALM-EDER-KREIS**

## The novel type of corona virus

Coronaviruses can infect humans and cause various diseases: from common colds to serious respiratory infections.

COVID-19 (the name of the disease caused by the virus) is transferable from person to person. Cases also have been reported in which people have become infected from those who have shown only mild symptoms.

## How is the corona virus passed on?

The novel corona virus (SARS-CoV-2) is transferable from person to person. The main mode of transmission is droplet infection. This can happen directly from person to person via the mucous membranes of the respiratory tract or indirectly via hands, which are then brought into contact with the oral or nasal mucosa and the conjunctiva of the eyes.

## What are the symptoms caused by the corona virus?

As with other respiratory pathogens, infection with the novel coronavirus can lead to symptoms such as cough, running nose, sore throat and fever, and some patients also suffer from diarrhea.

## How long is the incubation period?

Experts currently assume that the incubation period (the period from the contact until the first symptoms appear) is up to 14 days.

## Which regulations do you have to consider in kindergartens, schools and other community facilities?

Please don't send your kids to school or nursery, if

- **flu-like symptoms of illness occur or**
- **there is a suspicion that a contact with people infected with coronavirus has taken place.**

If you experience symptoms of illness of the respiratory tract, you should contact a doctor.

### Important note:

It is important that you contact your family doctor by phone first to discuss how to proceed.

## How do I protect my children, others and myself from infection?

### The six most important hygiene rules:

#### 1. Wash your hands regularly

- when you come home,
- before preparing food,
- before meals,
- after visiting the toilet,
- after blowing your nose, coughing or sneezing and
- before and after contact with sick people

#### 2. Wash your hands thoroughly

- soap your hands under running water from all sides,
- allow 20 to 30 seconds,
- wash off under running water and
- dry with a clean cloth.

#### 3. Keep your hands away from your face

- do not touch your mouth, eyes or nose with unwashed hands.

#### 4. Correct coughing or sneezing

- when you cough or sneeze, keep your distance to others and turn away.
- use a handkerchief or hold the elbow in front of your mouth and nose.

#### 5. Keep your distance in case of illness

- cure yourself at home,
- avoid close physical contact as long as you are contagious,
- stay in a separate room and if possible use a separate toilet and
- do not share dishes or towels with others.

#### 6. Air regularly

- ventilate your rooms several times a day for a few minutes.