



## Recommendations to avoid the spread of the coronavirus

In recent days, news about the coronavirus have filled media headlines, but we must remain calm regarding the spread of this virus. As reported by the World Health Organization, the effects of the disease are mild, and therefore do not pose a serious risk, in people without any previous pathology, condition or immune problems.

We can all continue to carry on with our normal lives, although it is advisable to take some precautions and put into practice hygiene habits that can avoid contagion and reduce the chances of contracting the virus.

The World Health Organization recommends measures such as:

- **Wash your hands frequently** using an alcohol-based hand sanitizer or soap and water.
- Take **respiratory hygiene measures** such as coughing or sneezing by covering your mouth and nose with a flexed elbow or with a disposable tissue, and washing your hands afterward.
- **Keep** at least a meter away from people who may have symptoms, or if you are experiencing them.
- **Avoid touching your eyes, nose and mouth** with your hands that have not been previously disinfected.

The WHO also reminds everyone that the use of masks is only recommended for people who already have the disease, in order to avoid transmitting the virus as much as possible, or for some other serious condition that requires extreme precaution, but we should not use them indiscriminately, as we harm patients who really need them with their shortage.

If you want to consult all the information about the virus and the precautions that must be taken, you can do so at this link for the WHO, and at this one for the Ministry of Health, Consumption and Social Welfare. We also provide you with an infographic from the Ministry of Health that summarizes the information that we all must know.

# What you should know about the new coronavirus

Coronaviruses are viruses that circulate between animals, but some of them can also affect humans. The new coronavirus was identified in China in late 2019 and is a new strain that has not previously been seen in humans.

## Prevention

General measures to prevent this and other respiratory viruses

- In case of suffering a respiratory infection, avoid close contact with other people.
- When coughing or sneezing, cover your mouth and nose with a flexed elbow or with a tissue.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands frequently.

On any of your trips, follow these prevention and hygiene recommendations.

## Symptoms

FEVER

COUGH

SHORTNESS OF BREATH

If you have any of these symptoms and have traveled to a risk area, contact your health service by phone.

Disinformation and prejudice against the coronavirus generate discrimination.

Let's stand up to it.

Obtain your information from official sources.

## Transmission

THROUGH RESPIRATORY DROPLETS

Estimated incubation period

2-14 days

GOVERNMENT OF SPAIN

MINISTRY OF HEALTH