

## Information regarding the Coronavirus

The coronavirus causes a new disease.

This disease spreads fast.

People who are ill can pass the virus on to others.

Here you can find some information regarding the coronavirus and what you can do to protect yourself.

**Important:** One person has the coronavirus?

This person contacts the local authorities?

Then, we will treat this person with respect.

**What we want:**

All people should treat the ill people with respect.



**How is the coronavirus disease characterised?**

The disease is harmful to the lungs.

Once a person has caught the coronavirus,

he/she may suffer from a cold or cough

or fever and sore throat.

Some infected people may also suffer from diarrhoea.

Once a person has caught the coronavirus,

it may take up to 14 days

until the first symptoms occur.



## How can you protect yourself from an infection with the coronavirus?

Good hygiene is very important.

Good hygiene can help to protect yourself from an infection.

These are the most important **hygiene rules**.

- Do **not** cough in the direction of other people!

Do **not** sneeze in the direction of other people!

Turn away from other people

when you cough or sneeze.

Keep a distance to other people

of at least one metre.

One metre is a little bit longer than one arm length.

Even better is a distance of 2 metres.

- You have to cough or sneeze?

Please, use a tissue.

Use the tissue only once and throw it away afterwards.

- You have to cough or sneeze?

And you **don't** have a tissue?

Hold the crook of your arm in front of your mouth and nose.

The crook of your arm is the inner side of your elbow.



- **Important: Wash your hands!**

Always wash your hands thoroughly,



especially after coughing or sneezing  
and after blowing your nose.

Always use water and soap!

Wash your hand for at least 20 seconds.

**Not** only hygiene rules are important to protect you  
from an infection.

**You should also comply with the following rules:**

Do not shake other people's hands.

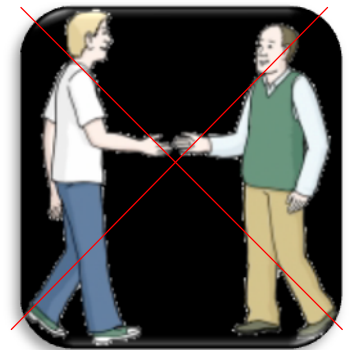
Do **not** embrace or hug other people.

- Keep a distance of at least one metre to people  
who cough or sneeze.  
One metre is a little bit longer than one arm length.  
Even better is a distance of 2 metres.

- Open your windows regularly.  
That way, you let fresh air into your room.

- Some people can get infected more easily than others,  
for example, elderly people.

- Stay away from places where there are a lot of people.



I think I may have caught the coronavirus.  
What do I have to do now?

If you believe

that you have caught the coronavirus,  
you should follow the **hygiene rules!**

And you have to inform a **doctor**,  
for example your family doctor or general practitioner.



### **Important:**

Call your doctor first!

Do **not** go directly to the doctor's practice!

The assistants in the doctor's practice will tell you  
what you have to do next.



### **Further information**

You would like to have more information on the coronavirus?

Or you have further questions?

Here is a list of websites and phone numbers  
where you can obtain more information.



## Telephone numbers

### Public health department of North Rhine-Westphalia

You have questions regarding the coronavirus?

The public health department of North Rhine-Westphalia

has set up a dedicated telephone number available to all citizens.



Office hours:

**Monday to Friday from 9 a.m. to 6 p.m.**

Phone number: **0211 911 91 001**

### Public health department of the Rhine Sieg District

You have questions regarding the coronavirus?

You may also contact the public health department of the Rhine Sieg District

Office hours:

**Monday to Friday from 8 a.m. to 8 p.m.**

Phone number: **02241 13 33 33**

### Association of Statutory Health Insurance Physicians

You may call the patients' service.

This service is available throughout Germany.

Office hours:

**Monday to Friday from 8 a.m. to 4 p.m.**

Phone number: **116 117**

You do **not** have to dial an area code.

## Websites

Robert Koch Institute



The Robert Koch Institute is part of the German Federal Ministry of Health.

The Robert Koch Institute employs experts for infectious diseases.

A lot of people have questions regarding the coronavirus.

The Robert Koch Institute has collected these questions on their website.

You can find them here together with their answers to these questions.

[https://www.rki.de/SharedDocs/FAQ/NCOV2019/FAQ\\_Liste.html](https://www.rki.de/SharedDocs/FAQ/NCOV2019/FAQ_Liste.html)

### **Federal Centre for Health Education**

The Federal Centre for Health Education has also collected questions

and answers regarding the coronavirus.

