

COVID-19

Virus SARS-CoV-2

BOLEST UZROKOVANA NOVIM KORONAVIRUSOM

Novel coronavirus



Zaštita:

- * redovito perite ruke sapunom i vodom Ili koristite dezinficijens na bazi alkohola
- * kada kašljete i kišete prekrijte usta i nos laktom ili papirnatom maramicom koju poslije odbacite u koš za otpad te operite ruke
- * izbjegavajte dodirivanje lica, usta, nosa i očiju
- * izbjegavajte bliski kontakt s osobama koje imaju povišenu tjelesnu temperaturu, kašalj i/ili kratak dah
- * izbjegavajte rukovanje i održavajte razmak od barem 1m kod razgovora
- * provjetravajte prostorije i boravite što više na otvorenom
- * izbjegavajte veće grupe ljudi i javna okupljanja



Protection:

- * wash your hands regularly with soap and water OR use an alcohol-based disinfectant
- * when coughing and sneezing, cover your mouth and nose with your elbow or tissue paper that you later discard into the trash can and wash your hands
- * avoid touching your face, mouth, nose and eyes
- * avoid close contact with sick people who exhibit symptoms of fever, cough and/or shortness of breath
- * avoid handshaking and close conversation - maintain a distance of at least 1m
- * keep the rooms ventilated and try to spend as much time as possible out in the open
- * avoid large groups of people and public gatherings