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