



**BILFINGER**

# INFORMATION ON THE CORONAVIRUS

By applying a number of straightforward measures, you can help protect yourself and others from infection, recognize signs of illness and act correctly in case of illness.

## PROTECT



Wash your hands regularly and thoroughly (for at least 20 seconds)



Use hand disinfectant



Avoid touching eyes, nose and mouth and shaking hands



Maintain as much distance as possible from others when coughing or sneezing



Cough or sneeze into the crook of your arm or into a tissue which you should dispose of afterward

## RECOGNIZE

- Initial signs of illness are coughing, a cold, throat irritation and fever
- Diarrhoea may also occur in some affected persons
- In severe cases, respiratory problems or pneumonia may occur
- Symptoms may appear up to 14 days after infection

## ACT

Should you experience any of the symptoms of illness, contact your doctor at first by telephone and discuss the next steps before you visit the doctor's office