



# Staying at home protects!

**#CoronaSN**



Corona Hotline: 0800-100 0214  
[www.coronavirus.sachsen.de](http://www.coronavirus.sachsen.de)



Freistaat  
**SACHSEN**

# Leaflet: What to do at the onset of coronavirus infections



Infections with a novel SARS-CoV-2 coronavirus are occurring worldwide. The list of the current risk areas is available from the Robert Koch Institute (RKI) website. To open the website, please use the photo function of your mobile telephone:  
[www.coronavirus.sachsen.de](http://www.coronavirus.sachsen.de)

The illness occurring with the new SARS-CoV-2 coronavirus is mostly in the form of a flu-like infection and is clinically indistinguishable from a common cold or a real flu (influenza).

## Behaviour with persons suffering from a respiratory illness (flu-like infection)

- Keep your distance.
- Avoid direct physical contact with the sick person (hugging, kissing, shaking hands).
- Avoid touching your own face with unwashed hands.
- Wash your hands frequently and thoroughly with soap and water.
- Ventilate closed rooms frequently and thoroughly.

## Behaviour when suffering from a respiratory illness (flu-like infection) yourself

- Avoid close contact with sick people.
- Call in sick at an early stage.
- Do not send sick children to a community institution (kindergarten, school).
- Observe the rules on coughing and sneezing:
  - Turn away from other persons when coughing or sneezing.
  - Cough and sneeze into your elbow or use disposable tissues.
  - Dispose of used disposable tissues in the waste bin.
  - Wash your hands frequently with water and soap.
- If you need medical help, make an appointment by telephone with your family doctor and point out to him your respiratory illness.

- If you develop **symptoms**, such as fever, muscular pains, coughing, a cold or diarrhoea and you have been in one of the coronavirus risk areas ([www.coronavirus.sachsen.de](http://www.coronavirus.sachsen.de)) – or have had contact with a **confirmed** case of the coronavirus – in the last **14 days**, then first of all avoid any unnecessary contact with other persons and stay at home! Please immediately contact your family doctor by telephone or call the Medical On-call Service (kassenärztlicher Bereitschaftsdienst) at the telephone number **116 117**. Your family doctor or the Medical On-call service will discuss with you the further steps to be taken.

## Behaviour when in contact with a confirmed case of the coronavirus

If you have had contact with a confirmed case of the coronavirus in the last 14 days, then please immediately contact your local Health Office (Gesundheitsamt). You must do this in any case – irrespective of the occurrence of symptoms.

## Possible actions by employers

- If necessary, update the risk assessment by the company doctor.
- Regularly instruct employees on hygienic behaviour.
- Ensure easily accessible and well-equipped washing facilities for the hands.
- Disinfectants are not required in non-medical areas.
- Ventilate the work rooms about 4 times a day for approx. ten minutes.
- Use disposable tissues.
- Wherever possible and compatible with business interests: arrange for homeworking/teleworking.