Staying at home protects!
#CoronaSN 

Corona Hotline: 0800-100 0214
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.