

INFORMATION ABOUT NOVEL CORONAVIRUS DISEASE (COVID-19)

How Should We Protect Ourselves from Novel Coronavirus Disease?

- Wear a mask. Adjust your mask to cover your mouth and nose, ensure the mask fits well on the face, and change it when it moistens.
- Do not touch the front of the mask.
- Pay attention to your social distance (1.5m.). Maintaining social distance can prevent the transmission of the novel coronavirus.
- Avoid contact with sick people with fever and cough, protect your social distance.
- Wash your hands with soap and water for at least 20 seconds, use alcohol-based hand antiseptics if water and soap are not available.
- Avoid contact with frequently touched surfaces, wash your hands or use a hand antiseptic after touching these surfaces.
- Do not touch the mouth, nose and eyes without washing your hands.
- Perform your hand hygiene frequently, especially after a direct contact with sick people or their contacts.
- Cover your nose and mouth with disposable paper tissue during coughing or sneezing, if there is no paper tissue, use the inside of your elbow; if possible, do not enter crowded places, if you have to, close your mouth and nose, use a mask.
- Throw out used tissues and masks, wash your hands.
- If have cough, fever, nasal flow and shortness of breath within 14 days after travel, wear your mask and contact the healthcare facility. Tell the doctor about your travel history.
- Monitor your own health, be careful about the symptoms.
- Minimize your contact with other patients when you need to go to the healthcare facility. • If you are coming from a risky area and have symptoms of the disease, or if you have been in close contact with someone with a novel coronavirus disease, and are staying in public accommodations, report this to the institution's management or the relevant counsellor.
- Isolation/quarantine (limited isolation for a certain period of time) is implemented if you are confirmed, possible or contact.
- If the existing rules about COVID-19 are not followed, criminal proceedings will be applied within the framework of legislation.