CORONAVIRUS COVID-19 PREVENTION

Hotline of the National Health Fund (NFZ)
800 190 590

Łódź helpline for seniors
42 638 55 00
Seniors are the group most at risk

WAYS TO REDUCE THE RISK OF CORONAVIRUS INFECTION:
- Frequent wiping of your hands with alcohol-based disinfection wipes or washing your hands with soap and water
- When coughing or sneezing, cover your mouth and nose with a bent elbow or tissue. Throw away the tissue immediately and wash your hands
- Avoid close contact with anyone who has a fever and cough
- Thorough cooking of meat and eggs
- Avoid contact with sick or stray animals

PROTECT YOURSELF AND OTHERS AGAINST THE DISEASE

WASH YOUR HANDS
- after coughing or sneezing
- while caring for a sick person
- before, during and after preparing a meal
- before a meal
- after using the toilet
- when the hands are visibly dirty
- after working with animals or animal waste

PROTECT THE OTHERS AGAINST THE DISEASE
- Avoid close contact with others when you have a runny nose, a cough or a fever
- Avoid spitting in public places
- If you have a fever, cough and have difficulty while breathing contact a doctor. Provide information about the places and time of your recent trips

STAY HEALTHY DURING TRAVEL
- Avoid traveling if you have a fever and cough
- If you have a fever, cough and have difficulty while breathing contact a doctor and provide your doctor with information on your recent travels

STAY HEALTHY DURING TRAVEL
- When coughing or sneezing, cover your mouth and nose with a bent elbow or tissue. Throw away the tissue immediately and wash your hands
- If you decide to wear a mask, make sure it covers your mouth and nose - avoid touching the face mask
- Immediately discard the disposable face mask after each use, and wash your hands after removing the face mask
- If you get sick while traveling, please inform the crew and immediately seek medical assistance
- If you seek medical attention, share travel history with your healthcare provider

APPLY FOOD SAFETY RULES
- Use separate boards and knives for cutting raw meat and cooked food
- Wash your hands between contact with raw and cooked food
- do not eat sick animals meat

APPLY FOOD SAFETY RULES
- Cooked and properly prepared meat products can be safely consumed, even if they came from areas of outbreaks