

COVID-19 (CORONAVIRUS)

Stay alert regarding the latest news on the COVID-19 outbreak



SYMPTOMS

As stated by the European Centre for Disease Control (ECDC):
Fever - Cough - Breathing difficulties - Muscle pain - Tiredness



GENERAL RECOMMENDATIONS

- Practice frequent hand-washing with soap and water: minimum 20 seconds, and up to wrist - if you cannot wash your hands, please use disinfectant gels or tissues
- Cough or sneeze into your elbow
- Use handkerchiefs only once
- Practice disinfection with alcoholic gel
- Avoid touching mouth and nose after having visited public places
- Avoid contact with people who may show symptoms



WHEN SHOWING SYMPTOMS

- Stay at home and avoid contacts with others
- Use a medical face mask if you develop symptoms
- Seek medical advice
- Go to see the doctor only with a previously fixed appointment and when the waiting room is empty to avoid infecting other people

Please refer to 'general recommendations' in the section above or [click HERE for more information.](#)



AT WORK

- Consider giving your teams and staff Corona virus briefings and conduct hygiene talks
- Increase availability of hygiene products and disinfectants around your facilities
- Enable teleworking
- If staff members show symptoms, make sure they are immediately separated from their colleagues
- Instruct them to seek medical advice and get tested

The European Agency for Safety and Health at Work has provided the contact details for the national focal point for each member state, [To search for your country, click HERE.](#)



TRAVEL

The World Health Organisation's regional office for Europe regularly provides news and updates regarding the COVID-19 outbreak.

[Click HERE for more information.](#)



SOURCES

[World Health Organisation](#)

[European Commission](#)

[European Centre for Disease Prevention and Control](#)

[European Medicines Agency](#)

[US Occupational Safety and Health Administration](#)

[Interactive map of affected regions \(Johns Hopkins CSSE, 2020\)](#)