

Flu or Corona Virus?

Important: If you develop signs like coughing, runny nose, or fever you most likely contracted the flu or a common cold, despite the spreading of Coronavirus [SARS-CoV-2] in Germany. If you are suffering from the symptoms listed above, **please do not go to see your family doctor, rather phone, fax, or email her office first to discuss what to do next.** (► public health department; ► telephone number 116 117; ► local testing site, if available; ► family doctor)

What is the Coronavirus?

Starting December 2019 more cases of a respiratory disease caused by SARS-CoV-2 (a virus) have been found in China. The disease has been named Covid-2019. By now cases have been detected in Europe and the US as well. Human-to-human transmission has been verified. Transmission is possible before patients start to have symptoms.

Following an incubation period of 2-14 days, patients can develop symptoms resembling a flu or a bronchitis like ► fever; ► coughing; ► shortness of breath.

Do I have Coronavirus disease?

Patients should be checked for Coronavirus infection if they suffer from respiratory or general symptoms like fever or abnormal fatigue

AND if they stayed in one of the regions at risk (Southeast Asia, increasingly some European countries) within the last 14 days prior to developing symptoms

or if they had contact to a verified SARS-CoV-2 case.

► In this case, contact (via **phone, fax or email**): your regional public health department (ZIP code based search: <https://tools.rki.de/plztool/>) ► the number 116 117, ► a local testing site, if available or ► your family doctor's office.

How can I protect myself?

General precautions help prevent contracting the flu as well as SARS-Cov-2-Virus:

- Washing your hands with water and soap or cleaning your hands with an alcoholic gel (usually available in local drug stores).
- **„Correct“ coughing/sneezing into a handkerchief. Afterwards, discard the handkerchief in a waste bin or coughing/sneezing into the upper part of your sleeve - *do not spray your hands!***
- Keep your distance from obviously infected people.
- Wearing a face mask is currently not needed.

Travelling

The Federal Foreign Office advises to not travel to Southeast Asia or other affected countries. Further advice can be found on their homepage (<https://www.auswaertiges-amt.de/de>).

If you recently returned to Germany from one of these countries and develop respiratory or general symptoms, or if you were in contact with COVID-infected patients, please contact (**by phone/fax/email**) the nearest public health department (find by ZIP code: <https://tools.rki.de/plztool/>), call 116 117, or **phone** your family doctor's office.

The Federal Ministry of Health established a hotline for concerned citizens under:

+49 30 346 465 100

available Monday to Thursday 8AM-6PM and Friday 8AM-12PM