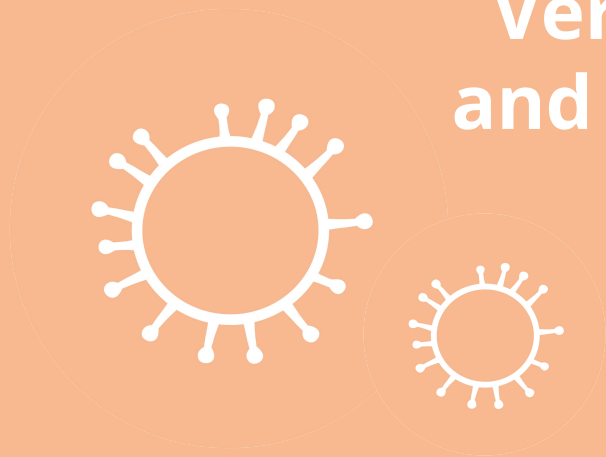
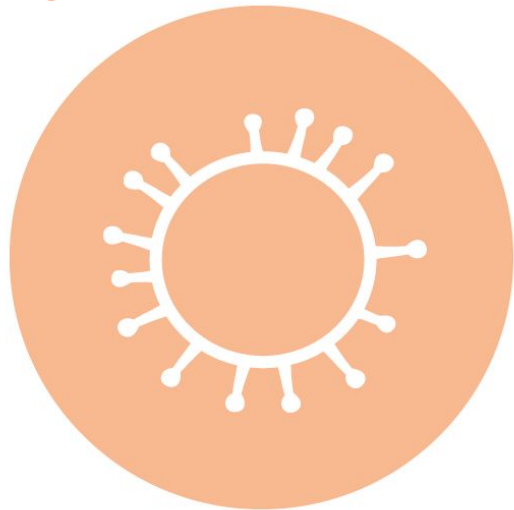


Coronavirus

**Verified information
and recommendations**



What is it?



The name coronavirus is derived from the Latin corona, meaning "crown". Protein spikes covering the surface of the virus create this specific crown shape.

Term *coronavirus* is used for any virus belonging to the *Coronaviridae* family. This family is organized in two sub-families and both of them cause various diseases with different levels of severity.

Coronavirus disease 2019 - "**COVID-19**," is an infection caused by a specific virus SARS-CoV-2*, which was first discovered in late 2019 in **Wuhan, China**.



*SARS-CoV-2 = *Severe Acute Respiratory Syndrome - Corona Virus*

How is it spread?



Coronavirus is spread from human to human, just like a common flu = **through air by small particles and liquid droplets**. It mainly affects the respiratory tract and conjunctivas.

**Coughing
Blowing nose**

Talking

**Kissing and during
sex**

**Touching an
infected surface**

Spread
radius up to
2 metres



Important! You can get infected even from asymptomatic patients, who don't even know about the disease yet.

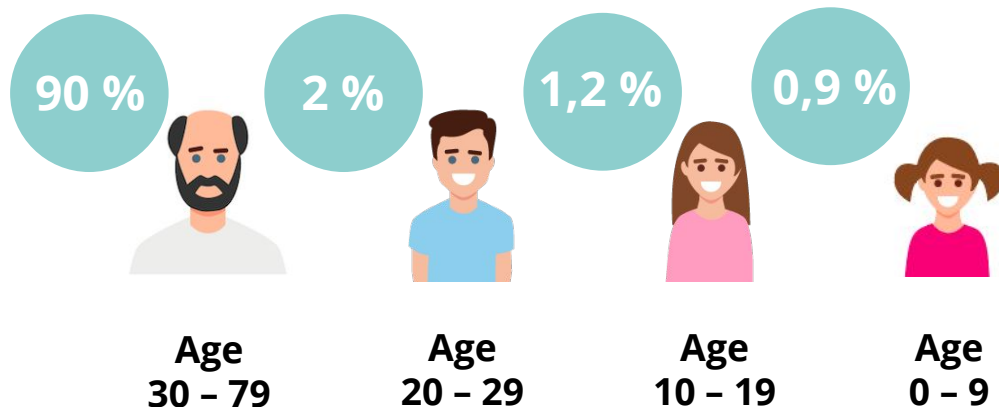
Incubation period



2 to 14
days

.. that's why the quarantine, when returning from affected locations, is set to 2 WEEKS.

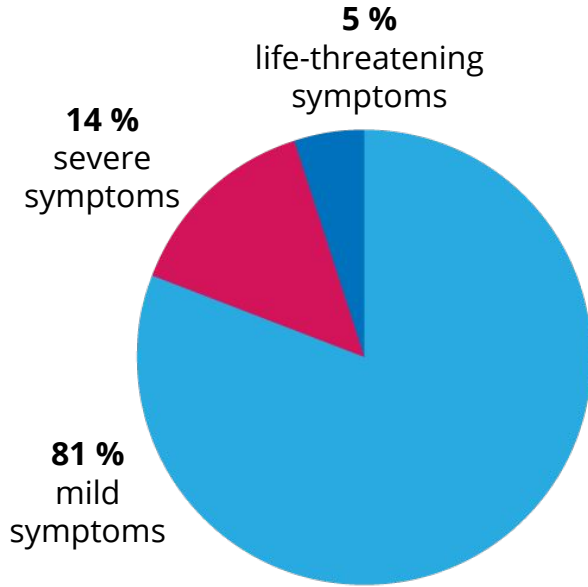
What is the age distribution of infected people?



**incubation period is the time elapsed between virus exposure and first symptoms*

The risk of getting infected is the same for all people. Children and young people, however, often experience only mild symptoms of the disease.

How does the infection look like?



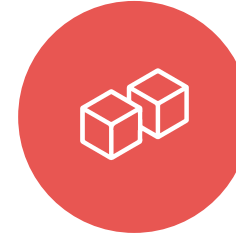
Who is the most at risk?



Seniors



Groups of children



People with chronic medical condition
(diabetes, heart failure, lung diseases)



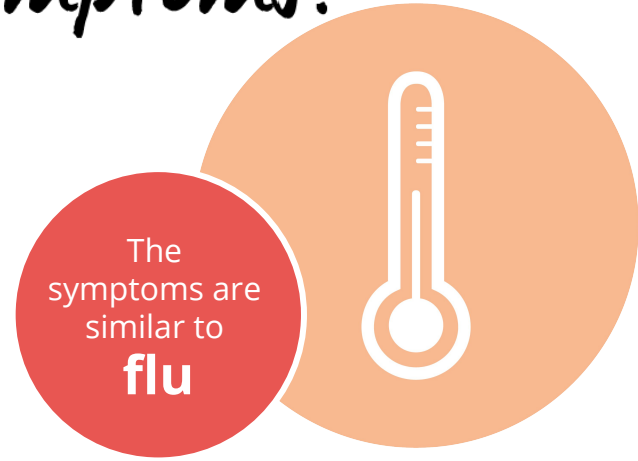
People with weak immune system
(cancer)

What are the symptoms?

- Fever
- Cough
- Fatigue
- Breathing problems*
- Muscle fatigue
- Loss of appetite

Other common symptoms are headaches, sore throat, stuffy nose. Sometimes even nausea and diarrhea.

**Some patients experience pneumonia, which can result in respiratory failure.*



How is it diagnosed?

The doctor may take some samples, including saliva, nasal swab and throat swab, to send for testing.

Coronavirus vs. Flu

	CORONAVIRUS	FLU
TRANSMISSION	Both are droplet infections transmitted by contact with infected people or contaminated objects and surfaces.	
SPREAD	Same as flu.	Same as coronavirus. Flu has got a shorter incubation period (about 3 days).
VACCINATION	Doesn't exist.	Exists.
SEVERITY	Probability of death in adults is 30 - 40 times higher, compared to flu. (There are not enough data for children). Mortality is around 0,5 to 2,8 % and it gets higher with age.	Yearly, there are around 3 to 5 million high-severity cases of flu worldwide and around 290 000 to 650 000 deaths. Average mortality of flu is 0,1 %. There are around 1500 deaths in Czech Republic connected with flu every year.
CHILDREN	Children have the same probability of getting infected, however they experience milder symptoms.	Yearly, 20 to 30 % of children get infected worldwide.
RISK GROUPS	The probability of getting infected is the same for all age groups.	Young children, elderly people and people with chronic condition (diabetes, hypertension, cardiovascular diseases...) are the most in danger.

How is it treated?



There is no specific antiviral medicine yet. The treatment is mostly symptomatic, depending on individual needs of each patient.

If the symptoms are mild, the patient can stay home and treat the symptoms there. If the symptoms are severe, the patient needs to be put in hospital (in case of breathing problems, for example).

**Duration of the
disease with
mild symptoms**

2 weeks

**Duration of the
disease with
severe symptoms**

6 weeks

How to prevent the disease?



Every one of us can help to stop the spreading of the virus by being empathetic, cautious and caring. Follow these rules:

1. Wash your hands regularly

Use water and soap. Do it every time after you get home or in case you touched other people, animals or surfaces outside. [Learn to wash your hands properly!](#) It's also good to use antibacterial hand gel with 60 % alcohol.

2. Cover your mouth with a sleeve

when coughing or sneezing. Don't use your hand.

3. Use disposable tissues

and wash your hands every time you use them.

4. Don't touch your face

Especially your mouth, nose and eyes. If you accidentally touch it, wash your hands afterwards.

5. Try to avoid crowded places

Stay at home if you can.

6. Avoid infected people

If you need to see them, stay at least 1-2 metres away from them.

How to prevent the disease?



7.

Limit your travel

to a bare minimum. Public transport and taxi included.

8.

Take care of your health

get enough sleep, eat healthy, drink enough water and don't forget to exercise.

9.

Clean and disinfect

Especially objects and surfaces that are frequently touched. Door knobs, computers, mobile phones, nightstands... Choose a disinfection that kills viruses as well as germs.

10.

Cook your meal thoroughly

especially meat and eggs.

11.

Use protective equipment

Gloves, glasses, face masks...

12.

Wear a face mask

We will tell you how to use it later in the presentation.



There is no vaccination protecting from COVID-19 yet.

When and how to use a face mask



If you have any symptoms
(cough, sneezing, fever...)

If you think, you were in contact with an infected person

If you are healthy but **you want to protect others***

If you are healthy but **taking care of the infected**

*everytime you go outside. Especially if you go to the doctor or pharmacy.



How to use a face mask or a respirator?

General guidelines for face mask and respirator use

- **Sanitize your hands** before and after you touch your protective equipment or **wash them** with soap and water.
- **Cover your nose and mouth.** Make sure there are **no spaces** between the mask and your face.
- **Don't touch** your protective equipment during use.
- If it gets wet, **change it.**
- **Remove the mask using the straps on the back**, don't touch the mask itself.



Use your protective equipment everytime you go outside.

Protect yourself as well as the others!



Face mask

- Have **more face masks in stock** to change them whenever you need to (for example 4 masks a day).
- **Wash it at high temperatures** after use (above 60°C).
- **Iron** the mask.



Disposable face masks

- **Don't use it again.**
- Put it in a sealed container after use.



Respirator

- Respirator loses its effectivity **after 4-6 hours** of use.
- Respirators with valves should be used **with face masks** over them.

How to wash your hands?



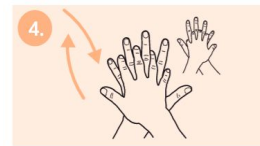
Wash hands with water.



Apply enough soap.



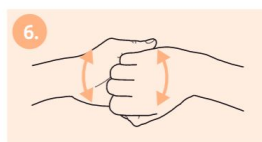
Rub hands palm to palm in a circular motion.



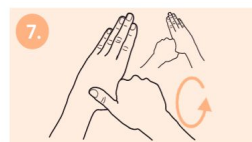
Rub the back of each hand with fingers interlaced.



Rub palms together with fingers interlaced.



Interlock your fingers and rub their backs against each other.



Rub your thumbs inside your palms.



Rub your palm with your fingers to clean the spaces between nails and skin.



Rinse your hands with water.



Dry hands thoroughly.



Use a disposable towel to stop the running water.



Recommendations regarding quarantine



1.

Be considerate

Breaking the quarantine can put you and people around at risk. This behaviour can be fined by up to 3 mil. CZK.

2.

Stay at home!

Don't go to work, schools, shops or pharmacies. Have your goods delivered. Don't use public transport or a taxi.

3.

Isolate yourself

stay in a separate room with a good circulation of air. If you share a bathroom or a toilet, clean it after you use it. Separate your towels, use one for your hands, another for your body.

4.

Call your doctor

before you visit him/her.

5.

Wash your hands regularly

with water and soap for at least 20 seconds.

[Learn to wash them properly!](#)

6.

Cover your mouth and nose

with a disposable tissue when coughing or sneezing. Throw these tissues into a sealed trash can after use and wash your hands afterwards.

7.

Don't share household goods

such as plates, cutlery, towels, blankets, etc. Wash your dishes and clothes separately. Put your clothes into a plastic bag and take them out only after you get a negative test result from your doctor.

Recommendations regarding quarantine



8.

Wear a face mask

when sharing a room with other people.

11.

Limit your contact with pets

and wash your hands before and after.

9.

Wash your clothes at high temperatures

The recommended temperature is at least 60°C. Use disposable gloves and wash your hands afterwards. Clean and disinfect all surfaces around the washing machine. Don't use public laundries.

12.

Be responsible with your trash

If you are infected, put any trash into a plastic bag and seal it properly.

10.

Don't invite other people

to your houses. If you think it's necessary to see someone, talk about it with your doctor. Try to limit personal contact to a minimum, use online communication.

13.

Watch your symptoms

If your health condition gets worse, call your doctor. Consider if it's a case of emergency, if so, call 112.

What to do at home / in family?



- **Avoid contact** with infected people.
- **Cover your mouth and nose when coughing or sneezing.** Use disposable tissues and throw them out immediately after. Then wash your hands with soap and water.
- **Wash your hands with soap and water** for at least 20 seconds. [Learn to wash them properly!](#)
- Wash all surfaces at home, don't forget to wash door knobs and switches.
- **Teach your children at home**, if you can.
- **Avoid playgrounds** and places with a lot of people.
- **Don't invite anyone to visit and don't visit your friends either.** Use online tools or a phone to communicate.
- **Communicate with your children about coronavirus.** [We will show you how.](#)

Coronavirus during pregnancy

- Pregnant women **are supposedly not** more prone to become infected in comparison with other people.
- **There are no cases of mother-to-child transmission.** The virus was not detected in amniotic fluid, neither in breast milk.
- Current data imply that pregnant women **do not** experience worse cases of infection than other people.

IF YOU EXPERIENCE ANY
SYMPTOMS, SUCH AS COUGHING,
FEVER OR SHORTNESS OF BREATH,
STAY HOME AND CALL YOUR GP.
TELL HIM YOU ARE PREGNANT.

IF YOU WERE TESTED POSITIVE FOR
CORONAVIRUS, CALL YOUR MIDWIFE
AND/OR GYNECOLOGIST AND ASK THEM
FOR ADVICE AND OTHER INSTRUCTIONS.



Coronavirus during pregnancy

- The infection and its symptoms are the same for pregnant and “non-pregnant”.
- You can use acetaminophen (paracetamol) if you have fever.
- If you experience severe symptoms (for example breathing problems), you must be treated in hospital.
- **The infection should not be a reason for mother to isolate herself from her newborn baby (if she feels well and have no complications). Just be sure to wash your hands properly before breastfeeding and wear a face mask. Always talk about this with your doctor.**



How to talk to children about coronavirus?



- **Explain** the situation (consider their age). Make sure you have enough time for a proper explanation.
- **Don't be afraid** to admit you don't know all the answers for their questions.
- **Reassure** them there are experts working on a cure.
- **Listen** to their feelings, don't take them lightly.
- **Explain** the ways to prevent infection.
- **Teach** them how to wash their hands properly.
- **Reassure** them it's okay to admit if they don't feel well.
- **Talk** to them on a daily basis.
- **Explain** that not everyone coughing or sneezing is coronavirus positive.

Tell your grandma and grandpa

„Wash your hands with soap and water regularly. Count to 20 when doing so.”

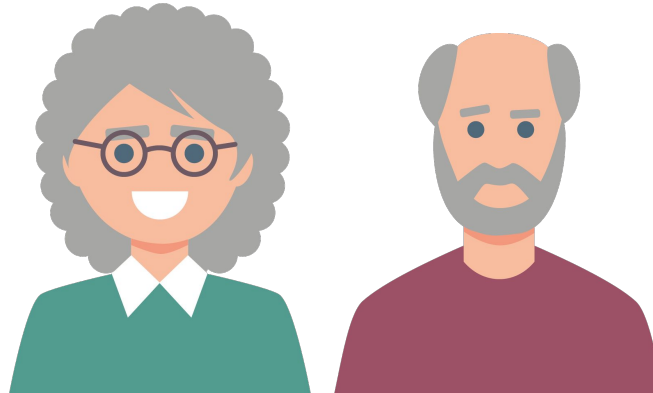
„Don't panic, but don't take it lightly either.”

„Stay home, I will do your shopping. Or you can ask volunteers in your area.”

„Don't underestimate any of the symptoms! Especially coughing, fever or shortness of breath.

„If you have to go outside, wear a face mask and wash it at high temperatures after use.”

„If you have breathing problems, call 155!”



„Don't forget to eat a lot of fruit and vegetables.”

How to treat your pets?

Currently, there are no data showing pets can get infected or transmit COVID-19.
However, you should follow these instructions:

1.

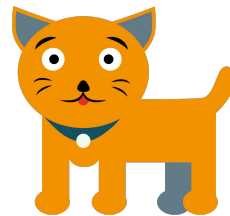
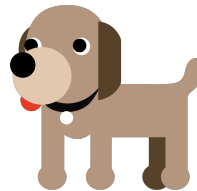
If you are healthy:

- **Wash your hands** after any contact with your pet, after you prepare their meal and after manipulation with their excrements.
- **Clean after your pets**, vacuum thoroughly, wash all surfaces and floors regularly.
- **Wear a face mask** when going out for a walk.
- **Talk to your vet** if you have any questions.

2.

If you are infected:

- **Limit contact** with your pets.
- **Don't go out for walks**, ask someone else to go.
- **Wash your hands** before and after every contact with your pet.



Coronavirus testing for pets
is not recommended.

How to keep calm?



- It's normal to feel baffled or scared, **you are not alone in this.**
- Search information from **trustworthy sources** only.
- **Limit watching the news** on TV and social media, especially before bed time.
- **Don't overthink** it.
- **Plan** your day.
- **Talk** with your family.
- **Analyze your emotions**, it will lower the tension.
- **Be empathetic** and support others.

How to stay active during the pandemic?

Every break from sitting can reduce muscle tension and improve blood circulation - 3 to 5 minutes of walking or stretching are quite enough. Cleaning or gardening are also great ways to stay active.

How to stay active?



- Every physical activity is **better than none**.
- **Reduce your "sitting time"** - take short breaks every 30 minutes (stretch, take a quick walk, run the stairs, go to the garden).
- Start small, go bigger.
- Routine - repeat your workout every day at the same time.
- Plan your activities together with your family - play with children, visit online lessons...

Benefits of physical activity

- **lowers** blood pressure
- **lowers** weight
- **lowers** the risk of cardiovascular diseases (heart attack, stroke)
- **lowers** the risk of diabetes
- **improves** stability and flexibility
- **lowers** the risk of instability and falling for elderly people
- regular physical activity is **beneficial for mental health** and can lower the risk of depression

How to stay active during the pandemic?

How much physical activity is enough?

- **Children up to 5 y.o.** – at least 180 min/day (active games around the house - throwing, catching, kicking, jumping, running...)
- **Children 5 - 17 y.o.** – 60 min/day (muscle improving exercises at least twice a week - jumping rope, online lessons, gentle lifting...)
- **Adults** – at least 150 min of medium intensity training a week or 75 min of high intensity training a week (muscle improving workouts at least twice a week - running the stairs, house work, online lessons, weightlifting, squats, sit-ups, dancing...)
- **Elderly people** – balance training 3 times (and more) a week



Stay safe!

- **Don't exercise** if you experience any symptoms (see ["What to do when..."](#))
- If you go outside, **respect government restrictions** - keep at least 2 meters distance from others, wear a face mask, sanitize your hands
- **Don't go big at the beginning** - start low and add slowly
- **Choose a suitable activity for you**

Do you need help?



MINISTERSTVO ZDRAVOTNICTVÍ
ČESKÉ REPUBLIKY

Go to
koronavirus.mzcr.cz
or call 1212

Call the National
Institute of Public
Health hotline



Call your insurance
company hotline



If you cannot reach the
hotlines, keep calm and **try**
again later.

- 724 810 106
- 725 191 367
- 725 191 370

- VZP 952 222 222
- VoZP 844 888 888
- OZP 261 105 555
- ČPZP 810 800 800
- ZP ŠKODA 800 209 000
- ZPMV 844 211 211
- RBP 800 213 213

What to do when...

...you think you might be infected?

1.

DON'T GO
OUTSIDE

2.

CALL YOUR GP OR
YOUR REGIONAL
PUBLIC HEALTH
AUTHORITY



3.

IF THEY DECIDE

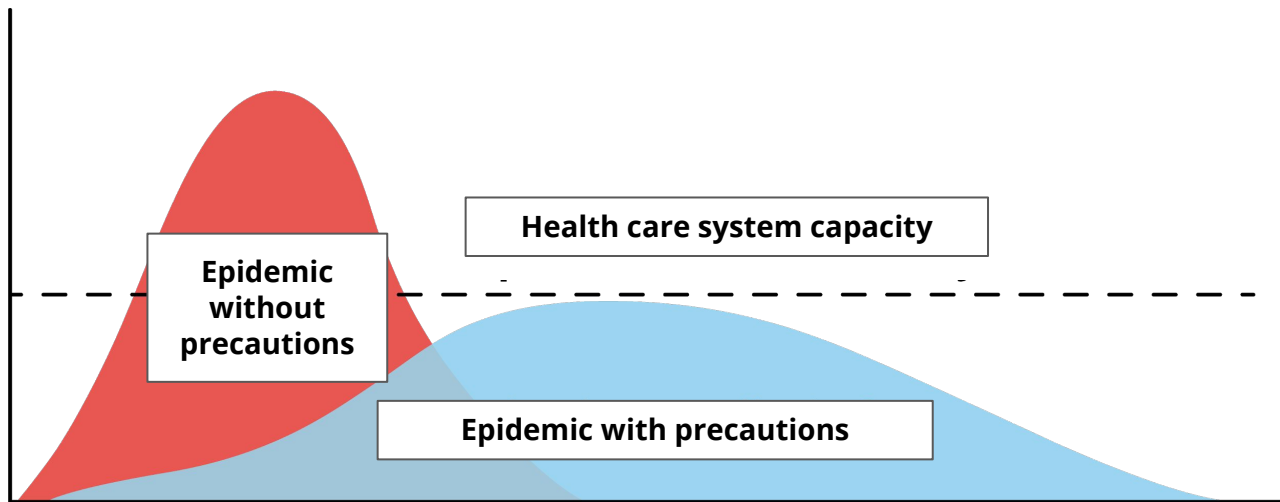
YOU **NEED** TO GET
TESTED

YOU **DON'T NEED**
TO GET TESTED

**FOLLOW THEIR
ORDERS**

- FOLLOW THE RECOMMENDATIONS OF THE GOVERNMENT
- BE RESPONSIBLE AND CONSIDERATE
- DON'T GO OUTSIDE
- IF YOU FEEL WELL, FOLLOW "HOW TO PREVENT" SECTION

Why is it important to stop an explosive epidemic?



It's important to follow implemented precautions (quarantine) to avoid health care system overload. Only then, doctors can guarantee an adequate care of every case.

Real-time numbers

In Czech
Republic

Celkový počet provedených laboratorních testů

203 622

k 24. 4. 2020 v 8.30 h

Celkový počet osob s dosud prokázaným onemocněním
COVID-19 (kumulativně za celé období)

7 188

k 24. 4. 2020 v 8.30 h

Aktuální počet hospitalizovaných s onemocněním
COVID-19

395

k 24. 4. 2020 v 8.30 h

Aktuální počet osob s prokázaným onemocněním
COVID-19 (včetně hospitalizovaných, bez vyléčených
a úmrtí)

4 789

k 24. 4. 2020 v 8.30 h

Celkový počet vyléčených po onemocnění COVID-19 dle
hlášení KHS

2 186

k 24. 4. 2020 v 08.30 h

Celkový počet úmrtí v souvislosti s onemocněním
COVID-19

213

k 24. 4. 2020 v 8.30 h

Worldwide

Most common myths

„Drinking hot water every 15 minutes can protect me from getting infected.”

„Ibuprofen can worsen the course of infection.”

„The virus can't survive temperatures above 24°C - so we are okay in summer.”

„It's pointless to wear a face mask - it can't protect me from getting infected anyway.”

„Holding your breath for 10 seconds can tell you if you are coronavirus positive or negative.”

Most frequented questions

1.

Can a homemade face mask protect me from getting infected?

By wearing a homemade face mask, you **protect mainly others around you**. Face masks can reduce the spread of the virus from people with symptoms (coughing, sneezing...). The infection **can be** asymptomatic - that means you can't be sure you weren't infected. **That's why it's good to wear a face mask every time you leave your home**. With a proper hygiene and social distancing (2 metres at least), this is the best way to protect yourself and others.



More information at the
Ministry of Health of the Czech
Republic webpage [HERE](#).

2.

How often should I change my face mask and how to take care of it?

- **Have more face masks** in stock (for example 4 pcs/day).
- If they get wet, **change them** (one mask shouldn't be used for more than 2-4 hours).
- **Wash it at high temperatures** after use (at least 60°C).
- **Iron** it after washing.
- **Sanitize your hands** before and after you touch your mask.
- **Cover your nose and mouth**. Make sure there are no spaces between the mask and your face.
- **Don't touch** your protective equipment during use.
- Remove the mask using the straps on the back, **don't touch the mask** itself.
- You can put a **filter inside** the mask.

Most frequented questions

3. Can pets get infected and transmit the virus?

Currently, there are no data showing pets can get infected or transmit COVID-19. The virus can, however, stay on their fur. If you get infected, you shouldn't go outside for walks - ask someone else to do it. If you can't, limit the time spent with your pet to a bare minimum and sanitize your hands before and after every contact.

4. Should I get tested with no symptoms?

It's not recommended. The testing is coordinated by Regional Public Health Authority, the priority is to test people with symptoms and frontline workers, such as doctors, nurses, etc.

5. Is it important to wash or sanitize goods from a supermarket?

Fruit and vegetables should always be washed - not only because of coronavirus, but also because of pesticides on the surface. Packed goods can be washed with water and dish detergent or with sanitizing wipes. After you get home from a supermarket and after you unpack all goods, wash your hands with soap and water.

6. Are there any health consequences after coronavirus infection?

It's too soon to tell. There is a possibility of lung damage in severe cases of the infection. Mild cases should be without consequences.

Most frequented questions

7.

What to do after I come home?

Take off your face mask and put it in a sealed container. Wash your hands immediately after with soap and water for at least 20 seconds. If you have a sanitizer, use it. Change your clothes and throw the clothes from work to a laundry bin.

You can learn how to make a homemade sanitizer at the Ministry of Health of the Czech Republic webpage [here](#).

8.

Why do we need government restrictions?

Government restrictions are needed to prevent health care system overload. This happened for example in Italy - too many people got infected and the system just collapsed. Overloaded health care system can't provide adequate health care for everyone, that's why it's important to avoid it.

9.

Are there any cases of mother-to-child transmissions?
Should the mother isolate herself if she gets infected?

There are no cases of mother-to-child transmission yet. The virus was not detected in amniotic fluid, neither in breast milk. The infection should not be a reason for mother to isolate herself from her newborn baby (if she feels well and have no complications). Just be sure to wash your hands properly before breastfeeding and wear a face mask.

10.

My husband need to be isolated. Do I have to be isolated as well?

No, however there are some hygiene guidelines. Read the government recommendations at the Ministry of Health of the Czech Republic webpage [here](#).

Most frequented questions

11. Are smokers more at risk? Do they experience more severe symptoms?

They might, because that hand-mouth contact during smoking can help coronavirus to get inside the body. What's more, smokers' lungs are more damaged thanks to smoking, which can increase the risk of severe symptoms.

12. How long does the virus survive in air and on clothes?

Coronavirus spreads through air droplets, which are detectable in air for about 30 minutes. On surfaces, it can survive for several hours or days, according to current studies. It's unknown for how long it can survive on clothes, however it's recommended to change clothes after you come home and wear them again only after you wash them at high temperatures.

13. How is coronavirus tested? Are these tests reliable?

It's tested from nasopharynx tissue samples (nasopharynx smears). The samples are sent to a lab, where they evaluate it with a so-called PCR test. This test detects a genetic information of the virus (its RNA - ribonucleic acid). The reliability of the test is estimated to 50 - 70 %. The most common mistakes are bad sample extraction and inappropriate manipulation with the sample.

There are also so-called "quick tests". These tests detect antibodies in your body, which are produced if you encounter the infection. These antibodies are however produced only after a few days of infection, hence the tests are not able to confirm the infection at its early stage.

14. Are you immune if you've had coronavirus already?

Currently, there are not enough data to support this thesis.

Final recommendations

Don't panic, but also
don't underestimate
the situation

If you don't feel well,
stay at home

Wash your hands
regularly
[How to do it?](#)

Use reliable sources
([MZ ČR](#), [SZÚ](#), [WHO](#))

Call your doctor
before you go there

Avoid ill people

Be responsible,
considerate and
caring

Stay isolated if you
are ordered to

All of us can help to
prevent this disease

Who created this presentation?

Non-profit organization



This presentation was created on the 25th of April. The situation may have changed, follow the information from WHO.

Support our cause:

bit.ly/PodporitLoono

Under the auspices of



1. LÉKAŘSKÁ
FAKULTA
Univerzita Karlova

We use reliable sources



MINISTERSTVO ZDRAVOTNICTVÍ
ČESKÉ REPUBLIKY



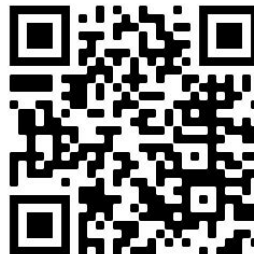
World Health
Organization



STÁTNÍ
ZDRAVOTNÍ
ÚSTAV
SZÚ



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