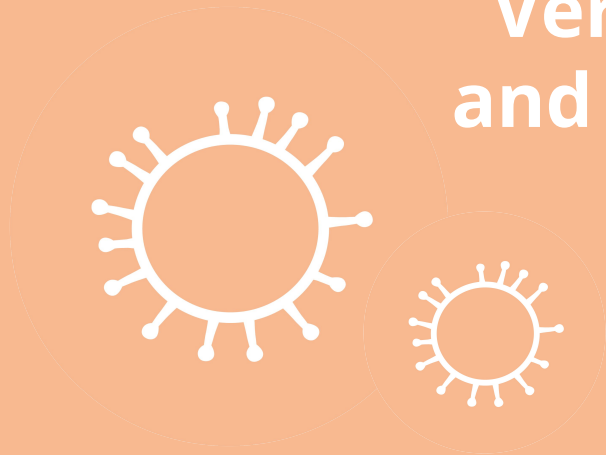
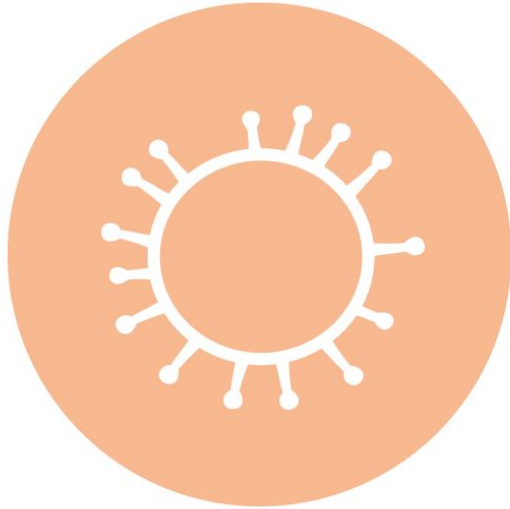


Coronavirus

**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.

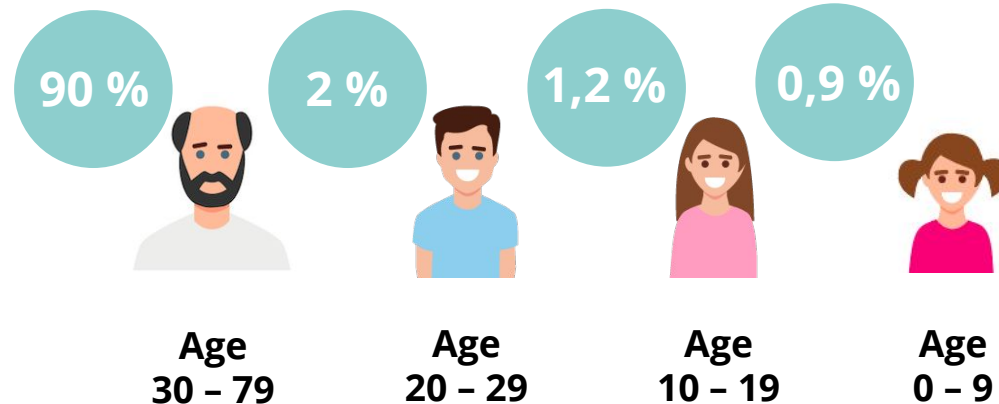
Incubation period



2 to 14
days

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

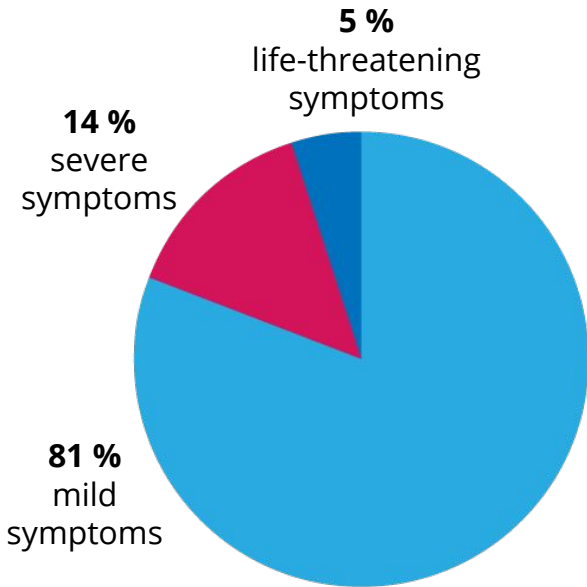
What is the age distribution of infected people?



**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?



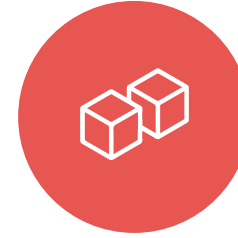
Who is the most at risk?



Seniors



Groups of children



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



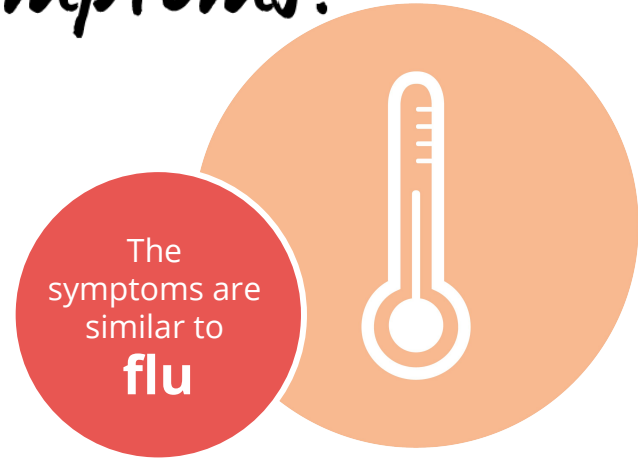
People with weak immune system
(cancer)

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.

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 symptoms

(coughing, sneezing, fever...)

If you think,

you may have encountered an infected person

If you want

to protect people around you*

If you are taking care

of an infected person

- **Wash your hands** with water and soap or **use a disinfection** before and after you touch the face mask.
- Cover your **nose and mouth** and make sure the mask **fits well** - there shouldn't be any free space.
- **Don't touch** the mask.
- If it's wet, **change it** for a new one.
- If you want to take it off, **touch the strings in the back**, not the mask itself.
- Disposable face masks are meant to be **used only once**.
- Throw it **into a sealed trash can** after use.
- If you use cotton face masks, you should have **more than one** piece to change them between uses. **Wash them at high temperatures** and iron them afterwards.

*especially if you go to the doctor or to a pharmacy

How to wash your hands?



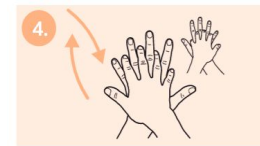
1. Wash hands with water.



2. Apply enough soap.



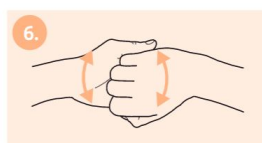
3. Rub hands palm to palm in a circular motion.



4. Rub the back of each hand with fingers interlaced.



5. Rub palms together with fingers interlaced.



6. Interlock your fingers and rub their backs against each other.



7. Rub your thumbs inside your palms.



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



9. Rinse your hands with water.



10. Dry hands thoroughly.



11. 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.

Do you need help?



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...

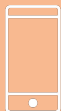
...you think you might be infected?

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

Real-time numbers

COVID-19: Aktuální počty onemocnění koronavirem v ČR

Poslední aktualizace: 17. 3. 2020 v 18:00

Celkový počet provedených testů je hlášen každý den v ranních hodinách s aktuálními čísly ke konci dne předchozího. Pozitivní případy jsou doplňovány 2x denně okolo 9.00 a 18.00 hod.

Celkový počet provedených testů

6 302

Celkový počet osob s prokázanou nákazou COVID-19

434

Celkový počet vyléčených

3

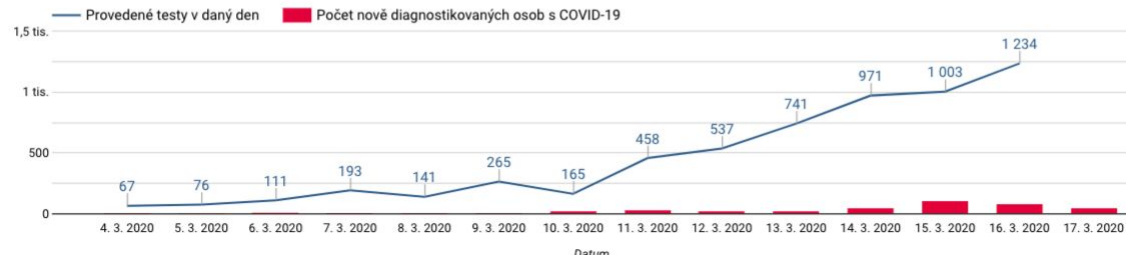
[Seznam odběrových center COVID-19](#)

Upozornění: Prosíme uživatele o trpělivost při delším načítání následujících grafických výstupů a případné nefunkčnosti na některých méně používaných prohlížečích. Na optimalizaci intenzivně pracujeme.

Denní počty

4. 3. 2020 - 17. 3. 2020

Vyberte období, které chcete zobrazit v prvním grafu



In Czech Republic

Worldwide

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



Under the auspices of



1. LÉKAŘSKÁ
FAKULTA
Univerzita Karlova

Content proofreading:

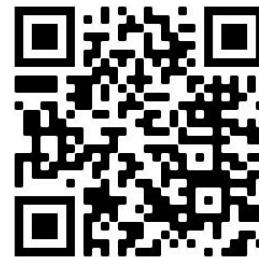
MUDr. Kateřina Vacková,
founder of Loono

*I would like to thank MUDr. Martina Čermáková
and Mgr. Petra Císařová for cooperation. Graphic design by:
Ekaterina Kokourova.*

This presentation was created on the 16th of
March. The situation may have changed,
follow the information from WHO.

Support our cause:

bit.ly/PodporitLoono



We use reliable sources



MINISTERSTVO ZDRAVOTNICTVÍ
ČESKÉ REPUBLIKY



World Health
Organization



STÁTNÍ
ZDRAVOTNÍ
ÚSTAV
SZÚ



DARUJME.CZ

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