

FOR ACADEMIC INSTITUTIONS

# INSTRUCTIONS REGARDING THE NOVEL CORONAVIRUS (SARS-COV-2) AND COVID-19

## How dangerous is the novel coronavirus?

- ▶ Infection with the new coronavirus can lead to symptoms such as cough, runny nose, sore throat and fever, sometimes also diarrhoea.
- ▶ After infection, symptoms of the disease can appear up to 14 days later.
- ▶ The infection is not life-threatening for most people, including children. In some of those affected, the virus can lead to a more severe development that includes breathing problems and pneumonia. So far, deaths have mainly occurred in patients who were older and/or who had previously suffered from chronic underlying diseases. Not enough data is available to conclusively assess the severity of the new respiratory disease.
- ▶ No vaccine is currently available to protect against the novel coronavirus.

## How is the novel coronavirus transmitted?

The novel coronavirus is transmitted from person to person. The main route of transmission is droplet infection. This can occur directly via the mucous membranes of the respiratory tract or indirectly via hands, which then come into contact with the oral or nasal mucosa and the conjunctiva.

## How can I avoid transmission of the coronavirus?

### General considerations to keep in mind ...

- ▶ Maintain the greatest possible distance when coughing or sneezing – it is best to turn away. Sneeze into the crook of your arm, or into a tissue which you then dispose of.
- ▶ Avoid touching when greeting other people and wash your hands regularly and thoroughly with soap and water for at least 20 seconds.

### Good hand hygiene is important ...

- ▶ upon arrival at an educational institution such as daycare centres or schools;
- ▶ after breaks and sports activities;
- ▶ after blowing your nose, sneezing or coughing;
- ▶ before preparing food, before eating, and after using the toilet.

Keep your hands away from your face, and avoid touching your mouth, eyes or nose.



Do not share objects with other people that you have contacted with your mouth, such as cups or bottles.



Do not share with other people objects such as dishes, towels or working materials such as pens.



What should I do in the

event of illness

symptoms?

The initial symptoms of an infection with the new coronavirus are cough, runny nose, sore throat and fever. Some of those affected will also suffer from diarrhoea. If employees of the educational institution or children and adolescents who have been in an area in which the novel coronavirus has already developed exhibit the symptoms described above within 14 days, they should avoid unnecessary contact with other people and if possible remain at home. Those affected should contact their general practitioner by phone and discuss how to proceed before going to the doctor. If you come into contact with a person with such a disease, those affected should contact their responsible health authority. The responsible health authority can be found in a database of the Robert Koch Institute (RKI) at <https://tools.rki.de/PLZTool/>.

You can find this and other information at [www.infektionsschutz.de](http://www.infektionsschutz.de). You can also access the media of the Federal Centre for Health Education (BZgA), e.g. the "Correct Handwashing" sticker and the "10 Hygiene Tips" poster, available for download free of charge at <http://www.infektionsschutz.de/medien/plakat-10-hygienetipps>

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Further information on protection against infectious diseases and the current FAQ on respiratory infections caused by the novel coronavirus can be found on the website of the Federal Centre for Health Education: [www.infektionsschutz.de](http://www.infektionsschutz.de)

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Übersetzung in englischer Sprache durch das KI Kreis Soest