

Coronavirus & Influenza



THE MOST IMPORTANT INFORMATION FOR YOUR HEALTH

How is a virus passed on?

Mainly by droplet infection through airways. Just like the viruses that cause colds or flu, coronavirus is mainly spread through bodily fluids such as saliva or nasal secretions from infected people. Infection is possible through contact with contaminated surfaces or by touch. So you should avoid touching your eyes with your hands if you haven't washed them.

How do I know that I've been infected?

Most people have symptoms that are similar to those of a **severe cold**. However, the virus can also lead to pneumonia.

Typical symptoms include:

- A dry cough
- A temperature
- Shortness of breath

Based on current understanding, the time between initial infection and the appearance of the first symptoms is between one and fourteen days (on average five to six days). During this period you may also be able to pass on the infection. Current cases show that older people and those with pre-existing conditions are most severely affected. Children and otherwise healthy adults do not seem to develop such a serious illness.

How is the infection treated?

There is currently no vaccination against coronavirus or any medicines to counteract the virus. Doctors can relieve the severity of the symptoms. They may administer antibiotics to treat additional bacterial infections. They may also use oxygen to make breathing easier. In this case, patients will be treated in hospital.

Detailed information about coronavirus is available online at

www.apotheken-umschau.de

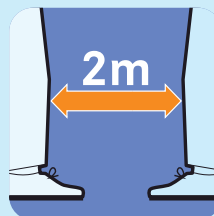
How can I protect myself from infection?



The most important method of protection: **wash your hands thoroughly and often**, because viruses usually get into your body when you touch your face with your hands. How to wash your hands thoroughly you will find on page 2



Avoid shaking hands and body contact.



Wherever possible, **keep your distance from other people**, ideally at least two metres.



Talk to your doctor about whether it makes sense for you to have the flu or pneumococcal vaccine. Your local pharmacy can also give your advice.

How can I protect others from being infected?



Anyone who may have been infected can protect themselves and others by always **sneezing and coughing into a tissue** and throwing the tissue away immediately, preferably into a rubbish bin with a lid. If necessary, **cough or sneeze into the inside of your elbow**. Always wash your hands after blowing your nose.

Is it sensible to wear a face mask?

Wearing a face mask, for example a non-surgical mask made of material, may reduce the risk of infecting other people if you are already infected. However, a mask will not protect the person wearing it from being infected. This can only be achieved by wearing a special surgical face mask, and these are currently in short supply.

Your pharmacy can offer advice.

Hand washing: effective against coronavirus and other viruses



Step 1

Hold your hands under running water making sure they are wet up to the wrist. The temperature of the water is not important.



Thorough hand washing takes about 30 seconds (the same time as singing "Happy Birthday" through twice).



Step 2

Carefully rub soap all over your hands.



Step 4

Rub your hands together making sure that the soap goes in between your fingers.



Step 3

Take extra care to cover the ends of your fingers and your thumbs. They often have high levels of virus.



Step 5

Rinse off the soap thoroughly and dry your hands well. Then moisturise your hands, if you can.

If you feel unwell and suspect that you have been infected with coronavirus, **contact your family doctor**, your local health authority or medical emergency services by **phone** (please do not visit your doctor in person) on the number **116 117**.

In an emergency you can contact the emergency services on the same free number across Europe from a landline and any mobile network by calling **112**.

Your pharmacy stamp

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Stay informed, stay healthy