

### Information about the coronavirus

The coronavirus causes a new disease.  
This disease spreads rapidly.  
Sick people may infect others with this virus.

Here you can find out about the coronavirus.  
And what you can do to protect yourself.

### What is the disease caused by the coronavirus like?

This disease affects the lungs.  
When someone is infected with the coronavirus, they may have a cough and a runny nose, or run a temperature and have a sore throat.  
Sometimes people also get diarrhoea.



If someone has been infected with the coronavirus,  
it can take up to 14 days to recognize the first signs.

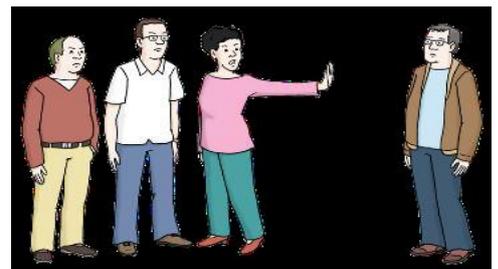
### How can you protect yourself against contagion?

Good hygiene is very important.  
Good hygiene can help you to protect yourself from infection.

These are the most important **hygiene rules**.

- **Don't** cough in the direction of other people!
- **Don't** sneeze in the direction of other people!

Turn away from other people while coughing and sneezing.  
Always stay at least one meter away from other people  
A meter is a bit more than an arm's length.  
2 meters would be even better.



- If you have to cough or to sneeze, use a handkerchief.  
Use the handkerchief only once.  
Bin the handkerchief immediately.
- If you have to cough or to sneeze and you **don't** have a handkerchief, then hold the crook of your arm in front of your mouth and nose.  
The crook of your arm is the inside of your the elbow.



- **Important: Wash your hands!**  
You should always wash your hands.  
Wash your hands especially after you cough or sneeze.  
Wash your hands after wiping your nose.  
Use water and soap to wash your hands!  
Always wash your hands for more than  
at least 20 seconds every time.

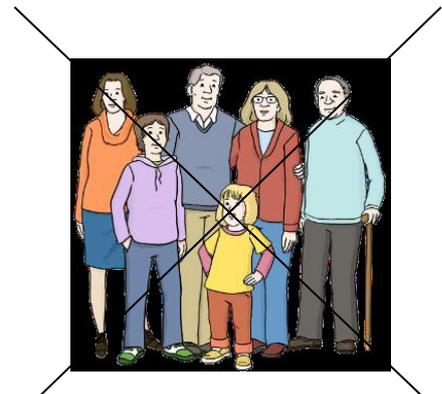


The hygiene rules are not the only ones that are important to protect you from contagion.



**Note also these rules:**

- Don't shake hands with other people.  
Don't embrace other people.
- Always stay at least one meter away from other people  
A meter is a bit more than an arm's length.  
2 meters would be even better.
- Open the window regularly to let fresh air into the room.
- Some people can get infected more quickly.  
For example, elderly people.
- Avoid places where there are many people.



**I think that I have the coronavirus.**

**What do I need to do now?**

If you think you are infected with the coronavirus,  
you should follow the hygiene rules!

And you must contact a **doctor**.

For example, your family doctor.

**Important!**

**Call your doctor first!**

**Don't** go to your family doctor straight away.

The employees in the medical practice will tell you what to do.



**More information**

Do you need more information about the coronavirus?

Or do you have further questions?

The following websites and phone numbers provide more information.

**Phone numbers**

If your doctor is not there, then call the emergency service

Number: **116117**

**Federal Ministry of Health hotline**

Number: **0800 0117722**

**Information hotline for the Public Health Authority of Lower Saxony**

Number: **0511 4505555**

**Internet pages****Robert Koch Institute ([www.rki.de](http://www.rki.de))**

The Robert Koch Institute is part of the Federal Ministry of Health.

Specialists for contagious diseases work at the Robert Koch Institute.

**Federal Centre for Health Education ([www.bzga.de](http://www.bzga.de))**

The Federal Centre for Health Education has also collected some questions and answers about the coronavirus.