

## FLU OR CORONA VIRUS?

**Important:** If you develop signs like coughing, runny nose, or fever you are currently very likely contracted the flu or a common cold – despite the spread of Corona virus [SARS-CoV-2] in Germany.

### What is the Corona virus?

Starting December 2019 a respiratory disease („Covid-19“), caused by SARS-CoV-2, has increasingly been found in China. By now other countries have reported cases as well.

2–14 days (5–6 on average) after getting infected, patients can develop symptoms strongly resembling a flu or a bronchitis like ► fever; ► coughing; ► shortness of breath.

### What next if you get sick or possibly contracted Corona virus disease?

Corona virus infection should be evaluated if you suffer from respiratory or general symptoms (like fever or excessive fatigue)

**and** – within the last 14 days before getting sick –

**either** stayed in a region at risk (see <https://t1p.de/covrisikogebiete>)

**or** had direct contact with a confirmed Covid-19 case.

► In case of direct contact with a confirmed Covid-19 patient use the following means of getting advice *even if you do not have any symptoms*:

To plan further proceedings ***please do not go to your GP's office directly but rather initially phone, fax, or email*** either of:

- your Public Health Dept (Search: <https://tools.rki.de/plztool/>);
- the nationwide medical phone service 116 117;
- a local testing site, if available;
- your family doctor's office.

### How can I protect others and myself?

General precautions help prevent contracting the flu as well as SARS-Cov-2-Virus:

- Keep some distance – not only from obviously infected persons but rather also in crowded situations (say, when queueing up at the cashier). This will help protect particularly vulnerable groups like the elderly or persons with chronic disease.
- Frequently wash your hands with soap and water, or rub them with an alcoholic gel (if available in local drugstores).
- **„Correctly“ cough/sneeze** with a handkerchief (discard afterwards) covering mouth and nose, or cough/sneeze into the upper part of your sleeve – ***do not spray your hands!***
- If increasing numbers of cases are confirmed in your region, also check the following advice by „Robert-Koch-Institut“: <https://t1p.de/kontaktreduzierung>

### Travelling

The Federal Foreign Office currently advises against travel to affected countries and regions. Further detail can be found here: <https://www.auswaertiges-amt.de/de>.

The Federal Ministry of Health has also established a *citizen hotline*:

+49 (30) 346 465 100 (available Monday to Thursday 8AM-6PM and Friday 8AM-12AM)