

INSTRUCTIONS FOR PERSONS EXPOSED TO INFECTION WITH THE NEW CORONAVIRUS

Within the period of 14 days from the exposure to the new coronavirus infection, avoid all unnecessary close contacts with other people. This applies especially to contacts with older people, those with chronic diseases and those who have a weakened immune system (people with cardiovascular diseases, respiratory diseases, impaired kidney function, cancer treatment, etc.). They are at higher risk of a more severe course of the disease.

If you develop signs of a respiratory infection (such as malaise, cold, cough, fever, shortness of breath) within these 14 days, stay at home and contact your personal or emergency physician for further instructions.

General guidelines for preventing the spread of infectious diseases:

- Avoid **close contacts with people who are showing signs of an infectious disease**.
- Keep at least 2-meter distance from other people.
- Do not touch **eyes, nose and mouth**.
- **Wash your hands regularly** with soap and water.
- When water and soap are unavailable, **use a dedicated hand sanitizer to disinfect your hands**. The ethanol content in the sanitizer should be at least 60%. Hand sanitizers are for external use only. Surface cleaners/disinfectants are not suitable for cleaning/disinfecting the skin.
- We recommend the use of masks during the spread of SARS-CoV-2 infection.
- **Avoid enclosed spaces** where large number of people are about.
- Provide **regular ventilation of enclosed spaces**.
- If possible, employees should **work from home** in agreement with the employer or discuss on other possible working arrangements.