



Information on the new coronavirus in easy-to-read language

What is the coronavirus?

There is a new disease.

The disease comes from the coronavirus.

People with the disease have a cough or a high temperature, for example.

Some people are dying from the disease.

Old people and those who are already sick can die.

How can you find out more?

Do you have any questions about the coronavirus?

Then read this information.

Are you sick or afraid?

Then call this number:

Phone: 058 463 00 00

You can call it day and night.

You might have to stay on hold until someone is free.

How can you get infected with the coronavirus?

The disease is highly contagious.

How it spreads:

- When you have close contact with a sick person:
When you are more than 15 minutes with a sick person and less than 2 metres away from this person.
- Through coughing and sneezing
- Via your hands

How to protect yourself and others

You can protect yourself and others from the disease.

To do so, you must follow the rules below.

Wash your hands!



It is very important that you wash your hands often.

Always wash your hands:

- Before eating.
- After blowing your nose, sneezing or coughing.
- When you come home.
- When you have been in the bus or train.
- When you have visited a sick person.
- When you have been to the toilet.
- If your hands are dirty.

It is very important that you wash your hands **properly**.

How to do it right:

- Wet your hands.
- Use soap. Liquid soap is best.
- Rub your hands until there is a soap lather.
- Spread the lather all over your hands.
Make sure it gets in between your fingers and under your nails.
- Rinse your hands well with water.
- Dry your hands well. A paper towel is best.

Take note of the following as well:

- Don't wear any rings.
- Take care of your skin.
- Keep your nails short.

Always cough or sneeze into a tissue or into the crook of your arm!



- Hold something in front of your nose and mouth when you cough or sneeze. A paper tissue is best.
- Or cough into the crook of your arm.
- Blow your nose into a paper tissue. Do not use a cloth handkerchief.
- Use a paper tissue only once. Then throw it away.

Stay at home if you have a high temperature or a cough!



If you have a high temperature or a cough:

- Stay at home. Do not go to work or school.
- Do not go outside.
- Do not meet up with other people.
- Before you go to the doctor: Always call the surgery first!

Keep your distance from other people!



Always keep your distance from other people.

At least 2 metres is best.

For example:

- At the checkout, in the post office or in the canteen: Leave some space between you and the person in front and behind.
- At meetings: Always leave an empty chair between you and the next person.
- When you greet other people: **Do not** kiss them. Do not hug anybody.

Do not shake anybody's hand!



Hands are not always clean.

That's why it is important:

- Do not shake anybody's hand.
- **Do not** touch your nose, mouth or eyes.
- Avoid large groups of people.

If you need a doctor: always call the surgery first!



You don't need to go to the doctor if you only have a slight temperature or cough.

Stay at home.

Relax.

You only need a doctor if you are really ill.

What is very important:

- **Do not** go to the doctor without an appointment.
Or to the hospital.
- **Always** call first!

Which people are especially at risk?

People over 65 are especially at risk.

They often become very ill.

People with the following conditions are also at risk:

- High blood pressure
- Diabetes
- Cardiovascular problems
- Respiratory problems
For example: Asthma
- Diseases and therapies that weaken your immune system
- Cancer

What is especially important for the elderly and for people who are already sick?

Are you over 65?

Or do you already have another disease?

Then we recommend:

- **Not** travelling by bus or train.
- **Not** going shopping when there are a lot of people in the shops.
Even better: getting someone else to do your shopping.
- **Do not** go where there are a lot of people.
For example: To the cinema, concerts, sports events, group meetings
- **Do not** visit people in care homes or hospitals.

If you have a cough or a high temperature.

Or if you are short of breath:

- Stay at home.
- Call your doctor. Or the hospital.
Tell them your problems.

When is a person contagious?

One person can infect others:

- If he or she is sick.
That means when a person has a bad cough and high temperature.
- Just before he or she gets sick.

If you have been infected,
you are not sick right away.

It can take up to 14 days before you get sick.

What are the symptoms of the disease?

Symptoms are often:

- High temperature
- Cough
- Shortness of breath
- Pneumonia

How does the disease progress?

The disease is not always bad.

Some people are only slightly ill.

But some become seriously ill and have to go into hospital.

How are you treated if you get sick?

There is no medication against the disease yet.

Antibiotics don't help either.

But you can treat the symptoms (cough, high temperature).

If you are seriously ill,

you will be treated in the hospital's intensive care unit.

Perhaps you will have to be given artificial respiration.