

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.



Step 2

Carefully rub soap all over your hands.



Step 3

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

Step 4

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



Step 5

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



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

Detailed information about coronavirus is available online at

www.apotheken-umschau.de

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



Stay informed, stay healthy



Coronavirus & Influenza

The most important information for your health



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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.

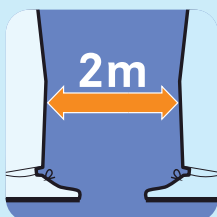
How can I protect myself from infection?



The most important preventive measure is to **wash your hands thoroughly and often**, because viruses usually get into your body when you touch your face with your hands.



Avoid shaking hands and body contact.



Wherever possible, maintain a **distance** of at least two metres **between you and other people**. It is also advisable to avoid large crowds of people in affected areas.

Your pharmacy can offer advice.



Vaccination against flu (influenza) still makes sense. This is officially recommended for everyone over 60 as well as certain at-risk groups. Your doctor or pharmacist will be happy to advise you.

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.



What about hand sanitisers and face masks?

Both of them may be necessary and useful in hospitals and medical practices. Doctors do not currently recommend them for the general public. If this changes or there are other recommendations, your doctor or pharmacist will speak to you about it.



Stay informed, stay healthy

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, there could be a delay of 27 days between being infected and the appearance of the first symptoms. 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.

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