

INSTRUCTIONS FOR USE IF SUSPECTED WITH SARS-CoV-2 CORONAVIRUS DISEASE

Coronavirus is transmitted via fluids in the respiratory system, by droplets. However, you can reduce the risk of infection in the same way as you do with other droplet-borne diseases:

- frequent hand washing,
- covering the mouth and nose when sneezing with a bent elbow or a disposable tissue,
- avoiding touching your eyes, nose and mouth
- using a safe distance from people who have respiratory symptoms (cough, runny nose).

If you have been or returned from Northern Italy, China, South Korea, Iran, Japan, Thailand, Vietnam, Singapore or Taiwan in the last 14 days and:

1) you have noticed symptoms such as fever, cough, breathlessness and breathing problems you should:

- immediately inform the epidemiological station in Poznan, by phone.

ul. Gronowa 22
61-655 Poznan

phone no. + 48 61 646 78 57

- or report directly to the infectious diseases ward or observation and infectious ward, where the further medical procedure will be determined:

- **Poznań-Jeżyce** - Clinical Hospital of Karol Jonscher of Karol Marcinkowski Medical University in Poznań, VIII Department of Infectious Diseases and Neurology, Pediatric, Szpitalna 27/33
(Deputy of the head of the department Prof. dr hab. of medical sciences Magdalena Figlerowicz tel. + 48 61 849 13 00, ward nurse Karolina Samarzewska, MA +48 61 849 16 49, switchboard + 48 61 849 12 11)
- **Poznań- Grunwald** - Clinical Hospital of Heliodor-Święcicki of Karol Marcinkowski Medical University, Department of Infectious Diseases, Przybyszewskiego 49 (switchboard + 48 61 869 11 00)
- **Poznań-Nowe Miasto** - Józef Struś Multidisciplinary City Hospital with the Care and Treatment Institution. Independent Public Health Care Center, Infectious Department, Szwajcarska 3 (doctor on duty + 48 61 873 93 68/295, switchboard + 48 61 873 90 00)
- **Poznań-Old Town** - Specialist Mother and Child Health Care Complex in Poznan, Observation and Infectious Department, Nowowiejski 56/58 (Centrala + 48 61 852 44 91)

- or contact the 24-hour Call Center launched by the **National Health Fund** to get information on what to do in the case of suspected coronavirus infection

phone no. 800 190 590

2) if you did not observe the above-mentioned symptoms, then monitor your health for the next 14 days, i.e. measure your body temperature every day and pay attention to the occurrence of flu-like symptoms (malaise, muscle pain, cough).

a) If after 14 days of self-observation the above-mentioned symptoms did not occur, terminate the monitoring.

b) If you observe the above-mentioned symptoms within 14 days of self-observation:

- immediately inform the epidemiological station by phone
- or report directly to the infectious diseases ward or observation and infectious ward, where the further medical procedure will be determined:

3) if you have had contact with someone who is sick or infected with SARS-CoV-2 coronavirus, immediately inform the sanitary and epidemiological station by phone.