

# CORONAVIRUS

## How is it transmitted?



From droplets expelled when coughing or sneezing

## Symptoms:

Fever

Coughing

Shortness of breath

## Preventive measures



Wash your hands



Avoid touching your eyes, nose and mouth



When you cough or sneeze, cover your mouth and nose with your elbow or a tissue



If you have a respiratory infection, avoid close contact with other people.

## What should I do about symptoms if I've travelled to a high-risk area or been in contact with an affected person?



Avoid going directly to the health centre

Telephone number for queries and information





976 696 382



More information at [www.mscbs.gob.es](http://www.mscbs.gob.es) y [www.saludinforma.es](http://www.saludinforma.es)

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-  If you have **mild symptoms**, stay at home
-  Call **ONLY 061** if your symptoms worsen with a sustained high **fever or difficulty breathing**

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Go to the health centre only if it is strictly necessary because you have a check-up that you can't postpone or a medical emergency.



Public cooperation is essential for the health system to be able to respond to this exceptional situation.



For queries and information:

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### If you have symptoms and you have dependent persons:



Stay isolated as long as possible



Wash your hands often and **ALWAYS** before and after each contact



Cover your mouth and nose by wearing a mask or, failing that, a tissue.