

# INDIVIDUAL PROPHYLAXIS OF INFLUENZA, SARS, INCLUDING CORONAVIRUS INFECTION COVID-19

## RULE 1. WASH YOUR HANDS



- ✓ Wash your hands with soap after visiting any public places, vehicles, touching door handles, money, office equipment, before eating and cooking.
- ✓ In the absence of access to water and soap, it is necessary to use disinfectants or disposable wet wipes.
- ✓ Do not touch your face and eyes with unwashed hands.
- ✓ Do not use shared towels

## RULE 2. GENERAL HYGIENE



- ✓ Take a shower daily, wash your hair. Prefer smooth hairstyles (loose hair increase the risk of infection because of contact with the face).
- ✓ Wash your face 3-4 times during the day with running water and rinse the nasal passages.
- ✓ Limit welcome handshakes, kisses, hugs.



## RULE 3. PROTECT YOUR RESPIRATORY SYSTEM WITH A MEDICAL MASK



- ✓ Medical masks are used when visiting crowded places, traveling on public transport and when communicating with people with acute respiratory viral infections.
- ✓ To protect yourself from infection, it is important to wear a mask:
  - the mask should be carefully fixed, tightly covering the mouth and nose, leaving no gaps;



- wet or damp mask should be changed to a new one;
- masks should be changed every 2 hours;
- when removing, try not to touch the mask surfaces with your hands;
- used mask must be disposed of in a trash can;
- do not use a disposable mask again.
- ✓ The use of the mask outdoors is not recommended.
- ✓ When sneezing and coughing, the used tissue handkerchief must be changed immediately, washed daily and ironed on both sides. It is advisable to use a paper handkerchief.

## RULE 4.

**WHAT DO WE DO WHEN THE FIRST SYMPTOMS APPEAR**  
(*high body temperature, chills, headache, weakness, nasal congestion, cough, shortness of breath*)



- ✓ Restrict contacts.
- ✓ Stay in the hotel rooms and immediately call the medical institution for medical assistance by phone.
- ✓ If necessary, order food and drinks in your room.
- ✓ Follow your doctor's instructions, observe bed rest, and drink as much fluid as possible.

**PREVENTION IS EASY.  
THINKING ABOUT MYSELF,  
TAKING CARE OF RELATIVES**

When the **SARS** symptoms appear (high body temperature, nasal congestion, cough) it is necessary to call the ambulance team by telephones:  
**03 (city), 030, 103, 112 (mobile operators)**