



If you have visited any country of the direct incidence of coronavirus-induced disease, such as **Italy, China, Hong Kong, Thailand, Taiwan, Singapore, Malaysia, South Korea, Japan, Iran, Bahrain** for the last 21 days and:

- 1) **you have noticed symptoms such as fever, cough, shortness of breath and breathing problems:**
 - immediately notify the closest epidemiological station by phone
 - or report directly to the isolation ward where the further steps will be determined.

- 2) **you did NOT notice the above mentioned symptoms,** control your health for the next 21 days, i.e. measure your body temperature every day, and pay attention to the presence of flu-like symptoms (malaise, muscle pain, cough).
 - a) If after 21 days of self-observation the above-mentioned symptoms did not occur, terminate the control.
 - b) If you notice the aforementioned symptoms within 21 days of self-observation, then:
 - immediately notify the closest epidemiological station by phone
 - or report directly to the isolation ward where the further steps will be determined.

- 3) **you had a direct contact with person infected with Coronavirus SARS-CoV-2** please immediately notify the closest epidemiological station by phone

Contact details of epidemiological station:

tel. 22 310 79 36, 22 310 79 04, 22 311 80 25

(available from Monday to Friday from 8.15 to 15.15),

e-mail: koronawirus@pssewawa.pl