



PREVENTIVE MEASURES AGAINST CORONAVIRUS (COVID-19)

Coronavirus (COVID-19) is a respiratory virus, spread through the air, through touching infected surfaces, or directly by hand-nose, hand-eyes, hand-mouth, hand-hand contact, **but only if the hand of a healthy individual has been in contact with an ill one.**

Its symptoms include cough, fever, difficulty breathing, muscle aches and fatigue.

According to the World Health Organization (WHO), the incubation period varies between two and 14 days.

It is of particular importance to take the **preventive measures for protection against infection**, as indicated by WHO and the Ministry of Foreign Affairs, namely:

- avoid contact with sick people, especially those with cough and/or fever;
- apply general hygiene rules in respect to hand hygiene and food hygiene;
- wash hands with soap and water or use an alcohol-based disinfectant solution, after sneezing or coughing, when caring for the sick, before, during and after food preparation, before eating, after toilet use, after any contact with animals, and when hands are visibly dirty;
- clean hands regularly with at least 60% alcohol-based disinfectant and/or wash with water and soap;
 - when sneezing and coughing, cover mouth and nose with a flexed elbow or tissue, which tissue shall be immediately disposed of in a closed basket/container;
 - avoid trips outside the country, especially to places with established cases of coronavirus;
 - do not visit the training facilities of MU-Varna if you have fever or cough;
 - avoid contact with people if you cough or do not feel well;
 - if you have fever, cough and difficulty breathing, **especially after travelling abroad**, seek medical care promptly and inform the physician where you travelled, initially **by PHONE**;
 - if you become sick while travelling, inform crew and seek medical care in due time;
 - it is strongly recommended **not to travel** to Italy, China and other countries with established cases of coronavirus;
 - however, if you have travelled to China, Italy or other countries with established cases of coronavirus, after your return stay home under home quarantine for a period of 14 days, and notify your general practitioner **BY PHONE, NOT PERSONALLY**;
 - when putting a mask, place it in a way, so that it covers mouth and nose. After each use dispose of single-use masks immediately and wash hands;
 - avoid using different knives and boards for cutting raw meat and processed foods;
 - wash hands immediately after touching raw meat and before touching processed foods;
 - consume only food that has undergone sufficient heat treatment;
 - avoid contact and travelling with sick animals;
 - avoid contact with animals, their excrements or faeces;
 - when leaving home, wear gloves and do not take them off while on public transport or in public. Be careful with door handles. If possible, open or close doors with your elbow. Wear gloves when pressing the handle or wash your hands immediately afterwards.

Following very good hygiene - washing and disinfecting hands is the key to prevention of infection. Hands must be washed frequently and thoroughly with soap and water for at least 20 seconds. If soap and water are not available, an alcohol-based hand sanitizer with at least 60% alcohol may be used.

Avoid contact with the eyes, nose and mouth with unwashed hands!

Face masks help prevent further spread of infection by those who are ill to other people around them. Face masks are not so effective for the protection of those who are not infected.

Coronavirus (COVID-19) **hotline** has been established by the **Ministry of Health: 02 807 87 57**, from Monday to Friday, from 08:30 to 17:00.

Telephone number for the territory of Varna: 052 978 720, 052 607 085, 052 978 711
- Clinic for Infectious Diseases at University Hospital "St. Marina" (in the yard of "St. Anna" Hospital /District Hospital/, 100 Tsar Osvoboditel Blvd).

Updated WHO information about the places with coronavirus distribution:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>

WHO recommendations and guidelines for precautionary measures:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
<https://www.epi-win.com/>

Dear students and colleagues, please be responsible for your health and the health of the others!