

# CORONAVIRUS

## HOW TO PROTECT YOURSELF?



Use the medical mask!  
Change it on every 2 hours!



Therming processing of food is obligatory!  
Don't eat raw food of animal origin!



Avoid crowdy places! Avoid contact with people who sneeze and cough!



Disinfect or wash your hands often with soap and water. Required after visiting public places, sneezing, coughing, contact with animals.



Do not visit countries where the coronavirus is detected.



Do not touch your eyes and nose with dirty hands!



## SYMPTOMS

**IF THE SYMPTOMS ARE PRESENT, CONSULT YOUR DOCTOR IMMEDIATELY!**

High temperature	Sneezing, coughing	Sore throat	Rheum	Air shortage	Tightening in the thoracic region
Joints pain	White tongue mark	Pale skin	Diarrhea	Headache	Digestive and nervous system problems



**IT IS AIRBORNE SPREAD VIRUS**



**THE INCUBATION PERIOD IS 2 TO 14 DAYS**



**THE 2019-NCOV VIRUS IS A COMBINATION OF TWO CORONAVIRUSES**