

Information about Coronavirus (Stand 20.03.2020)

Coronavirus causes a new illness.

The illness is spreading quickly.

People that are ill can infect other people with the virus.

You can find information about Coronavirus here.

And what you can do for your protection.

Important:

A person has been infected with coronavirus.

The person contacts their doctor.

Then we treat this person with respect.

We want:

All people should treat the ill person with respect.

What is the illness of coronavirus like?

The illness is bad for the lungs.

A person has been infected with coronavirus:

Then the person might have a cough and a runny nose.

Or they might have a fever and a sore throat.

Some people might also have diarrhoea.

It might take up to 14 days until the first symptoms show.

How can you protect yourself from coronavirus?

A good hygiene is very important.

You can protect yourself from infection with a good hygiene.

These are the most important hygiene rules.

- Don't cough into the direction of other people!
Don't sneeze into the direction of other people!

- Turn away from other people if you have to sneeze or cough.
- Keep at least one meter of distance between you and other people.
Two meters are even better.
- You have to sneeze or cough?
Use a tissue.
Only use a tissue once.
Throw the tissue away after you have used it once.
- You have to sneeze or cough?
And you do not have a tissue?
Cough or sneeze into your elbow.
- **Important: Wash your hands!**
Always properly wash your hands.
Especially after coughing or sneezing.
And after blowing your nose.
Use water and soap!
Wash your hands for at least 20 seconds.

Not only hygiene rules are important

Also follow these rules:

- Avoid shaking hands.
Do **not** hug other people.
- Always keep at least one meter distance from a coughing and sneezing person.
It is better to keep 2 meters distance
- Regularly open your windows. That way fresh air gets into the room.
- Some people can be infected more easily, for example older people.
Avoid places with a lot of people

I think I have coronavirus. What should I do now?

You think: I have been infected with coronavirus.

Follow the **hygiene** rules!

You have to contact a **doctor**.

You can contact your general doctor.

Important: Call your doctor first!

Do **not** directly go to the doctor!

The doctor and nurses from the practice will tell you what to do now.

More information

You want more information about coronavirus?

Or you have some questions?

Here you can find phone numbers.

There you can get more information.

Phone numbers

Das Landes-Gesundheitsamt (state ministry of health)

The Landes-Gesundheitsamt has an extra phone number for questions about coronavirus.

Here everyone can call.

You can call during these times:

Monday to Friday from 9 am to 4 pm

The phone number is: **0711 904 39 555**

Gesundheitsamt vom Ostalbkreis

You have a very urgent question.

Then you can also call the Gesundheitsamt vom Ostalbkreis.

You can call:

every day from 8 am to 6 pm

The phone number is: **07361 503-1900** or **07361 503-1901**

Kassenärztliche Vereinigung Baden-Württemberg

You can call the patient service.

The service is for all of Germany

You can call during these times:

Monday to Friday from 8 am to 4 pm.

The phone number is: **116 117**

You do **not** need an area code.

Where can you ask about a test?

- Ask your doctor over the phone.
- Your doctor will tell you if a test has to be done.

When can you ask for a test?

- Only if you have symptoms of coronavirus.
(high fever (39°), shortness of breath, bad cough)
- The test only shows a proper result, if you have the symptoms of coronavirus.
- Without symptoms the test can be wrong.