

# Coronavirus disease COVID-19

It is caused by a new coronavirus that can affect people, SARS-Cov-2, which was detected for the first time in December 2019.

## How is it spread?

Via the respiratory tract through droplets produced upon coughing or sneezing or via contaminated objects.

## How long is the incubation period?

From 2 to 14 days.

## What discomfort does it cause?

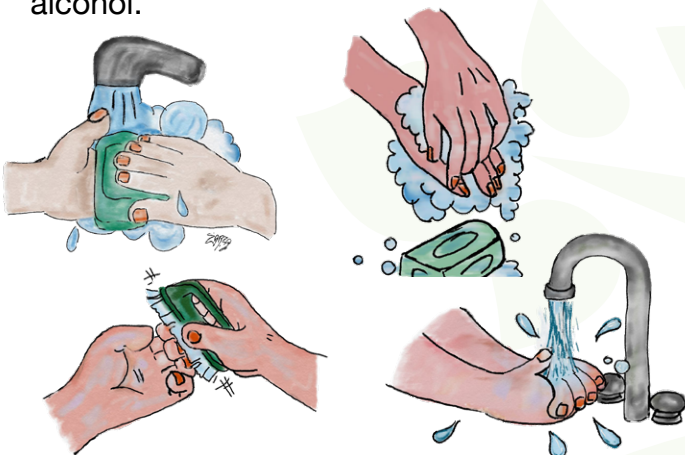
**Fever, shortness of breath, coughing** and general malaise. In the most severe cases it can cause pneumonia, kidney failure or other complications. Severe cases are more frequent among elderly people or those who already have a heart, lung or immunity disease.

## Is there a treatment?

Although there is no specific treatment for the virus, **the symptoms** and complications can be treated.

## Prevention measures

Wash your hands often, for 20 seconds, with soap and water or with solutions containing alcohol.



**Avoid touching your eyes, nose, and mouth.**

**Avoid close contact with people who have flu or cold symptoms:** keep them at a distance of around one and a half metres.

**If you have a cold,** avoid close contact with other people so as not to infect them.

**If you cough or sneeze,** cover your mouth and nose with the inside of your elbow or with a single-use handkerchief. Dispose of it and wash your hands.



**Avoid sharing food, utensils** (cutlery, cups, serviettes or napkins) and other objects unless they have been properly cleaned.

People with symptoms must wear masks to avoid infecting others and the people they live with. While the epidemic lasts, healthy people, particularly the elderly or chronically ill, must also use masks, if available, when they leave home or if they are visited at home (by people bringing the shopping for example).

## What should I do if I have symptoms?

If you have **major** symptoms (cough, sore throat, fever, shortness of breath), call **061**. If the symptoms are mild, it is best to stay at home and to follow the rules of hygiene and prevention.