

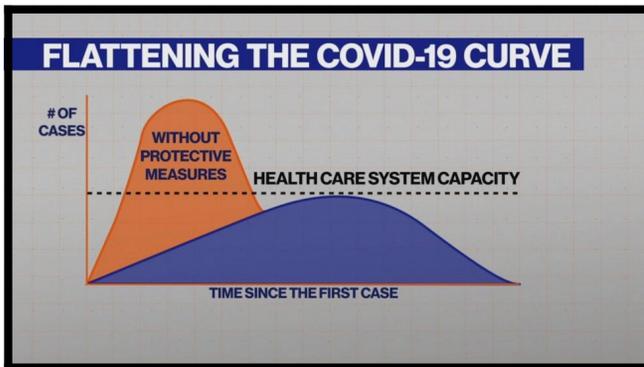
FACTSHEET CORONA VIRUS 29 MARCH 2020



Afbeelding Corona virus

CURRENT SITUATION:

- ⇒ The policy now is to delay the outbreak of the virus so that medical care is not overloaded. See image below (in dutch)
- ⇒ Delaying the outbreak is done by minimizing social contact, staying at home as much as possible, keeping about 1.5 meters distance if you do meet people.



THE COVID-19 VIRUS (CORONA VIRUS) IN SHORT:

- The virus spreads mainly through cough- and sneezing droplets that hang in the air for a short period of time.
- On average someone can infect two or three others persons (less than in the case of measles, for example). However, when proper precaution measures are followed this number will decrease.
- By far the majority of people have minor (flu-like) symptoms.
- Nearly all deaths involve the elderly or people who are already have pre-existing medical disabilities.

HOW TO ACT IN CASE OF AN INFECTION

There is a risk of Corona virus infection if you meet the following criteria:

1. You are showing symptoms of a cold
2. You have a fever (38 degrees or higher)
3. You have a cough or difficulty breathing.

If you have complaints as described above, the advice is to stay at home.

If you don't have complaints anymore for more than 24 hours, you can resume your activities.

If the complaints increase, the advice is to phone your General Practitioner.

The General Practitioner has a protocol on how to proceed.

PREVENTION

If you are not ill and you want to avoid getting infected, please see the following advice :

- Wash your hands regularly with water and soap

Instruction on washing your hands (in Dutch):

<https://www.rivm.nl/hygiene/handen-wassen>

- Use paper handkerchiefs for coughing

- Cough or sneeze in your elbow

- Keep 1,5 meters distance to people

- Stay at house if possible

*Mouth guards don't help

QUESTIONS:

On the website of the RIVM you will find the most current information.

<https://www.rivm.nl/en/novel-coronavirus-covid-19>

A list of the most frequently asked questions and answers has been made:

<https://www.rivm.nl/en/novel-coronavirus-covid-19/questions-and-answers>

Send an email to: corona@enrgyinbusiness.nl and ask your questions to a doctor by videocall or telephone

Or call the RIVM: 0800-1351