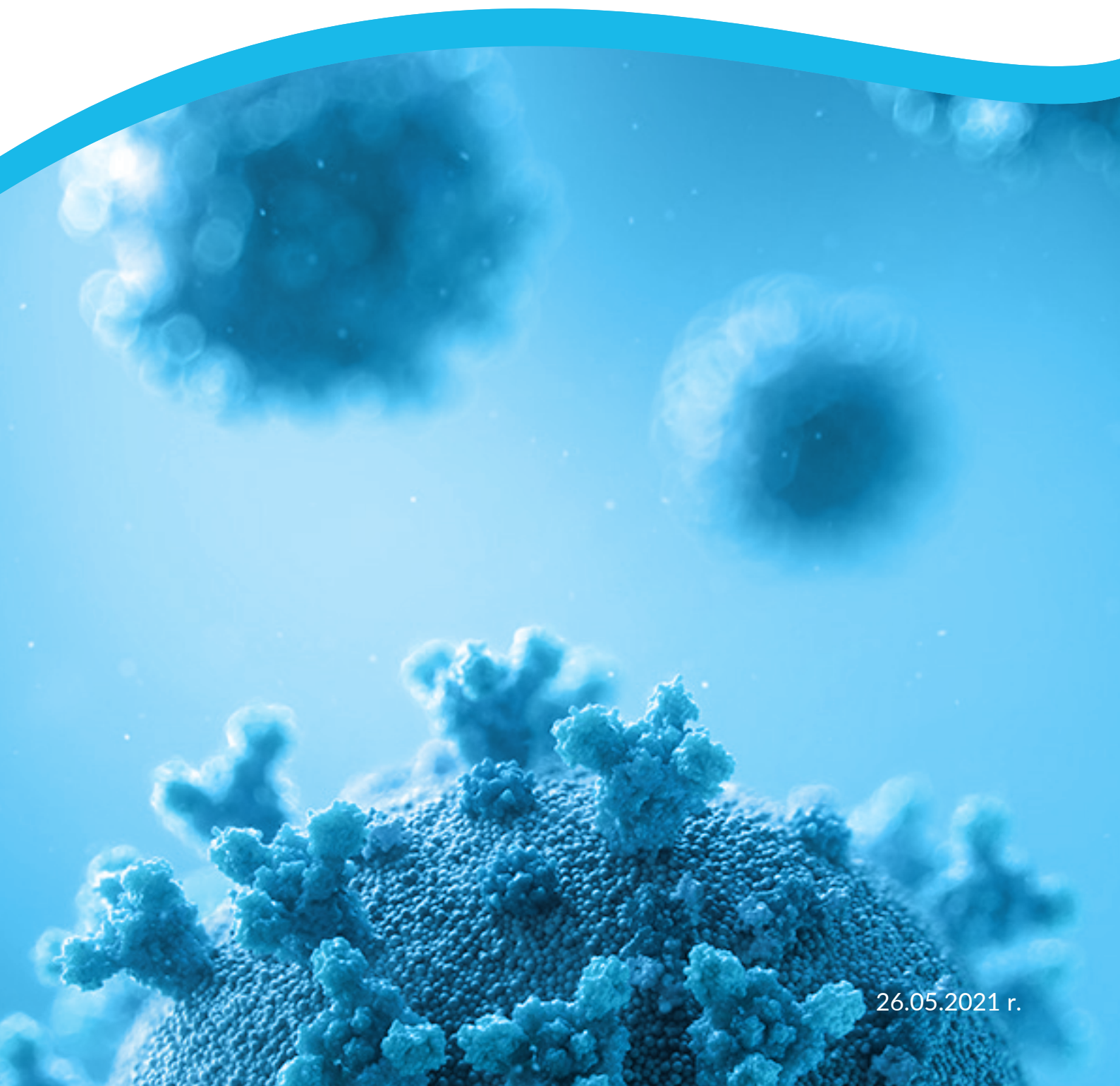




MEDICOVER

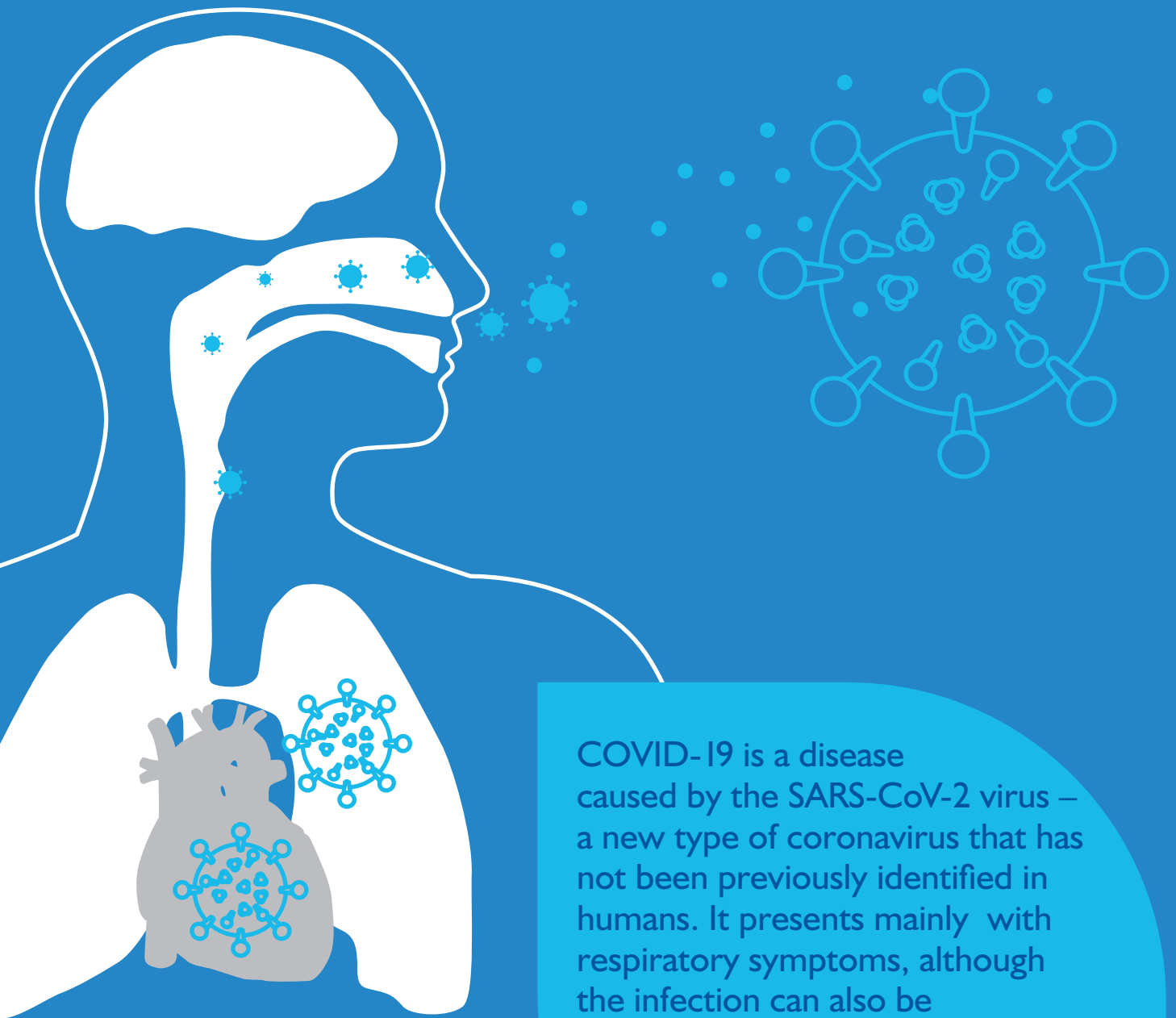
COVID-19

AWARENESS GUIDE



26.05.2021 r.

What is COVID-19?



COVID-19 is a disease caused by the SARS-CoV-2 virus – a new type of coronavirus that has not been previously identified in humans. It presents mainly with respiratory symptoms, although the infection can also be asymptomatic. Coronaviruses circulate among animals or in the human population. In some cases, the virus mutation breaks through the interspecies barrier.

How can you become infected with coronavirus?



The virus spreads from person to person, mainly by droplet route (when people sneeze, cough or in air exhaled while speaking).



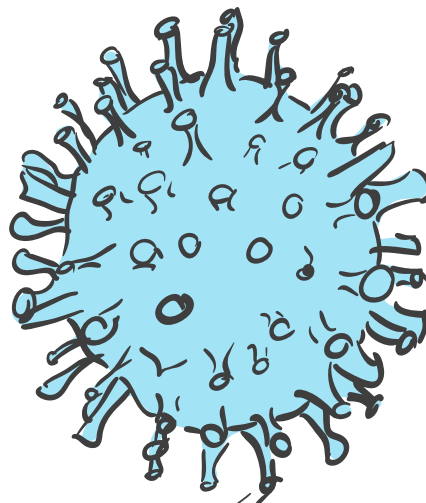
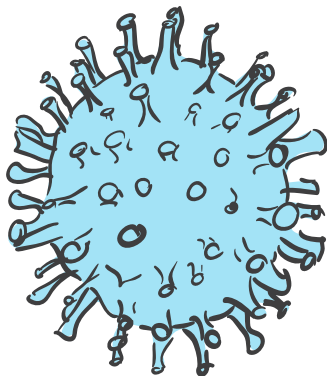
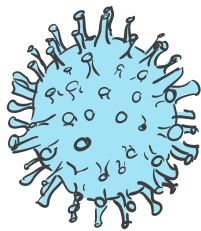
Infection can also occur through close contact with the sick (e.g. hugging, sharing personal items, or eating from a single dish).



There is a likelihood of getting infected by touching surfaces where the virus is located (and subsequent hand to face contact by contaminated hands).



Shaking hands with someone with COVID-19 also poses a risk of infection.



It is estimated that on average one infected person will infect another 1-2 people. The period from infection to the first symptoms is 1-14 days, 5 days on average.

What are the symptoms of SARS-CoV-2 infection?

SARS-COV-2 VIRUS CAN CAUSE SYMPTOMS SUCH AS:

- fever (>38°C)
- dry cough
- difficulty breathing /shortness of breath
- fatigue

Some people may also experience:

- gastrointestinal symptoms (e.g. nausea, vomiting, diarrhoea)
- respiratory symptoms (e.g. runny nose, stuffy nose, sore throat)
- muscle and/ or joint pain
- disturbance or loss of smell and / or taste

Initially, the symptoms are mild, but their severity increases over time. In more serious cases, patients develop:

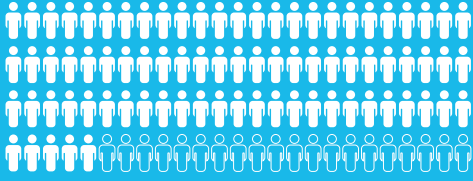
- severe pneumonia
- acute respiratory distress syndrome
- sepsis
- septic shock

THE MOST COMMON SYMPTOMS OF COVID-19 ARE:

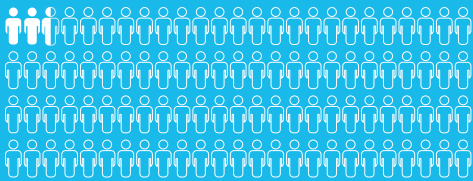


SIMILARITIES		COVID-19 and INFLUENZA (THE FLU)	
SYMPTOMS	fever, chills/subfebrile state, coughing, breathing difficulties/ shortness of breath, fatigue, sore throat, rhinitis, muscle/joint pain, headache, in some people also vomiting and diarrhoea (more often in children)		
PERIOD OF INFECTIVITY	infected people can infect others at least one day before symptoms appear		
INFECTION ROUTE	both diseases are transmitted by airborne droplets (human-to-human contact)		
COMPLICATIONS	pneumonia, lung failure, ARDS (acute respiratory distress syndrome), sepsis, heart attack or stroke, multi-organ failure, exacerbation of coexisting chronic diseases (including lungs, heart, neurological system diseases and diabetes), secondary bacterial infections		
SEVERE COURSE OF THE DISEASE RISK GROUPS	elderly people, pregnant women, people with reduced immunity, people with certain coexisting diseases - pulmonary and cardiovascular diseases, diabetes, kidney disorders		
VACCINE	available		
MEDICINES	available		
DIFFERENCES		COVID-19	INFLUENZA (THE FLU)
SYMPTOMS	taste and/or smell disorders	-	-
TIME UNTIL SYMPTOMS APPEAR	longer - usually 5 days after the infection, but may also appear on the 2nd day or only on the 14th day		shorter - usually the symptoms appear in the period of 1-4 days after infection
INFECTIVITY	usually 1-2 days before symptoms appear, but longer infectivity period (up to 10-12 days after infection)		usually 3-5 days before symptoms appear
CHILDREN	get sick less often than adults		an important infectious agent in society
COMPLICATIONS	- blood clots in the venous and arterial vessels of the lungs, heart, lower limbs and brain, fatigue, shortness of breath, cough, aches and pains in the muscles, joints, chest pain, difficulty thinking, concentrating, depression, palpitations, loss of smell and/or taste disturbance - in children: paediatric multi-systemic inflammatory syndrome associated with COVID-19 infection (PIMS-TS)		most people recover within a few days to 2 weeks, but the complications include: sinusitis and middle ear inflammation, myocarditis
SEVERE COURSE OF THE DISEASE RISK GROUPS	the elderly, people with chronic diseases (cardiovascular, respiratory, diabetes, reduced immunity, hypertension, obesity, cancer)		children, people with chronic diseases (including diseases of the respiratory, circulatory, hormonal, nervous systems and organs - liver)

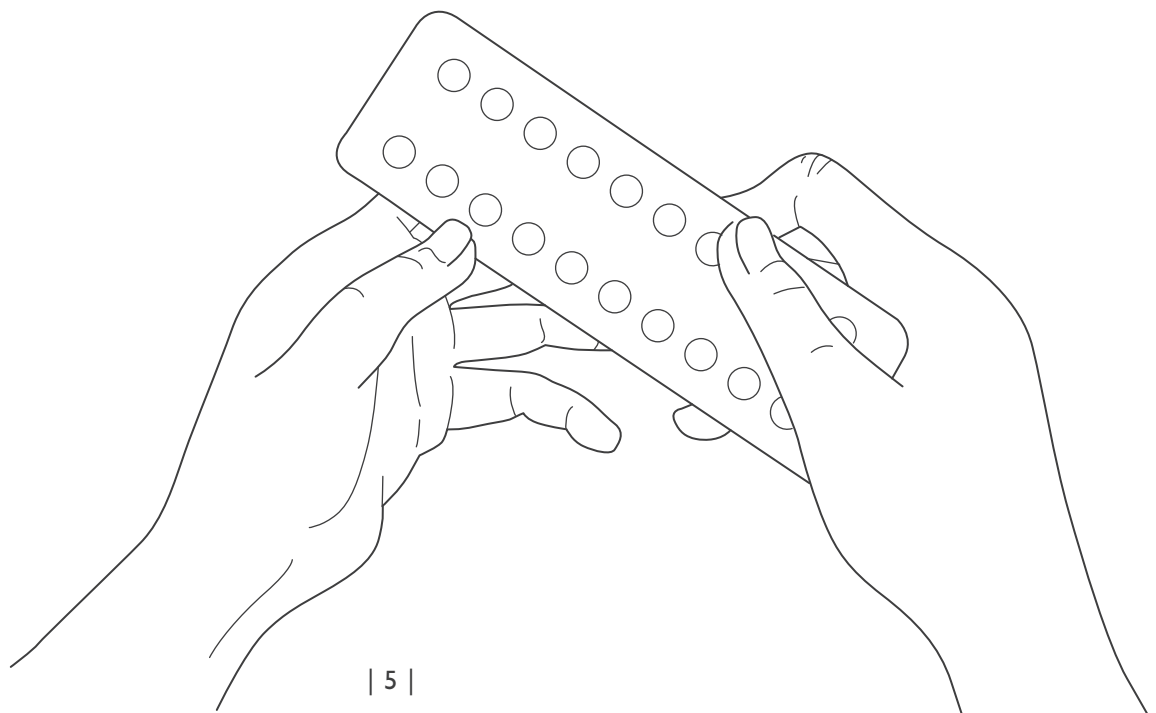
How severe is COVID-19 infection?



Over **80%** of patients have a mild case of the disease. They do not require hospitalization.



It is estimated that the mortality rate for COVID-19 is about **26 per 1 000** people diagnose.



Risk groups

THOSE PARTICULARLY AT RISK OF DEVELOPING SEVERE SYMPTOMS OF THE DISEASE:

- **elderly** people (over 60 years old)
- people with **reduced immunity**
- people with **some existing medical conditions**
(e.g. cardiovascular disease, diabetes, chronic respiratory diseases, hypertension, obesity and cancer)



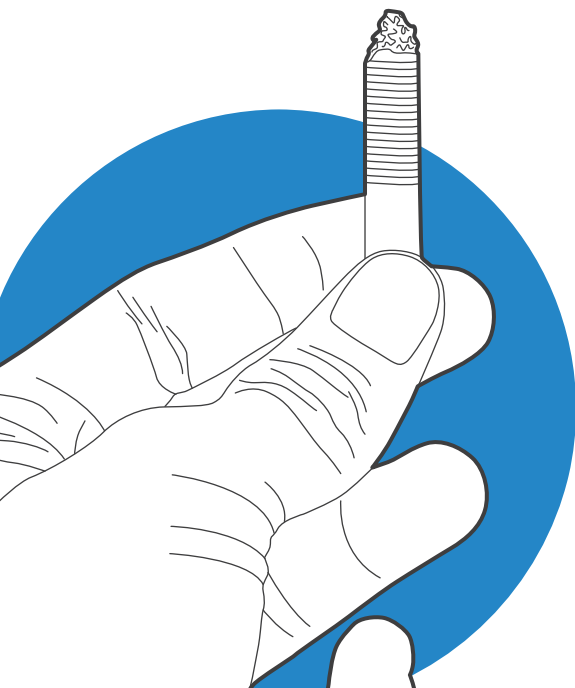
COVID-19 and smoking cigarettes

It is estimated that smokers have a **14-fold higher risk of developing severe cases of COVID-19.**

This is because SARS CoV-2 virus attacks the respiratory system and smoking damages the airways and lungs.

Smokers can also become infected more easily.

This is due to repetitive hand movements towards the mouth, making it easier to transfer the virus to the respiratory tract.



Pregnant women and children

PREGNANT WOMEN

The available evidence suggests that pregnant women with COVID-19 (symptomatic SARS-CoV-2 infection) **are at severe risk mileage in comparison with peers not pregnant.**



CHILDREN

The disease in children seems to be relatively mild. **Children account for 5.5-7% of all COVID-19 cases in the EU / UK.** Severe disease is less common than in adults, but the multi-system inflammatory syndrome associated with COVID-19 (PIMS-TS) may develop even a few weeks after onset.



Symptoms of COVID-19 in children

Are less specific than in adults.

MOST COMMON SYMPTOMS OF COVID-19 IN CHILDREN ARE



cough



fever



runny nose,
weakness



Fever is usually **lower** than in adults (**up to 37,5°C**) and its duration is **shorter**.

In China, COVID-19 showing **no symptoms has been reported more often** in children than in adults.

SYMPTOMS OF COVID-19 IN CHILDREN

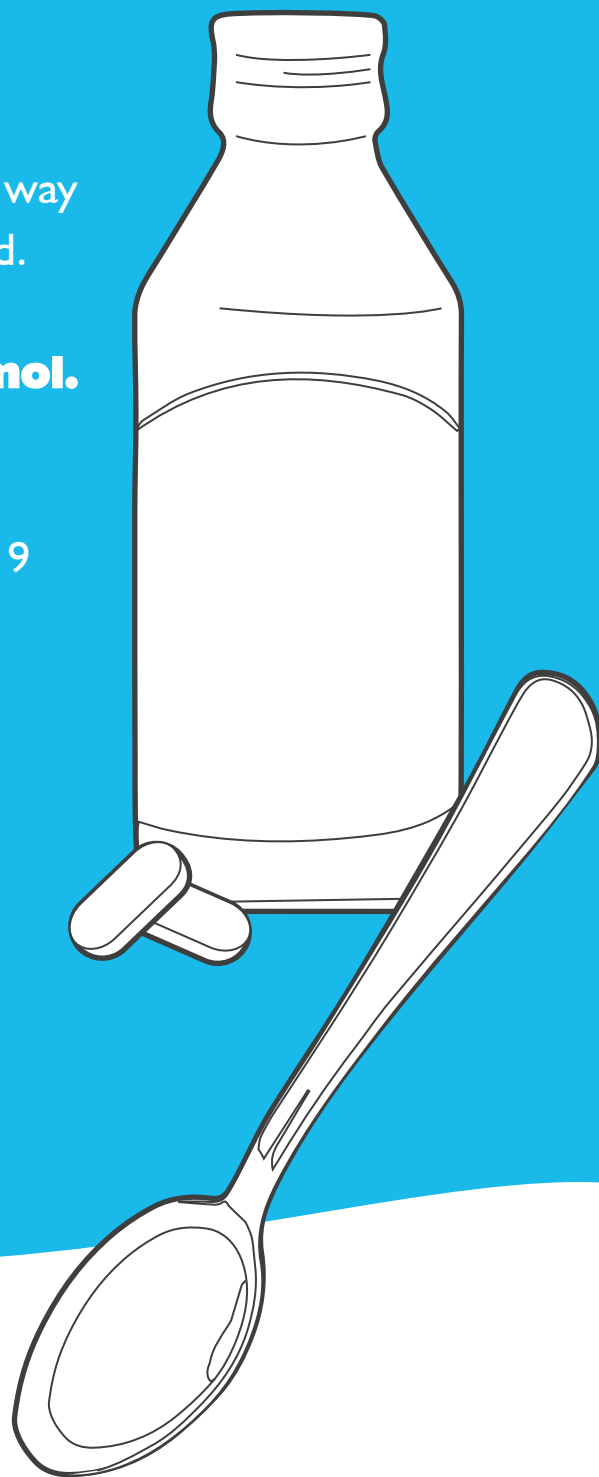
SYMPTOM	INCIDENCE AMONG CHILDREN	
	Summary of 131 studies (64% of data from China to 14th May 2020, 7780 COVID+ children)	Polish study (till 19th August, 2020, 163 COVID+ children)
FEVER	59.1%	30%
COUGH	55.9%	23%
RHINITIS	20%	17%
FATIGUE	18,7%	12%
SORE THROAT	18,2%	9%
NO SYMPTOMS	19,3%	37%
DYSPNOEA	11,7%	4%
SUBFEBRILE STATE	Not reported	15%
HEADACHE	4,3%	9%
LOSS OF SMELL AND/OR TASTE	Not reported	9%
DIARRHOEA, ABDOMINAL PAIN	6,5%	7%
NAUSEA, VOMITING	5,4%	4%
RASH	0,25%	2%

Are there any drugs that prevent or treat COVID-19?

Symptomatic treatment is used in people with mild course of COVID-19.

Healthcare professionals manage clinical symptoms of infected patients in the same way as other respiratory infections are managed. For example, fever is **treated with antipyretic drugs with paracetamol.**

Individuals with severe course of COVID-19 require hospital treatment (**including antiviral treatment, fluid management, oxygen therapy**).



I suspect I have COVID-19 symptoms or I had close contact with a person suffering from COVID-19

WHAT SHOULD I DO?



It is absolutely necessary that you stay at home and contact your Medicover doctor by phone. Call the NFZ helpline on how to deal with a suspected coronavirus infection: 800 190 590

If you experience any alarm symptoms, i.e. persistent fever above 39°C, dyspnoea, chest pain, petechiae, please contact Medicover HotLine at

500 900 999 or the Emergency Room at **112** immediately.

If you are not a Medicover patient, if you experience any of the above mentioned symptoms

(especially fever >38°C and cough or dyspnoea)

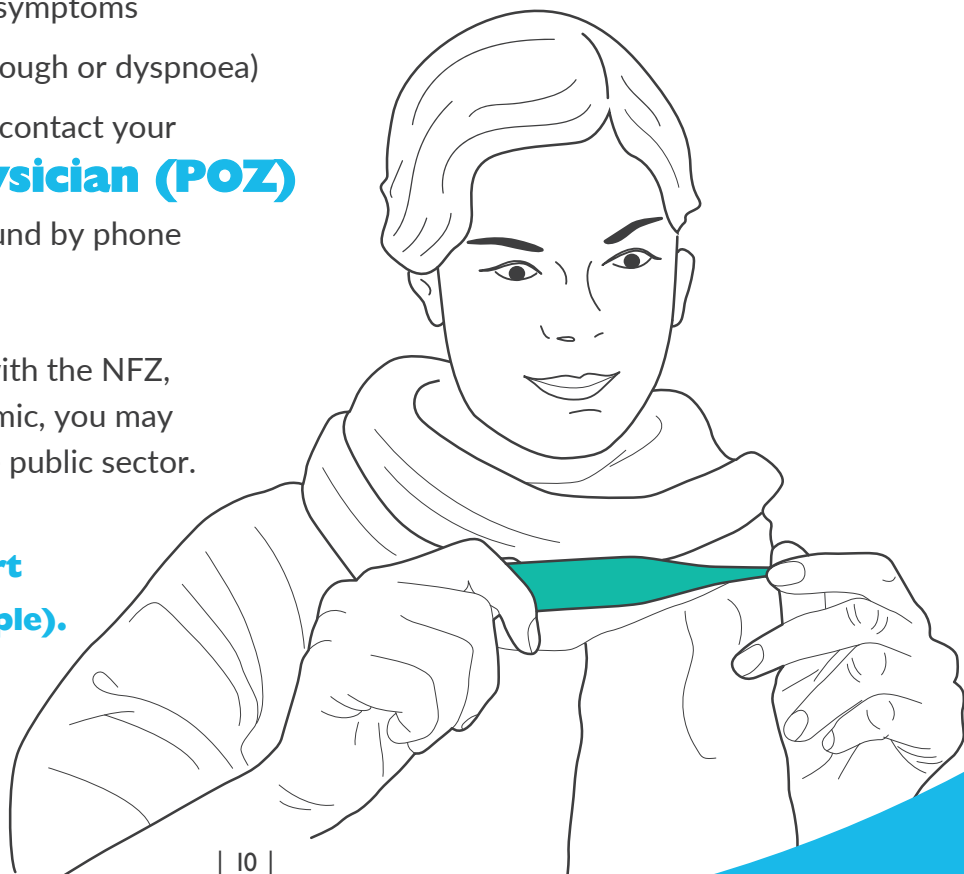
indicating COVID-19, please contact your

Primary Care Physician (POZ)

within the National Health Fund by phone immediately.

Even if you are not insured with the NFZ, due to the COVID-19 pandemic, you may receive free healthcare in the public sector.

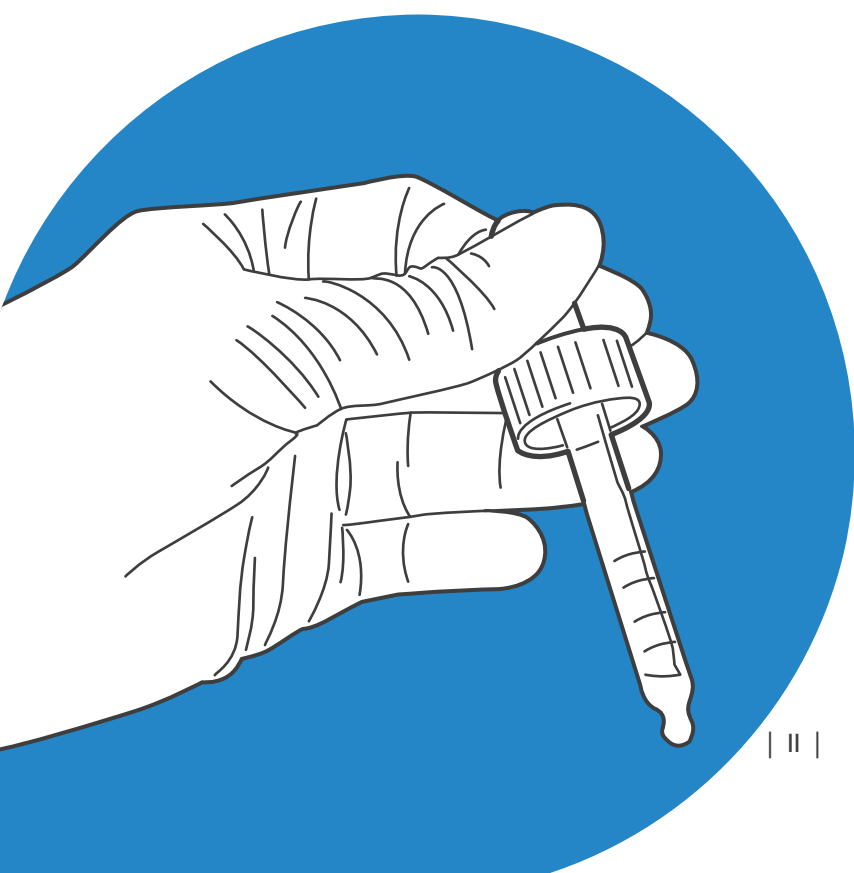
Avoiding public transport and large crowds of people).



Where can I get tested?

Currently, there is a possibility of commercial tests to confirm SARS-CoV-2 **infection** (RRT-PCR, RT-LAMB and antigen tests) as well as **past infection** (determination of anti-SARS-CoV-2 antibodies in the IgG, IgM and IgG/IgM class).

If you suspect COVID-19 symptoms or have had close **contact with an infected person**, who will decide if you should get tested.



Information on how to proceed and relevant phone numbers can be found on page 10.

How can I avoid an infection?



Vaccination protects against the disease, severe course and complications of COVID-19



wash your hands properly and often with soap and water or disinfect them with alcohol-based liquid (at least 60%)



avoid touching your eyes, nose and mouth with your hands



regularly clean or disinfect surfaces that are often touched (e.g. door handles) with water and detergent or a disinfectant



keep a safe distance – at least 1,5m away from sick people



do not use the phone while eating meals and disinfect it regularly (e.g. with wet disinfectant wipes)



avoid gatherings of people



use proven sources of information about COVID-19



eat healthy food and properly hydrate the body

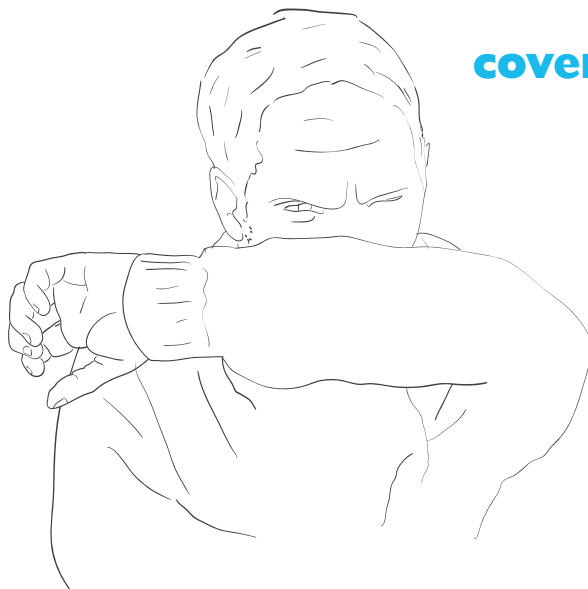


comply with quarantine and other recommendations of sanitary services and medical personnel



cover your mouth and nose with your forearm or a disposable tissue when sneezing or coughing (throw it into the bin after use)

COUGH HYGIENE RULES



• **with a bent elbow**

covering the mouth and nose



• **with a disposable tissue**

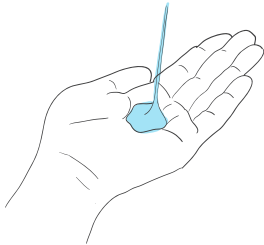


(which should be disposed of immediately after use)

After coughing or sneezing, wash and disinfect your hands. We recommend that you keep at least 1,5 meters distance from people who cough or sneeze.

How to wash your hands?

IN ACCORDANCE WITH WHO GUIDELINES – A GUIDE TO HAND HYGIENE
IN HEALTHCARE (MAY 2009)



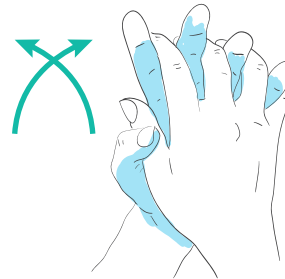
To dry skin, apply enough solution to cover the entire palm.



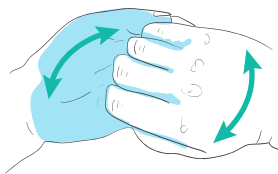
Ensure the entire surface of your hands are covered by rubbing your hands together.



Using a circular motion, apply the solution to the outsides of the hands until completely covered.



Rub the inner parts of the palm with interlaced fingers.



Cover each finger with the solution by gently twisting each finger back & forth.



Cover each thumb with the solution by gently twisting each thumb back & forth.



Keeping your fingers together, rub them in a circular motion in the palm of the other hand.



Once dry, your hands are safe.

Prevention measures and the risk of SARS-CoV-2 infection



The risk of infection compared with the absence of the measure

PHYSICAL DISTANCE

distance of at least 1 m - each additional meter of distance can increase the effect up to 2 times

when using physical distance: **almost 5 times lower risk**



MASKS

with or without a filter

When using masks with or without a filter: **more than 5.5 times lower risk**



EYE PROTECTION

when using eye protection: **almost 3 times lower risk**

THE RISK OF INFECTION



- None of these preventive measures provide complete protection against SARS-CoV-2 infection (even in combination).
- To further reduce the risk of virus transmission, other prevention measures such as frequent hand-washing with soap and water should be applied.

Chu D.K., Akl E.A., Duda S., J wsp.: Physical distancing, face masks, and eye protection to prevent person-to-person transmission of SARS-CoV-2 and COVID-19: a systematic review and meta-analysis. Lancet, 2020; 395(10242): 1973-1987.

The vaccine protects against COVID-19 in:
95% with Comirnaty, 94% with COVID-19 Vaccine Moderna, 66,9-100% (depends on age) with COVID-19 Vaccine Janssen and approx. 60% with COVID-19 Vaccine AstraZeneca
 and protects against severe disease and complications.

THE FOLLOWING THINGS ARE IMPORTANT TO PREVENT THE SPREAD OF THE INFECTION:

- thorough hand washing with soap and water for at least 20-30 seconds or using alcohol-based antibacterial gels (min. 60%)
- compliance with hygiene rules of sneezing and coughing. Do not cover your face with your hand when you sneeze or cough. Use a disposable tissue (throw it away immediately after use) or cover your nose and mouth with a bent elbow. Then wash or disinfect your hands
- refraining from touching your face
- keeping at least 1,5 m distance from people with symptoms of the disease (e.g. cough, runny nose)

Currently (26/05/2021) there is an obligation to cover the nose and mouth in closed spaces, e.g. offices, shops, public transport. You do not need to wear a face mask in an open space, unless a distance of at least 1.5 meters from the other person is not kept.

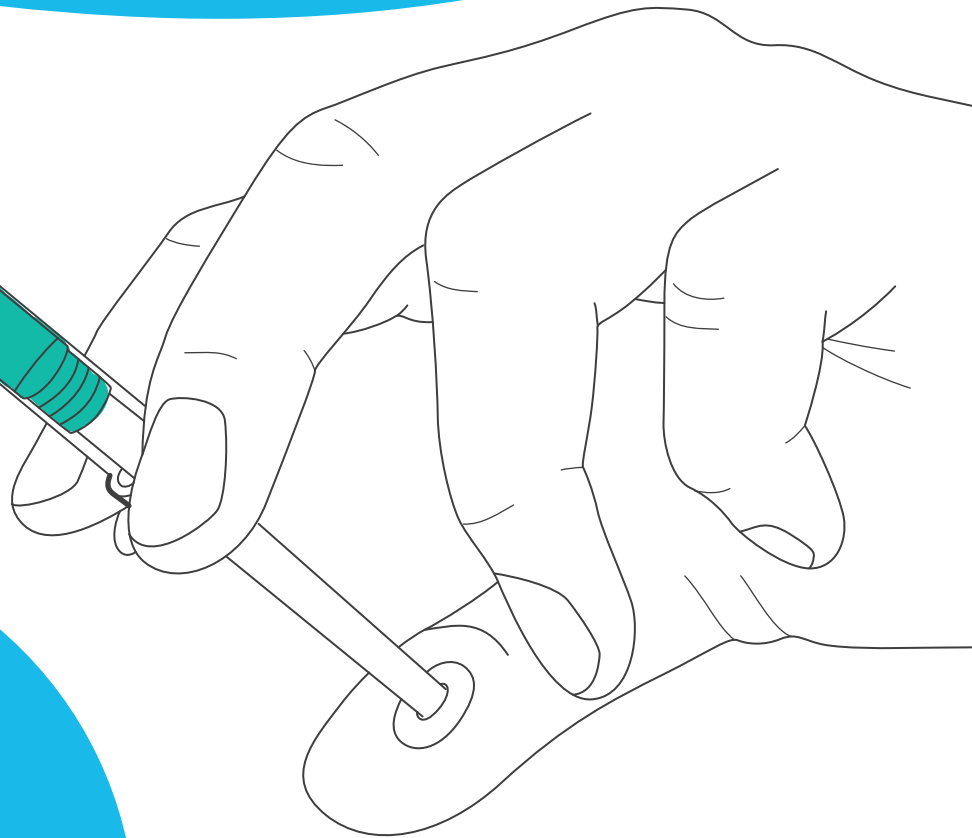
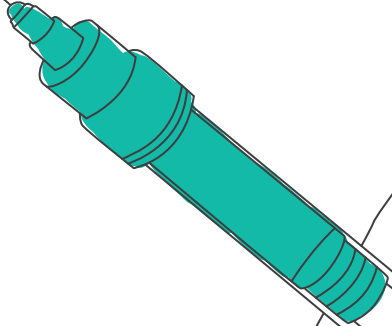
Remember that incorrect use of a mask, e.g. repeated use of the same masks, may even increase the risk of infection. If you have a cotton mask, remember to wash it after each use at 60 degrees Celsius.

Available vaccines against the virus

Currently, vaccines against COVID-19 are already registered in Europe.

Three vaccines are currently available in Poland (April 22, 2021):

- Pfizer/Biontech Comirnaty Vaccine,
- COVID-19 Vaccine Moderna,
- COVID-19 Vaccine AstraZeneca (current name Vaxzevria),
- COVID-19 Vaccine Janssen.



Am I protected against COVID-19 when I had the flu vaccine this year?

The influenza virus and the virus that causes COVID-19 are two very different viruses, and the seasonal flu vaccine does not protect against COVID-19.

COVID-19 and contact with food

Researchers are constantly monitoring how the virus is spreading. There is currently **no evidence to suggest that food is the likely route of SARS-CoV-2 transmission.**

HOW TO DO GROCERY SHOPPING DURING A PANDEMIC?



Make a shopping list.



Keep distance when queueing - optimally 1,5 meters. Avoid large clusters of people, and if you can do shopping online, use this opportunity.



Wear a mask - in stores, as well as in other closed spaces, it is mandatory to cover the nose and mouth.



Using cards or electronic payments is preferred.



Do not pick up and touch foods that are intended to be consumed without washing or without heat treatment - e.g. bread, confectionery, vegetables and fruit.



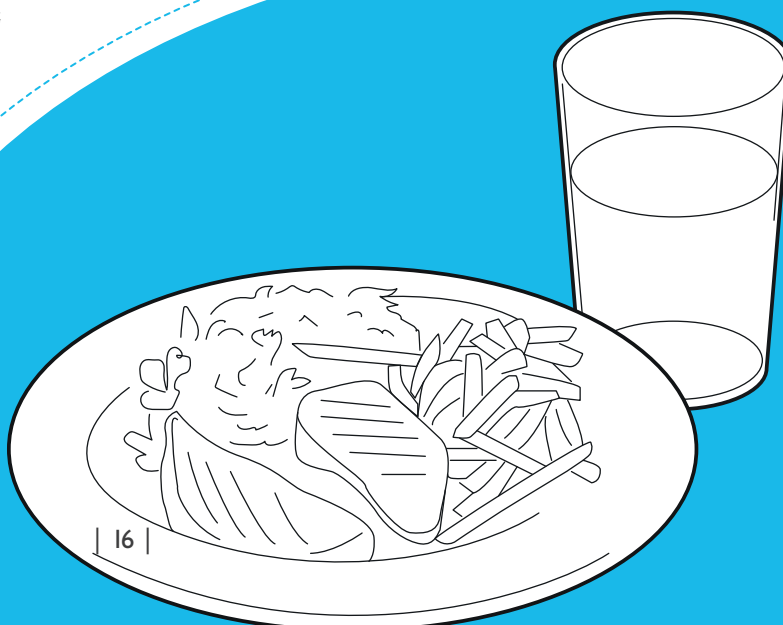
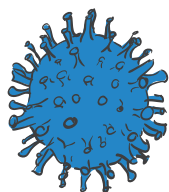
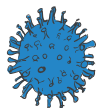
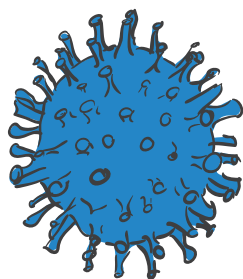
Avoid touching your eyes, nose or mouth when shopping.



Coronavirus does not multiply on the surface of food packaging - it only preserves this ability in human or animal organisms. Therefore, you don't have to disinfect the packaging. Please remember to wash your hands after unpacking your shopping and before a meal.

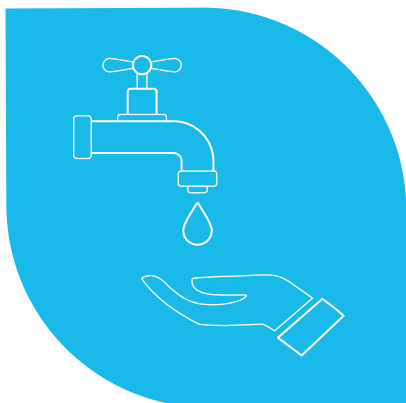


Wash vegetables and fruits at home, then dry them or leave them to dry. Take off the plastic wrappings and throw them away. Meat, poultry and eggs should always be treated at 70°C - coronaviruses and other viruses and bacteria die at 70°C. Afterwards, wash your hands thoroughly.

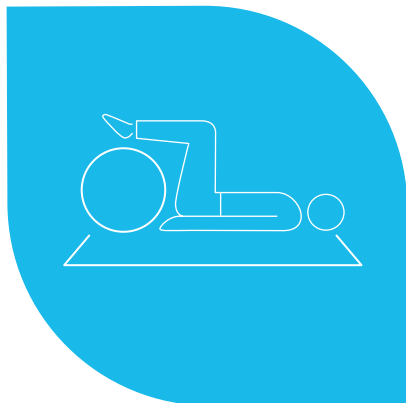


How to deal with an epidemic?

HOW TO CONTROL YOUR EMOTIONS AND TAKE CARE OF YOUR HEALTH WHEN STAYING AT HOME?



Follow hygiene rules



Remember to exercise



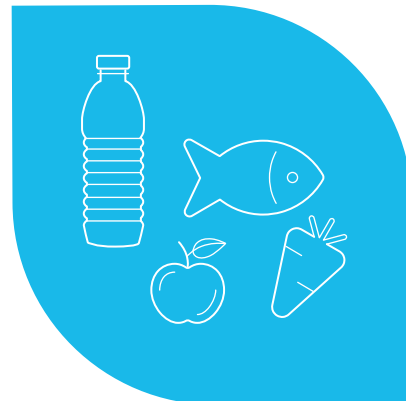
Do things that please you



Get regular sleep



Be patient with other household members



Eat healthy food



Find a reliable source of information, e.g. Chief Sanitary Inspectorate, WHO or Medcover.pl, but do not obsessively check the news

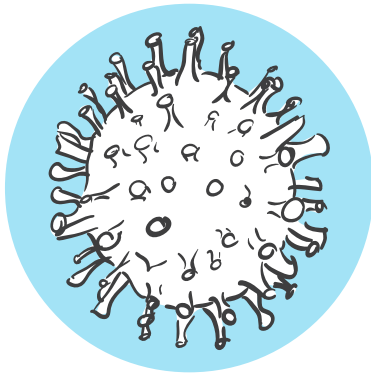
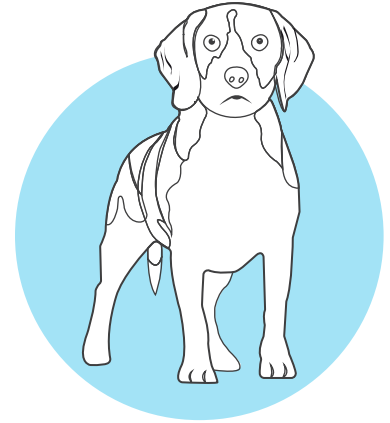


Talk to loved ones (by phone or online messengers); don't be afraid to tell them about your anxiety

COVID-19. Facts and myths

Do dogs and cats carry coronavirus?

No. There is no evidence that pets can carry the SARS-CoV-2 coronavirus that causes COVID-19. For hygienic and health reasons, however, you should always wash your hands after caring for or playing with your pet.



Is coronavirus more infectious than other viruses we know?

Coronavirus is very contagious (one person infects up to 12-18 healthy people). It is more infectious than seasonal flu (here 1 person infects an average of 1 person), but it's far from being as infectious as viruses such as measles.

Does drinking alcohol protect against the virus?

No. Drinking alcohol does not protect against the virus. Alcohol can reduce the body's resistance.

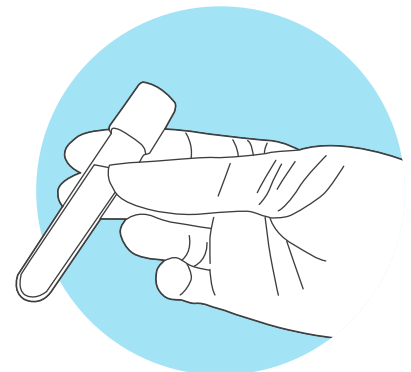


Does frequent drinking water fight coronavirus?

No! To reduce the risk of infection, observe hygiene rules and avoid contact with large clusters of people.

Are home coronavirus tests effective?

No! Only a medical institution can perform a reliable test for coronavirus.





**WE ALL
NEED TO WORK TOGETHER
TO STOP THE PANDEMIC!**

Anyone who **suspects a COVID-19** infection can benefit from free diagnostics within the NFZ - contact a Primary Care Physician (POZ) by phone or fill in an online application form and make an appointment for a telemedicine consultation. Even if you are not insured with the NFZ, due to the COVID-19 pandemic, people staying in Poland can take advantage of free healthcare in the public sector.

If you have a persistent fever (> 39°C), shortness of breath, chest pain and/or petechiae on your skin, contact Medicover HotLine at



500 900 999

or the emergency room at

112



999

ALL INFORMATION ABOUT CORONAVIRUS



medicover.pl/koronawirus/



SARS-CoV-2 is a new coronavirus that we are just getting to know. That is why, new reports of scientists, clinicians and state institutions appear every day. We monitor the situation and update the content of the guide on a regular basis especially for you, so that you can use the most current and up-to-date information.

MEDICOVER IN THE WORLD

Belarus | Bulgaria | Georgia | Germany | Hungary | Moldova | Poland | Romania | Serbia |
Sweden | Turkey | Ukraine | India