

## INSTRUCTIONS FOR PERSONS EXPOSED TO SARS-COV-2 INFECTION

**Within the period of 14 days from the exposure to the SARS-CoV-2 virus infection**, avoid unnecessary contacts with other people. This applies specially to contacts with older people, those with chronic diseases and those who have a weakened immune system (people with cardiovascular diseases, respiratory diseases, diabetes, impaired kidney function, cancer treatment, etc.). They are at higher risk of a more severe course of the disease.

In the 14-day period monitor your health status closely. If you develop signs or symptoms of COVID-19 (such as malaise, cold, cough, fever, shortness of breath, headache, muscular pain, loss of taste or smell, sore throat, etc.) within this period, **stay at home and contact your personal or emergency physician** for further instructions.

Follow guidelines for preventing the spread of SARS-CoV-2 infection:

- Avoid unnecessary **contacts with people**.
- Keep at least 2-meter **distance** from other people.
- Do not touch **eyes, nose and mouth**.
- **Wash your hands regularly** with soap and water.
- When water and soap are unavailable, **use a dedicated hand sanitizer to disinfect your hands**. Hand sanitizers are for external use only. Surface cleaners/disinfectants are not suitable for cleaning/disinfecting the skin.
- Use the **mask** in accordance with current regulations.
- Provide **regular ventilation of enclosed spaces**.
- It is recommended that employees **work from home** in agreement with the employer (if the nature of their work allows this) or discuss on whether their work can be organized in such a way that the possible infection cannot be transmitted to other employees during work and during arrival to and leaving from work.

**If you share a household with a person with confirmed SARS-CoV-2 infection**, we recommend that you **perform a rapid antigen test / self-test for SARS-CoV-2 infection** within seven days of the last close contact with an infected person. In case of a positive test stay at home and contact your personal or emergency physician for further instructions.

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**We advise you to install #OstaniZdrav application on your mobile phone.**

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For information on psychological support during the COVID-19 epidemic, call the **automatic messaging device at 080 51 00**.