

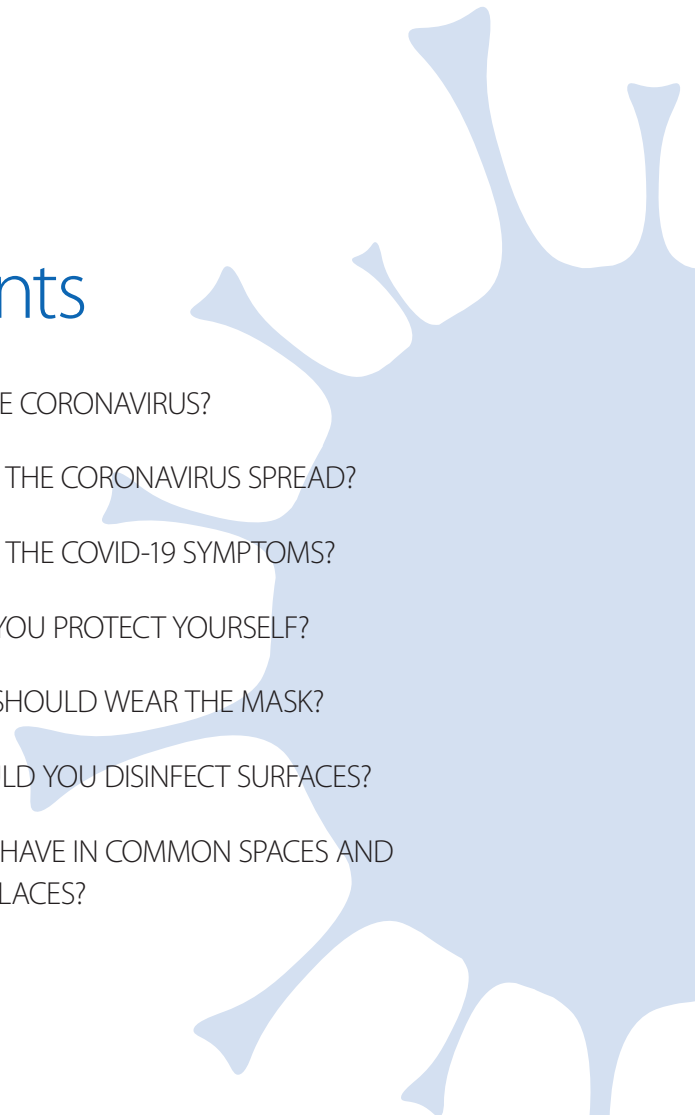
# Guide

## COVID-19

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# WHAT IS THE CORONAVIRUS?

**Coronaviruses** are a larger group of viruses which can infect both animals, as well as people. Some coronaviruses may cause symptoms similar to usual colds, while others cause more severe illnesses (such as MERS – the Middle East respiratory syndrome, and SARS - severe acute respiratory syndrome).

An important difference between the influenza virus and the coronavirus is that people already have a certain level of immunity to the common influenza. On the other hand, our immunity systems have not been exposed to the coronavirus before.

**Nowadays we are confronted on a global level with a pandemic situation caused by the SARS-CoV-2 virus, respectively by the disease known as COVID-19.**

**SARS-CoV-2** is the name of the coronavirus which provoked the current pandemic situation, but you may come across references to this virus under the name 2019-nCoV or the “new coronavirus”.

**COVID-19** is the name of the disease caused by the SARS-CoV-2 virus, the coronavirus disease (COrona VIRus Disease), where the figures 19 indicate the year when the disease occurred.

# HOW DOES THE CORONAVIRUS SPREAD?

Human coronaviruses spread through liquid drops (exhaled when somebody coughs or sneezes) and unprotected personal contact with an infected person (by physical contact, handshake, etc.)

The virus may be transmitted by:



## ■ Direct contact

- Between persons who get in direct contact with each other (handshakes, hugs, kissing on the cheeks or hand-kissing, touching one's face with one's hands).
- By the droplets produced when an infected person coughs or sneezes.

## ■ Indirect contact

- Touching surfaces that are often touched by other persons, such as: railings, doorknobs, handles, elevator or access buttons, etc.
- Using the same bottles / glasses / cutlery with other people.
- Using the same protective masks/ clothes/ bed linens with other persons.
- The use of banknotes and coins - the transmission of viruses is carried out in a significant proportion through money, with which a very large number of people make contact, statistically.



**ATTENTION!** Not all those infected with the coronavirus (COVID-19) have symptoms!

The virus may also be transmitted by persons who appear to be healthy and simply do not know that they are infected.

# WHICH ARE THE COVID-19 SYMPTOMS?

People infected with coronavirus may experience different symptoms, from those of a simple cold, to more serious conditions (e.g. high temperature, chest pain, shortness of breath, pneumonia) that can lead to death.

Some people may be infected, but do not develop any symptoms and

do not feel sick. However, seemingly healthy people can pass COVID-19 to others. Most people recover after being infected, following the instructions and treatment prescribed by specialist physicians. At this point, all infected persons are being supervised and treated in hospital.

**About 1 in 6 people who have COVID-19 develop severe forms of the disease and have difficulty breathing. Older people and those who have other diseases, such as high blood pressure, heart problems or diabetes are more likely to develop a severe form of the disease.**



The following symptoms can develop in **2-14 days** counting from the date of one's exposure to the virus:

- **Fever**
- **Dry cough**
- **Respiratory failure (difficulty in breathing/feeling of suffocation)**
- **Fatigue.**

# HOW CAN YOU PROTECT YOURSELF?

1



Wash your hands often with soap and water for at least 20 seconds, especially after you've been in a public place or after having blown your nose, coughed or sneezed. To wipe your hands, it's preferable that you should use paper towels.

2



If water and soap are not available, use a hand disinfection product (e.g. disinfectant gel, spirit). Cover the entire surface of your hands with liquid and rub your hands until the liquid evaporates.

3



Avoid touching your eyes, nose and mouth with unwashed hands.

4



Cover your mouth and nose with a medical mask, handkerchief or with the inner side of your elbow when coughing or sneezing. Wash your hands afterwards and throw away the mask or handkerchief.

5



Avoid crowded areas and use a protective mask when entering enclosed public spaces (e.g. shops, banks, offices of institutions) or getting on public transport vehicles. Try to keep 1.5 meters away from other people whenever possible.

6



Wash towels, bed linens and clothing regularly, preferably at temperatures of at least 60 degrees.



7

Clean and ventilate the spaces where you live or work as often as possible.



8

Avoid close personal contact with the persons who have fever and cough or sneeze.



9

Go to see a doctor if you have a fever, you cough or have breathing problems.



10

If you fall ill while traveling, seek medical assistance as soon as possible and inform your healthcare professional about your travel history.



11

Keep away from the others if the COVID-19 spreads in your community. This is extremely important for persons who present a higher risk of getting sick (older people, persons suffering from other diseases).



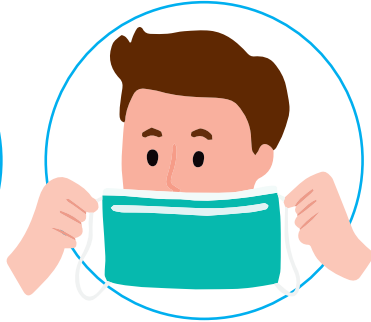
**WARNING! You must wash your hands in the following situations:**

- After you blow your nose, after you sneeze or cough.
- As soon as you arrive home, regardless of where you have returned from.
- After you use the toilet/ restroom.
- Before eating or preparing food.
- After any contact with domestic animals or with pets.
- Before and after you get in touch with another person (for instance, with a child).

# HOW YOU SHOULD WEAR THE MASK?



1.



2.



3.



4.



5.



6.



# HOW SHOULD YOU DISINFECT SURFACES?

**You should frequently clean and disinfect the surfaces you touch, using in this respect disinfectants based on alcohol or chlorine.**

Such surfaces include:

- tables,
- door latches,
- light switches,
- kitchen boards,
- handles,
- office desks,
- telephones, keyboards,
- toilets, taps and wash-hand basins/kitchen sinks.

Before you disinfect a surface or an object, you must clean it first by using water and detergent. Then, you should proceed to the disinfectant by using a piece of cloth or microfiber cloth soaked in disinfectant.

**What products can you use to disinfect object/surfaces?**

• **A dilution of domestic bleaching agent (chlorine).**

- To prepare a bleaching

(chlorine) solution, you should mix 5 spoonfuls (80 ml) of bleach in 3.0 litres of water or 4 teaspoonfuls in 1 litre of water.

- Follow the instructions on the packaging regarding the application of the product and the appropriate ventilation of spaces after application. Check the expiry date so as to make sure that you are not using expired products. **Never mix bleaching agent (chlorine) with ammonia or with any other cleaning product.** Usual domestic bleaching agent which has not expired will be efficient against coronaviruses when it is properly diluted.

• **Alcohol-based solutions (disinfectants)**

- Make sure that the disinfectant liquid contains at least 70% alcohol.



**DO NOT FORGET!** Whether you clean or disinfect the surfaces and objects around you or not, you must keep on washing your hands and avoid to touch your face!



# HOW TO BEHAVE IN COMMON SPACES AND IN PUBLIC PLACES?



**WARNING!** The authorities have taken various measures in the last few months to prevent and limit the spread of COVID-19 – for example, they have imposed interdictions on going out, and limitations of meetings and group activities.

These measures may evolve and they may suffer changes. Keep yourself/ves informed at all times as regards the rules imposed by the authorities.

# General advice

- Avoid crowded areas such as public gatherings, queues, heavy traffic areas, recreational areas.
  - Keep away from the other people, maintaining a distance of at least 1.5-2 meters between you and them.
  - Limit to the maximum any direct contact with other people, except the ones who are part of the so-called nuclear family. Avoid shaking hands, hugging, kissing people's cheeks or hands,
- as well as touching faces with your hands.
- Avoid touching surfaces that are often touched by other people, such as railings, doorknobs, handles, elevator or access buttons. If you need to touch these surfaces, protect yourself with disposable wipes.
  - **Wear a protective mask in closed public places!**



## In the G.I.I. accommodation centre for asylum seekers

- Follow the rules imposed by the management of the centre. **Such rules may come in addition to the general measures imposed by the authorities. All these measures must be complied with, because they were designed to support you and are meant to protect you.**
- Limit to the maximum any direct contact with other people, except the ones those who belong to your so-called nuclear family. Avoid shaking hands, hugging, kissing people's cheeks or hands, touching faces with your hands
- DO NOT come into direct contact with your family or roommates when you return to the centre until you've washed your hands.
- Keep away from the other people you meet in the centre, maintaining a distance of at least 1.5-2 meters between you and them.
- Avoid crowding common spaces – such as access points, kitchens, recreational spaces, offices of the staff working in the centre.
- Clean and disinfect all surfaces you touch frequently (e.g. tables, doorknobs, furniture, battery/sink and wash-hand basin taps, other objects that can be touched by other persons).
- Air several times a day the rooms in which you live (your room from the centre) or in which you perform activities.
- DO NOT drink liquids from the same bottle/glass with other people and DO NOT use the same cutlery.
- DO NOT get into direct contact with people in isolation, whether or not they have symptoms.
- **If you are in isolation at the Centre, follow the Self-isolation Guide provided by the General Inspectorate for Immigrations.**



**WARNING! If you have specific symptoms COVID-19 (cough, fever, shortness of breath) contact the medical staff in the centre immediately!**

# In public transport vehicles

- If you are on the bus / tram / subway, keep away and DO NOT stand face to face with other people.
- Keep a distance of 1.5-2m from other people in the underground station or in bus/tram stops.
- Wash or disinfect your hands after you have used any public transport method.
- Avoid crowded areas. Choose alternative routes or modes of transport whenever it is possible. If possible, avoid travelling at rush-hour times and choose low-traffic time intervals.
- If you live in the city and have to travel short distances, walk or use a bike or an electric scooter.



## In the park

- Avoid crowded area
- Don't take your kids to playgrounds. Such places contain surfaces and objects that are touched by many other children every day.



# At work

- Work from home if possible and if your employer agrees.
- Comply with all the rules of protection and cleanliness imposed by your employer – e.g. washing hands, wearing the mask, keeping the distance from your colleagues or clients.
- Air and clean the space where you work several times a day.
- As far as possible, do not use cash (banknotes, coins). Use your card or phone to make payments.
- When you return home from work, DO NOT come into direct contact with anyone (room-mates, family members, neighbours) until you have washed your hands.





## For more information, go to:

Public Health National Institute - National Centre for the Surveillance and Control of Transmissible Diseases (Centrul Național de Supraveghere și Control al Bolilor Transmisibile (CNSCBT) [www.cnscbt.ro/](http://www.cnscbt.ro/)



World Health Organization (WHO) [www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)



General Inspectorate for Immigrations <http://igi.mai.gov.ro/ro/blog/important-covid-19>



UNHCR Romania [www.unhcr.org/ro/covid-19](http://www.unhcr.org/ro/covid-19)



Romanian National Council for Refugees [www.cnrr.ro/index.php/ro/](http://www.cnrr.ro/index.php/ro/)



[www.Stirioficiale.ro](http://www.Stirioficiale.ro)



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