

COVID-19 – INFORMATION SHEET INFORMATION FOR INFECTED PERSONS

What is COVID-19?

Corona viruses (CoV) form a large family of viruses that can cause mild colds to severe pneumonia in humans.

How does the virus spread?

According to information available to date, there is the possibility of person-to-person transmission by droplet or smear infection (touching contaminated surfaces). The risk of person-to-person transmission is relatively low and, according to current information, slightly higher than that of influenza. In comparison, measles viruses are 5-7 times easier to transmit.

How does the disease manifest itself?

Common signs of an infection with the new coronavirus include fever, sore throat, cough and breathing difficulties. In more severe cases, the infection can cause pneumonia, kidney failure and, especially if other serious diseases already exist, death. The mildest forms of the disease (symptoms of a cold) are most common.

How long is the incubation period?

It is currently assumed that the incubation period is usually 2-7 days (max. 1-14 days).

How long is the contagious period?

The duration of infectiousness is currently assumed to be from one day before the onset of the disease up to 2 days after the end of symptoms, but presumed to be at least 10 days, and therefore not yet fully known.

How is the disease treated?

Treatment is symptomatic, i.e. by alleviating the symptoms of the disease, such as antipyretic drugs. Vaccination is not available.

Who is at risk?

Predominantly at risk are those who have had close contact with a person suffering from a new type of coronavirus infection or have died (e.g. family members, medical staff, without appropriate protective equipment). Travellers from China who unknowingly came into contact with a person suffering from SARS-CoV-2 could be at risk of infection, although to a much lesser extent.

What should I do?

If your current state of health does not require you to be admitted to hospital, the necessary samples required to detect SARS-CoV-2 will be taken either in hospital, or by your general practitioner (doctor).

You will be sent home from hospital to self-isolate. The duration of this isolation period should be for at least as long as is required for the result of the SARS-CoV-2 sample to be found to be negative. You should inform your employer about this. Official notification with regards to the quarantine period will then be sent to you by the responsible district administration department.

Until the result from your samples is deemed negative, you should

- **Significantly reduce all social contact, do not leave home on any account, nor receive any visitors (except for medical care).**
- **Please TELEPHONE the health advisory services immediately if you notice a deterioration in your state of health, especially if you experience shortness of breath and/or breathing difficulties.**

When doing so, be sure to state on the phone that you are currently suspected of suffering from COVID-19. You will be given special instructions. **Please also inform the public health department about any change in your state of health.**

- If you require **medical care from the hospital** as a result of the **significant worsening of your symptoms**, you must arrange an advance appointment by telephone.
- **Wash your hands frequently** with soap and water for 20 seconds and
- If possible, use **disposable towels or your own towel** that is not used by anyone else. If available, use disinfectant with at least limited virucidal effectiveness.
- **Exercise caution when coughing or sneezing.** Cough or sneeze into the crook of your arm, or into a paper handkerchief (which must then be disposed of immediately in separate waste).
- **Wash your hands** after sneezing and coughing, before eating and after every visit to the bathroom. Disinfect your hands afterwards. Clean the toilet and all door handles in your home, as well as fittings and work surfaces every day with a commercially available chlorine-based cleaner.
- **If you live with other people, make sure that you stay in separate, well-ventilated rooms.** In the case of direct contact, you can protect your surroundings by wearing a protective face mask. As far as possible, try and keep separated from other household members, in terms of time and space. A “temporal separation” can be achieved, for example, by not eating meals together, but one after another. Physical separation can be achieved, for example, by the presumed infected person living and sleeping in a different room to other household members and by using separate bathrooms, provided there are two in the household.
- If available, wear a multi-layered protective face mask when in contact with other persons. When wearing no protective mask, **a minimum distance of 2 metres must be maintained from other persons and all direct physical contact must be avoided.**
- Please make a note of your contacts: keep separate lists of those with whom you have spoken face-to-face for circa 15 minutes or more, and those with whom you have spoken to in person for less than 15 minutes and in which rooms you have spent time with other persons without any verbal contact.
 - If possible, note details daily from the first point of contact with a person suffering from COVID-19, or from 2 days before the onset of your symptoms and journal all details daily.
 - (“Diary“ example on the RKI website under: Diary example under: https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Kontaktperson/Management.html

These measures are designed to reduce the risk of this disease spreading.

For more information, please visit:

<https://www.sozialministerium.at/Themen/Gesundheit/Uebertragbare-Krankheiten/Infektionskrankheiten-A-Z/Neuartiges-Coronavirus.html>

Coronavirus hotline: Experts from the Austrian Agency for Health and Food Safety (AGES) are on hand to answer questions about the Corona virus.

Telephone: 0800 555 621 - (7 days a week, 0 to 24 hours) as well as the

Hotline of the State of Tyrol: 0800 80 80 30 – (7 days a week, 0 to 24 hours)