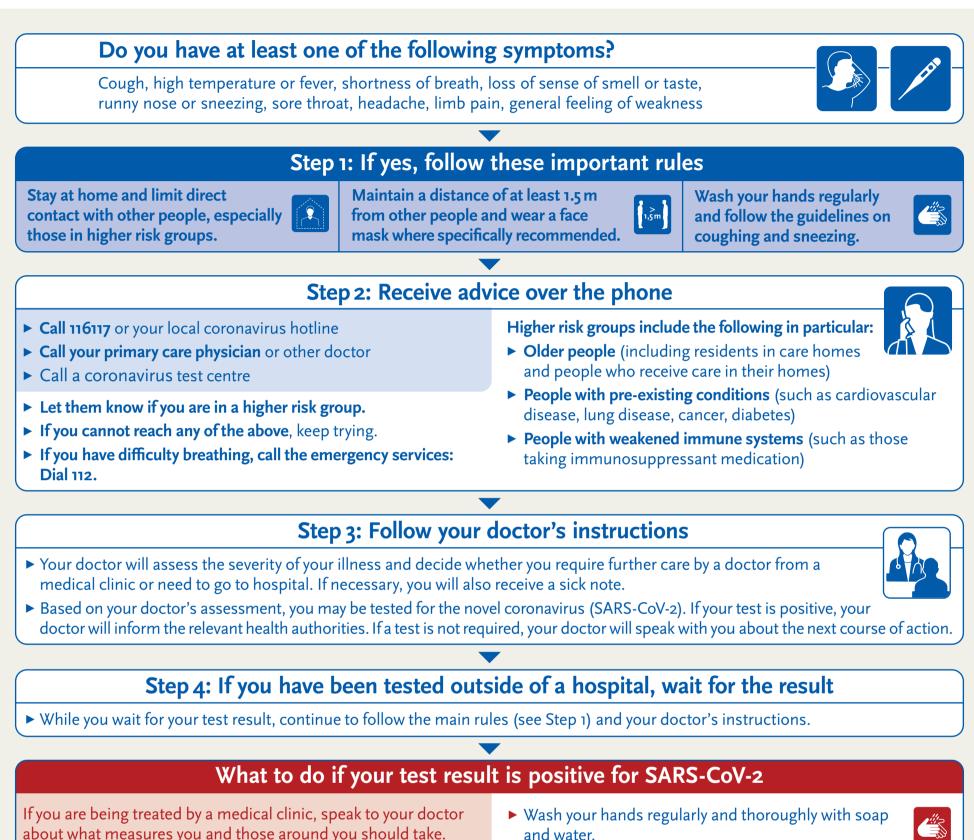
## COVID-19: Do I have it and what should I do? Guidance for the public



If you are being treated by a medical clinic, speak to your doctor about what measures you and those around you should take. You should also follow these recommendations:

- Reduce the number of people in your household and your contact with them to an absolute minimum.
- Avoid sharing your living space with anyone who is in a higher risk group.
- If possible, stay in a well-ventilated room by yourself.
- Wash your hands regularly and thoroughly with soap and water.
- Sneeze or cough into a disposable tissue or into the crook of your arm if you do not have a tissue.
- Do not share household items with others (such as dishes, cutlery, towels or bed linen).
- On a daily basis, clean surfaces and objects you regularly touch (such as bedside tables, bed frames, door handles,
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- ▶ Use shared rooms (such as the kitchen, hall or bathroom) only when absolutely necessary.
- ▶ If you and other members of your household are unable to be in separate rooms, please
  - maintain a distance of at least 1.5m from each other and
  - each wear surgical masks.

- light switches or smartphones).
- Regularly ventilate all rooms.
- Keep your laundry separate and wash it at a temperature of at least 60 °C.
- Deliveries should be left on your doorstep.
- ► If your symptoms get worse, especially if you have difficulty breathing, seek medical help immediately.

## What to do if your test result is negative for SARS-CoV-2

Continue to wash your hands regularly and follow the guidelines on coughing and sneezing. Speak to your doctor about any other steps you should take.





