

The coronavirus

Many people think about the coronavirus.

Luckily, most people who get sick with corona get better.

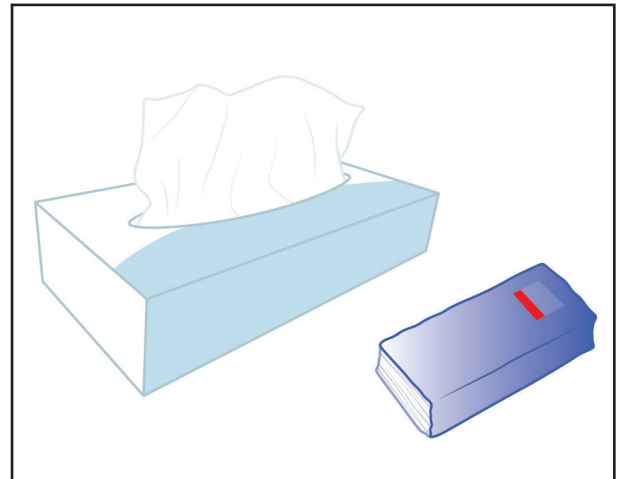
But it's good to be careful.

What can you do?

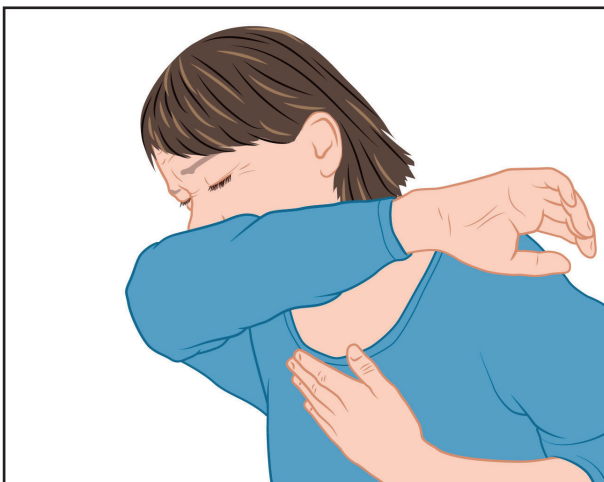
Here are some important tips:



1. Wash your hands with soap a few times a day. Wash between your fingers too.



2. Use paper handkerchiefs when you sneeze or blow your nose.



3. Sneeze and cough in your elbow.



4. Don't shake hands.

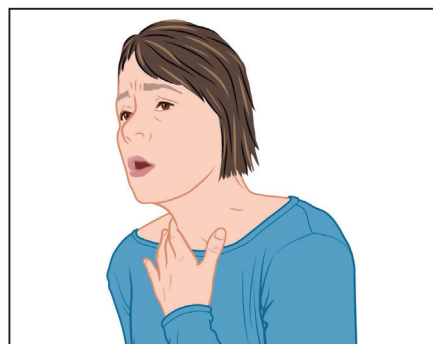
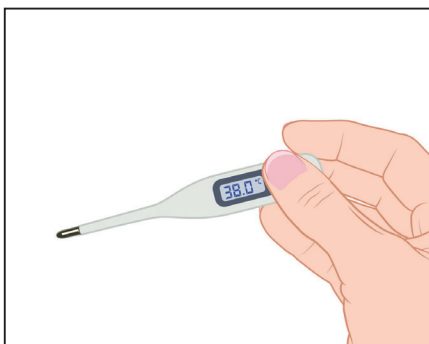
What should you do if you feel sick?

It is not always necessary to call the doctor.
If you don't feel very sick, for example.

Stay inside if you have to cough or sneeze **and** you have been in China, Iran, Singapore, South Korea or North Italy. Or if you have had contact with someone who has the coronavirus.
You don't have to call the doctor. Stay at home until you are better.

Call the doctor if you feel sicker:

- You have a fever (higher than 38 degrees) **and**
- You have difficulty breathing or you have to cough **and**
- You have been in China, Iran, Singapore, South Korea, North Italy **or**
- You have had contact with someone who has the coronavirus.



If you have questions:

Call **0800-1351**

Or search for corona on [Thuisarts.nl](https://www.thuisarts.nl) (Dutch only)

Don't visit the doctor

