

IMPORTANT NOTICE, PLEASE READ CAREFULLY!!!

Dear clients,

due to the increasing number of **coronavirus infections (COVID-19)** abroad, we would like to ask you to **contact us immediately by phone prior eventual visit of our clinic in case you recently (last 14 days) came from the virus-affected area or have been in close contact with someone who has returned from these areas while you have the symptoms of the disease. Our doctor will evaluate your situation by phone and will inform you of the next steps.**

True doctor: +420 772 000 112, True dentist: +420 604 101 110

**In case of necessary or further questions call directly
THE NATIONAL INSTITUTE OF PUBLIC HEALTH daily from 9 am to 9 pm at
+420 724 810 106**

What is the mode of transmission?

- COVID-19 is now spreading from one person to another (human-to human transmission).
- The virus seems to be transmitted mainly via respiratory droplets that people sneeze, cough, or exhale. These droplets also land on objects and surfaces around the person. People can catch COVID-19 if they breathe in droplets or by touching these objects or surfaces, then touching their eyes, nose or mouth.
- The incubation period is currently estimated at between 2 and 14 days.
- The risk of catching COVID-19 from someone with no symptoms at all is low. However, many people with COVID-19 experience only mild symptoms. This is particularly true at the early stages of the disease.

What are the symptoms?

- The most common symptoms are fever, tiredness, dry cough and difficulty breathing (flu-like symptoms). Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually.
- Most people (about 80%) recover from the disease without needing special treatment, however older people and those with underlying medical problems are more likely to develop serious illness.

What is the prevention?

- Don't stay in places with more people.
- Avoid close contact with sick people. Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Regularly and thoroughly wash your hands with soap and water or use an alcohol-based hand rub before eating, after using the toilet and after any contact with animals.
- Follow good respiratory hygiene. This means covering your mouth and nose with a tissue or your bent elbow when you cough or sneeze. Dispoze used tissue immediately. Do not use hand to cover your mouth or nose! Use face mask to help prevent spreading the infection to other people.

Useful sources of information: who.int, ecdc.europa.eu, mzcr.cz, szu.cz

THANK YOU FOR PROTECTING YOURSELF AND YOUR SURROUNDINGS

**SKUTEČNÝ
ZUBAŘ.**

**SKUTEČNÝ
LÉKAŘ.**