

## Wat is het coronavirus? | 14/04/2020

### ENGELS | Vertaald uit het Nederlands

#### The coronavirus

The coronavirus is a new and highly infectious virus. You can easily catch it from other people or pass it on to them.

#### Why must everyone stay at home as far as possible?

- If we all stay indoors, the virus will spread less quickly.
- If we stay healthy, then fewer people will need to go to hospital. This also protects people who can get ill more easily. Doctors and nurses will be less busy then too.

#### What are the symptoms?

The major symptoms are:

- fever, coughing and difficulty breathing;
- sometimes a blocked nose, sore throat and diarrhoea.

If you have one of these symptoms, please call your doctor.

Some people can have the virus without any symptoms. This makes it very important to respect the rules and stay at home as far as possible!

#### How does the virus spread?

Small droplets are released into the air when you cough or sneeze. This is how the virus can spread, by landing on things. The droplets can reach up to one metre on average.

How do you get infected? By breathing in these droplets or if they reach your mouth, nose or eyes via your hands.

What should you do?

- Keep a distance of 1.5 metres from other people;
- Wash your hands frequently. Definitely do this when you touch things that many other people also touch. For example: a door handle or a lift button.

#### Is there a vaccination or treatment for the virus?

No-one has antibodies to make them immune to the virus. There is no vaccine at present either. Doctors and scientists are currently researching the virus. They are analysing every person who gets ill and learning more every day. This will help them find the right treatment.

If you are ill but not in hospital, then paracetamol is the best medicine for pain and fever.

Some criminal organisations are selling fake or illegal medicines containing chloroquine. There is absolutely no guarantee that these medicines will be safe or work properly. They could even be very bad for your health, so you should not buy them.

### How can you protect yourself?

- Wash your hands frequently with soap and water;
- Keep a distance of 1.5 metres from other people;
- Do not touch your face.