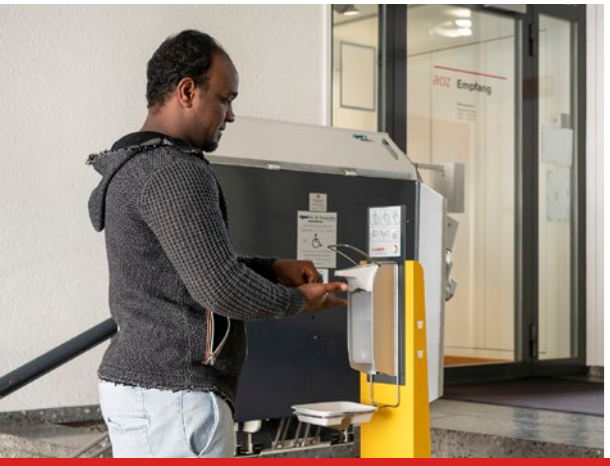
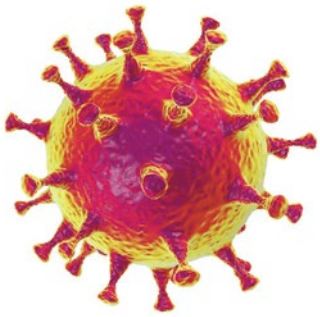
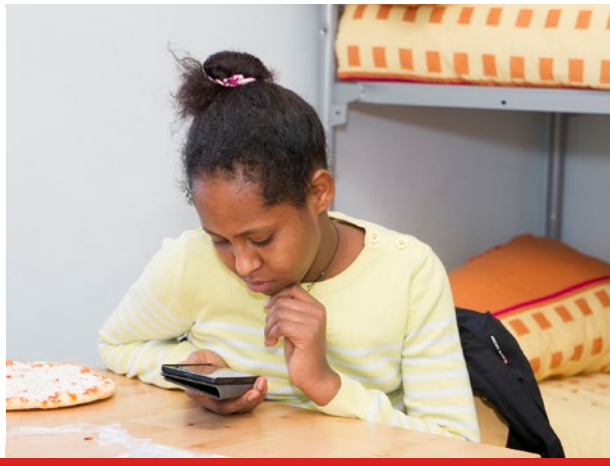
Information for asylum seekers and refugees in the canton of Zurich







What is the new corona virus?

- There is a new viral disease. It is called Covid-19.
- This virus attacks the respiratory system.
- It takes 5 to 14 days from infection to the outbreak of the disease (a person who still looks and feels healthy may already be sick)
- With this disease people often have a cough or fever.
- Lots of people may get sick.
- Some people may die from the disease.
- The elderly and immune suppressed people are particularly vulnerable, and may die.

How can you be infected with the corona virus?

- The disease is very contagious.
- The disease spreads:
  - if you are with a sick person for more than 15 minutes
  - if you are less than two meters away from a sick person
  - by coughing and sneezing
  - via the hands (shaking hands, touching objects)

What are the symptoms of the corona virus?

- Fever
- Cough
- Trouble when breathing

How does the disease progress?

- The disease affects different people in different ways
- Some people get only slightly ill
- Some people get seriously ill and have to go to hospital

Which people are particularly at risk?

- People over 65 years of age often become seriously ill.
- People with these diseases are at risk:
  - High blood pressure
  - Diabetes
  - Diseases of the heart and blood circulation
  - Diseases of the respiratory tract (asthma)
  - Diseases and therapies which weaken the immune system
  - Cancer

We wish you good health!

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