

12 PRINCIPLES OF PROTECTION AGAINST CORONAVIRUS (COVID-19) FOR PEOPLE WITH IMMUNODEFICIENCY



1. Try to remain calm and do not panic

Panic serves no purpose. Follow the instructions of doctors and authorities.



2. Minimize professional and school activity

Ask for the opportunity to work remotely, take a vacation or - if you qualify - ask your doctor for a sick leave.



3. Give up any social activities

In the upcoming weeks, stop going out as well as inviting guests to your place.



4. Absolutely avoid human gatherings

Give up travel by public transport, participation in religious rites, shopping, going to the gym or training.



5. Travel only by car on longer journeys

If you need to travel urgently, use your own car and avoid areas where the disease is present.



6. Take care of hygiene and wash your hands frequently

Wash your hands and use disinfectants after returning home, before meals, after contact with other people.



7. Avoid touching your face

First of all, do not touch your eyes, ears, mouth and nose - these are places where the virus can easily reach your body.



8. Limit gestures for greeting and farewell

Do not shake hands or exchange kisses - replace them with words and a nod.



9. Avoid unnecessary visits to clinics and hospitals

If you need medication, call the clinic and ask for an e-prescription (if possible), postpone scheduled visits to specialists unless they are urgent.



10. Take care of your household's education

Try to apply the above rules to the people you live with - because they can be a source of infection for you.



11. Do you take antibodies? Do it regularly

Immunoglobulins do not protect you against coronavirus (so it makes no sense to increase their dose), but against other infections - yes.



12. Call the immunology clinic before your visit

If your appointment is approaching, call and ask about the current circumstances - the situation in hospitals is changing dynamically.