



COVID-19. CORONAVIRUS EPIDEMIC

We all know that we are in the midst of a global health crisis due to the spread of a virus that started in China but already affects many countries; this is what started by the name of coronavirus – because of the appearance of the virus seen with a microscope – and which has had its own name for a few weeks: COVID-19.

In order to provide *hospitaleros* with minimum prevention standards, we searched the pages of the Ministries of Health, Foreign Affairs and WHO (World Health Organization) but the indications are intended for health professionals. However, we can get some information that will be very useful while we are in an *albergue* as *hospitalero* - and as pilgrims too - because we will be in contact with many people who we do not know about their previous situations and that will force us to be rigorous in our performance as *hospitaleros*.

On the one hand, we must attend with extreme care any suspicious symptoms that we observe in some pilgrim. The symptoms presented by a covid-19 affected are similar to those of any other flu: fever, cough, sore throat, excretions and, in some cases, difficulty breathing. If we find someone in these conditions and even if it seems exaggerated, we must call 112 and explain the situation. Surely, they will put all persons present in an epidemiological surveillance situation (14 days). **YOU DO NOT HAVE TO GO TO THE HEALTH CENTER** to avoid spreading if there were viruses.

On the other hand, we must promote customs of good hygiene, starting with us for our own health security. If we notice symptoms such as those described above, we must also call the 112 and explain the situation. **YOU DO NOT HAVE TO GO TO THE HEALTH CENTER** to avoid spreading if there were viruses.

Unfortunately and contrary to what Hospitaleros proposes but in the face of the danger that it may pose at the moment, it is necessary **to avoid physical contact** with someone who is suffering from respiratory infections, that present coughs, sneezes and excretion, keeping the minimum distance of one meter. Avoid sharing personal belongings. Maintain good hygiene with frequent **hand washing**, especially after contact with sick people and their surroundings, with soap and water for 20 seconds or with alcohol-based disinfectants. **Cover your mouth and nose when coughing or sneezing**, and it will be done with the sleeve of the shirt by putting the inside of the elbow on the face. Avoid contact of hands with mucous membranes (eyes, mouth, nose) as much as possible.

These situations may occur: **1.** be or be in contact with a person who has been in a country affected by the coronavirus. If there are symptoms, call 112. **2.** be informed about the disease and extreme hygiene measures.

The use of surgical masks is intended for people who are sick or in contact with sick people; they do not prevent the entry of virus into the respiratory tract.



Misinformation and prejudice against the coronavirus generate discrimination. Let's face it. Find out more at the official sources.

The Ministry of Health has information that is updated periodically and can be found in:
www.mscbs.gob.es/profesionales/saludPublica/ccayes/alertasActual/nCov-China/home.htm (box *Información para el ciudadano*).

https://www.mscbs.gob.es/profesionales/saludPublica/ccayes/alertasActual/nCov-China/documentos/Infografia_nuevo_coronavirus.pdf

Information in English:

<https://www.gov.uk/government/publications/guidance-for-social-or-community-care-and-residential-settings-on-covid-19/guidance-for-social-or-community-care-and-residential-settings-on-covid-19>

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