What should you do after returning from an area infected with the SARS-CoV-2 coronavirus or if you believe you have come into contact with someone infected?

1. If you notice any symptoms of the disease (fever, coughing, breathing difficulties, which is characteristic of pneumonia), stay at home and avoid contact with other people.

2. Consult your chosen doctor by telephone for advice on what to do. If they are not available, call the nearest emergency outpatient clinic, where you will be given further instructions.

3. The doctor will confirm or refute the suspicion of coronavirus infection. If the suspicion is justified, your doctor will refer you to a healthcare centre (known as an entry point for a swab test).

4. To reach the healthcare centre, use a car and do not take public transport (train, bus, taxi). Cough and sneeze into a tissue or your sleeve. Wash your hands with soap and water before leaving home.

5. The doctor who will take your swab will assess where you should wait for the test results, depending on your medical condition.

6. After receiving the result, your doctor will inform you of any further steps.