

STATEMENT OF A PARTICIPANT AGED 18 AND OVER INCLUDED IN ADULT EDUCATION AT CENE ŠTUPAR-CILJ

as restrictions brought in to tackle the coronavirus pandemic slowly ease

_____ (name and surname)

1. I have not had any of the symptoms/signs for the last 14 days: fever, cough, headache, feeling unwell, sore throat, cold symptoms, breathing difficulties (shortness of breath), diarrhoea and I have been healthy for the last 14 days;
2. I have not been in contact with anyone who tested positive for SARS-CoV-2.
3. **If I notice any of the symptoms/signs mentioned above or if I or any of the people I live or am in contact with are diagnosed with SARS-CoV-2, I will remain at home.**

Date: _____

Signature: _____

If you fall ill and show any of the symptoms/signs listed above or if you or any of the people you are in contact with are diagnosed with SARS-CoV-2, remain at home and restrict contacts with others. If you fall ill, call your personal physician or doctor on-call for further instructions. If you or any of the people you have been in contact with test positive, you will receive further instructions from the epidemiological service. In that case we are asking you to inform us as well via email info@cene-stupar.si or 01/23 444 00.

We recommend you restrict contacts with older people (e.g. grandparents), persons with existing chronic medical conditions and persons with compromised immune system since they may be at higher risk of serious illness.

Basic information on COVID-19 Infection with the new coronavirus SARS-CoV-2 causes coronavirus disease 2019 (COVID-19). Although the precise incubation period is not yet known, the estimate based on other coronaviruses and preliminary information is 2 to 12 days, probably not more than 14 days. The average duration of the incubation period is around 6 days. Symptoms of the disease include feeling unwell, fatigue, cold symptoms, fever, coughing, and in more severe cases shortness of breath and other breathing difficulties. Approximately 80% of cases seem to be mild. Children have similar symptoms to adults and generally have mild illness. People who are older or who have existing chronic medical conditions, such as heart disease, lung disease, diabetes, severe obesity, chronic kidney or liver disease, or who have compromised immune systems may be at higher risk of serious illness. In more severe cases, infection can cause pneumonia. Microbiological testing is required to confirm or exclude the new coronavirus infection. COVID-19 is transmitted between humans via respiratory droplets that people sneeze or cough. This means that close contact with an infected person is required for transmission, with the distance to the patient being less than 1.5 m. The novel coronavirus can also be transmitted through contact with contaminated surfaces. Covering coughs and sneezes and keeping hands clean can help prevent the spread of serious respiratory illnesses like COVID-19. Further instructions on how to help prevent the spread and more information can be found on the website of National Institute of Public Health: <https://nizj.si/en>.