### What should I do if I show COVID-19 symptoms?

**Important contacts**

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Operating Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>VIC Medical Service</td>
<td>+43 (1) 2600 22222 +43 6991 652 2222</td>
<td>Mon-Fri, 8:30-17:30</td>
</tr>
<tr>
<td>Coronavirus Hotline</td>
<td>(0) 1450</td>
<td>24/7</td>
</tr>
<tr>
<td>Ambulance Service</td>
<td>144</td>
<td>24/7</td>
</tr>
<tr>
<td>Doc Around The Clock</td>
<td>+43 664 144 9 144</td>
<td>House visit, 24/7</td>
</tr>
</tbody>
</table>

**Minimize contact with others**

Stay in your accommodation, except for medical care.

**Meeting attendees (non-staff)**

Inform meeting organizer. They will contact health authorities.

**Get rest and stay hydrated**

Take over-the-counter medication such as Paracetamol to help you feel better.

**Stay in touch with your doctor**

Call ahead, make an appointment.

If you have trouble breathing, or have any other emergency warning signs, call 144.

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**PCR testing lab (swab test)**

- **DNA Confidence**
  - www.confidence.at
- **IHR LABOR**
  - https://1220.ihrabor.at/en
- **LABORS.AT**
  - www.labors.at
- **Vienna Airport**
  - www.viennaairport.com/en/passengers

**Resources**

- **WHO**
  - www.who.int
- **ECDC**
  - www.ecdc.europa.eu/en
- **Federal Ministry of Austria**
  - www.sozialministerium.at
PRECAUTIONARY MEASURES

Wash your hands
with soap and water frequently
for a minimum of 20 seconds

Practice physical distancing
where possible, keep at least one metre
between yourself and others

Wear a mask
as required or where physical
distancing is not possible

Know the symptoms of COVID-19
Any form of an acute respiratory infection
(with or without fever) with at least one of
the following:
• Cough
• Fever
• Chills
• Muscle pain
• Shortness of breath or difficulty breathing
• Sore throat
• New loss of taste or smell
Symptoms can range from mild to severe,
appearing 2-14 days after exposure.

Serious symptoms
• Difficulty breathing
• Chest pain or pressure
• Loss of speech or movement

Seek immediate medical attention if you
have serious symptoms. Always call before
visiting your doctor or health facility.
People with mild symptoms who are
otherwise healthy should manage their
symptoms at home.

Considerations for travellers
• Do not travel if you are sick.
• Consider your organization’s guidelines
on travel.
• Contact in-house Medical Service for
pre-travel assessment/consultation/advice.
• Be aware of the national and local health
authority regulations in all countries on
your itinerary.
• Make sure to practice hand hygiene, physical
distancing and wear a face mask. Comply
with thermal screening, if requested.
• If you feel sick during travel, inform your
supervisor or crew, and seek medical care
as soon as possible.