

CORONAVIRUS – Recommendations

**WASH YOUR HANDS OFTEN WITH WATER AND SOAP OR USE
A ALCOHOL BASED SOLUTION**

**AVOID TO GET CLOSE TO PEOPLE, KEEP A DISTANCE OF 1
METRE**

AVOID CROWDED PLACES

**DON'T TOUCH YOUR EYES, NOSE AND MOUTH WITH YOUR
HANDS**

**AVOID HANDSHAKES AND HUGS UNTIL THE END OF THIS
EMERGENCY PERIOD**

**IF YOU SNEEZE OR COUGH, COVER YOUR NOSE AND MOUTH
WITH A TISSUE OR USE THE ELBOW**

**IF YOU HAVE FLU SYMPTOM (Fever and flu-like symptoms as cough,
sore throat, shortness of breath, body pain, fatigue and tiredness) STAY
HOME, DON'T GO TO THE DOCTOR OR PRONTO SOCCORSO
BUT CALL YOUR DOCTOR OR THE FREE NUMBERS 1500 OR
800118800**