



CORONAVIRUS

10 TIPS TO FOLLOW

These are the official guidelines of the Italian Ministry of Health:

- 1. Wash your hands often with water and soap or clean your hands with alcohol-based sanitizer**
- 2. Avoid getting close to people affected by acute respiratory infections**
- 3. Don't touch your eyes, nose, and mouth with your hands**
- 4. With a disposable tissue, cover your mouth and nose while you sneeze or cough. If you don't have tissues, cough into your elbow**
- 5. Do not take antiviral or antibiotic drugs unless prescribed by a doctor**
- 6. Clean surfaces with disinfectants based on chlorine or alcohol**
- 7. Use a mask only if you suspect to be sick or if you look after someone who is sick**
- 8. Products Made in China and parcels from China are not dangerous**
- 9. Pets don't spread the new coronavirus**
- 10. In case you have doubt, do not go to the emergency room but rather contact your family doctor BY PHONE and follow your doctor's instructions**