



Presidenza del Consiglio dei Ministri

Annex 1 (DPCM 04.03.2020)

Hygiene and sanitary measures:

- a) Wash your hands often. Hydro-alcoholic solutions for hand washing are to be made available in all public places, gymnasiums, supermarkets, pharmacies and other places of aggregation.
- b) Avoid close contact with people suffering from acute respiratory infections; in any case avoid hugs, handshakes and direct physical contact in general;
- c) When sneezing or coughing, make sure to do so into a handkerchief, to avoid hand contact with respiratory secretions.
- d) Maintain a distance of at least one metre between people in every social interaction.
- e) Avoid sharing bottles or glasses, also when engaging in sports.
- f) Do not touch your eyes, nose and mouth with your hands;
- g) Cover your mouth and nose if you sneeze or cough;
- h) Do not take antiviral drugs and antibiotics without a doctor's prescription;
- i) Clean surfaces with chlorine or alcohol-based disinfectants;
- j) Use the mask only if you think you might be infected or if you assist sick people.