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.