Avoid close contact with people who suffer from acute respiratory infections. Stay home if you have any flu-like symptoms, do not go to the emergency room, rather contact your doctor or call the toll-free Veneto Region medical emergency number 800 462 340, or the public number 1500.

Wash your hands frequently with soap & water or use an alcohol-based gel hand sanitizer.

Wear a face mask and disposable gloves.

Avoid touching your eyes, nose, and mouth with your hands.

Cover nose and mouth with a tissue when you sneeze or cough.

Social distancing, maintain at least 1-meter distance between others.

It is not advised to use elevators.

Avoid shaking hands or hugging.

Wash surfaces with alcohol or chlorine based disinfectant.

Avoid sharing cups or bottles.

Do not take antiviral or antibiotic medicines if not prescribed by your doctor.

Avoid close contact with people who suffer from acute respiratory infections.
HOW TO HANDWASH?

Wash hands when visibly soiled!
Otherwise, use handrub

Duration of the entire procedure: 40-60 seconds

1. Apply enough soap to cover all hand surfaces
2. Rub hands palm to palm
3. Right palm over left dorsum with interlaced fingers and vice versa
4. Palm to palm with fingers interlaced
5. Backs of fingers to opposing palms with fingers interlocked
6. Rotational rubbing of left thumb clasped in right palm and vice versa
7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa
8. Rinse hands with water
9. Dry hands thoroughly with a single use towel
10. Use towel to turn off faucet
11. Your hands are now safe

Source: World Health Organization
HOW TO HAND RUB?

Rub hands for hand hygiene!
Wash hands when visibly soiled!

DURATION OF THE ENTIRE PROCEDURE: 20-30 SECONDS

1a. APPLY A PALMFUL OF THE PRODUCT IN A CUPPED HAND, COVERING ALL SURFACES

1b. RUB HANDS PALM TO PALM

2. PALM TO PALM WITH FINGERS INTERLACED

3. RIGHT PALM OVER LEFT DORSUM WITH INTERLACED FINGERS AND VICE VERSA

4. BACKS OF FINGERS TO OPPOSING PALMS WITH FINGERS INTERLOCKED

5. ROTATIONAL RUBBING OF LEFT THUMB CLASPED IN RIGHT PALM AND VICE VERSA

6. ROTATIONAL RUBBING, BACKWARDS AND FORWARDS WITH CLASPED FINGERS OF RIGHT HAND IN LEFT PALM AND VICE VERSA

7. ONCE DRY, YOUR HANDS ARE SAFE

Source: World Health Organization