SOME SIMPLE RECOMMENDATIONS TO CONTAIN THE SPREAD OF CORONAVIRUS

- Wash your hands frequently with soap, and clean surfaces with chlorine or alcohol-based disinfectants.
- Avoid touching your eyes, nose and mouth.
- Avoid handshakes, hugs and sharing bottles and glasses with others.
- Cover mouth and nose with a disposable tissue when you sneeze or cough. If you do not have a tissue, use your bent elbow.
- Avoid crowded places and keep a distance of at least one metre from others.
- Stay at home if you are elderly or have a weakened immune system.
- Stay at home if you have flu-like symptoms. Stay at home, do not go to the emergency room or doctor’s office, but call your general practitioner, paediatrician, primary care out-of-hours service (Guardia Medica) or regional information hotline.

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