

Attachment 1

(DPCM 4 March 2020)

Hygiene-safety measures:

- a. often hands washing. It is recommended to make hands sanitizers available in all public places, gyms, supermarkets, pharmacies, and other gathering places;
- b. avoid close contact with persons that are suffering acute respiratory infections;
- c. avoid hugs and hand shaking;
- d. in the social contacts, keep a minimum of 1 meter distance between individuals;
- e. respiratory hygiene (sneezing and/or coughing on a tissue avoiding the hands contact with the respiratory secretions);
- f. avoid the mixed use of bottles, cups, in particular during while practicing sports;
- g. do not touch eyes, nose and mouth with your hands;
- h. cover the mouth and the nose when sneezing or coughing;
- i. do not take antiviral medicine or antibiotics, unless prescribed by a physician;
- l. clean surfaces with chlorine or alcohol based disinfectants/solutions;
- m. use the mask only if you suspect of being ill or if you are assisting ill individuals.