

## **CORONAVIRUS IN ITALY: WHAT TO DO?**

1. THE NEW CORONAVIRUS CAN CAUSE FEVER, COUGHING, SORE THROAT, RESPIRATORY DISTRESS, PNEUMONIA
2. THE EFFECTS CAN BE WEAK OR SEVERE. ONLY IN FEW CASES IT CAN LEAD TO DEATH, MAINLY IN ELDERLY OR PREVIOUSLY ILL PEOPLE.
3. THE CORONAVIRUS IS PASSED FROM ONE PERSON TO ANOTHER VIA SALIVA DROPS AND BREATH
4. WE CAN PASS THE CORONAVIRUS ON WHEN WE COUGH, TOUCH A PERSON OR STAY VERY CLOSE TO SOMEONE
5. THE EFFECTS OF CORONAVIRUS MANIFEST FROM 2 TO 14 DAYS AFTER THE CONTAGION.
6. IN ORDER NOT TO TAKE OR TRANSMIT THE VIRUS THERE ARE SOME RULES TO RESPECT
7. IF YOU HAVE FEVER OR COUGH, CALL YOUR DOCTOR OR THE FREE NUMBERS 112 OR 1500. **DON'T GO TO THE EMERGENCY ROOM.**
8. COUGH IN THE INNER PART OF YOUR ELBOW OR IN A TISSUE AND IMMEDIATELY THROW THE TISSUE AWAY. AFTER THAT, INSTANTLY WASH YOUR HANDS WITH WATER AND SOAP FOR AT LEAST ONE MINUTE. DO NOT SPIT AROUND.
9. WASH YOUR HANDS WITH WATER AND SOAP. DO NOT TOUCH YOUR MOUTH, NOSE AND EYES. MAKE SURE TO OFTEN WASH YOUR HANDS WITH WATER AND SOAP.
10. ALWAYS STAY AT LEAST 1 METER AWAY FROM OTHER PEOPLE AND **AVOID HUGS AND SHAKING HANDS.**
11. **STAY HOME** AND DON'T MOVE MUCH AROUND. YOU CAN MOVE JUST FOR MATTERS OF WORK AND HEALTH, FOR THE EMERGENCIES OR FOR GOING FOOD SHOPPING.
12. CLEAN SURFACES WITH ALCHOL OR CHLORINE DISINFECTANT.
13. SCHOOLS ARE ALL CLOSED, BUT OFTEN CLASSES ARE MADE ONLINE: YOU CAN ATTEND BY USING YOUR MOBILE OR COMPUTER
14. THERE ARE NO CEREMONIES IN CHURCHES, MOSQUES AND IN PLACES OF WORSHIP. YOU CAN'T PARTY AND MEET MANY PEOPLE IN PUBLIC AND PRIVATE PLACES
15. PHARMACIES AND SHOPS THAT SELL FOOD ARE OPEN AND STILL HAVE ALL THE NECESSARY PRODUCTS, BUT FEW PEOPLE CAN ENTER AT A TIME.
16. THE RULES ARE EASY TO FOLLOW AND ARE NEEDED IN ORDER NOT TO SPREAD THE ILLNESS, SO RESPECT THEM AND SEND THESE INFORMATION TO ALL YOUR FRIENDS
17. WE CAN OVERCOME THE CORONAVIRUS WITH THE EFFORT OF US ALL!

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