



HYGIENIC-SANITARY MEASURES

(Attached 16 DPCM 17/05/2020)

- 1. WASH YOUR HANDS OFTEN. IT IS RECOMMENDED TO MAKE AVAILABLE HYDROALCOHOLIC SOLUTIONS FOR HAND WASHING IN ALL PUBLIC PLACES, GYMS, SUPERMARKETS, PHARMACIES AND OTHER MEETING PLACES;**
- 2. AVOID CLOSE CONTACT WITH PEOPLE SUFFERING FROM ACUTE RESPIRATORY INFECTIONS;**
- 3. AVOID HUGS AND HANDSHAKES;**
- 4. MAINTAIN INTERPERSONAL DISTANCE IN SOCIAL CONTACTS OF AT LEAST ONE METER;**
- 5. PRACTICE RESPIRATORY HYGIENE (SNEEZING AND / OR COUGHING IN A HANDKERCHIEF AVOIDING HAND CONTACT WITH RESPIRATORY SECRETIONS);**
- 6. AVOID THE PROMISCUOUS USE OF BOTTLES AND GLASSES, ESPECIALLY DURING SPORTS ACTIVITIES;**
- 7. DO NOT TOUCH YOUR EYES, NOSE AND MOUTH WITH YOUR HANDS;**
- 8. COVER YOUR MOUTH AND NOSE IF YOU SNEEZE OR COUGH;**
- 9. DO NOT TAKE ANTIVIRAL DRUGS AND ANTIBIOTICS, UNLESS THEY ARE PRESCRIBED BY YOUR DOCTOR;**
- 10. CLEAN THE SURFACES WITH CHLORINE OR ALCOHOL BASED DISINFECTANTS;**
- 11. IT IS RECOMMENDED IN ALL SOCIAL CONTACTS TO USE RESPIRATORY PROTECTION AS AN ADDITIONAL MEASURE TO OTHER PERSONAL HYGIENE PROTECTION MEASURES.**