



Confartigianato

Imprese La Spezia

WASH YOUR HANDS FREQUENTLY WITH SOAP, AND CLEAN SURFACES WITH CHLORINE OR ALCOHOL-BASED DISINFECTANTS



AVOID CROWDED PLACES AND KEEP A DISTANCE OF AT LEAST ONE METRE FROM OTHERS



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH



STAY AT HOME IF YOU ARE ELDERLY OR HAVE A WEAKENED IMMUNE SYSTEM



SOME SIMPLE RECOMMENDATIONS TO CONTAIN THE SPREAD OF **CORONAVIRUS**



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



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



[SALUTE.GOV.IT/NUOVOCORONAVIRUS](https://salute.gov.it/nuovocoronavirus)

