

**CORONAVIRUS EMERGENCY
PRIME MINISTERIAL DECREE
4 MARCH 2020 – ANNEX 1
HYGIENIC-HEALTHCARE MEASURES:**

- a) wash your hands often. It is recommended to make hydroalcoholic solutions available in all public premises, gyms, supermarkets, pharmacies and other meeting places;
- b) avoid close contact with people suffering from acute respiratory infections and avoid in any event hugs, handshakes and direct physical contacts with any person;
- c) respiratory hygiene (sneeze or cough in a handkerchief avoiding hand contact with respiratory secretions);
- d) maintain an interpersonal distance of at least one metre in any social contact;
- e) avoid the promiscuous use of bottles and glasses, including during sports activity;
- f) do not touch eyes, nose and mouth with your hands;
- g) cover mouth and nose if you sneeze or cough;
- h) do not take antiviral drugs or antibiotics, unless prescribed by the doctor;
- i) clean surfaces with chlorine- or alcohol-based disinfectants;
- l) use the mask only if you suspect illness or if you assist sick people.