



Covid-19

Ten behavioral rules to be followed

Throughout the national territory, it is recommended to observe all the preventive hygienic measures listed below:

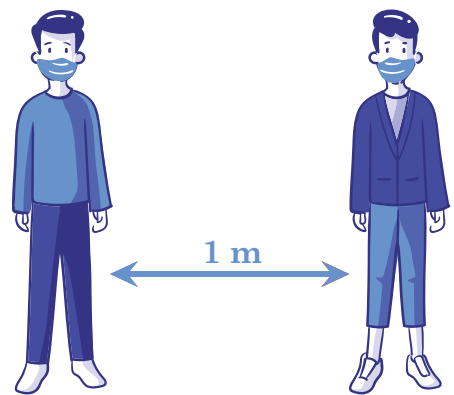
1

Always use a mask, both indoor and outdoor, except if you are alone or with cohabiting people



2

Avoid close contacts with people affected by acute respiratory infections, prevent hugging or handshaking and direct physical contacts in general



3

Keep a distance of at least one meter between you and other people

4

Often wash your hands with soap and water. If not available, use an alcohol - based solution

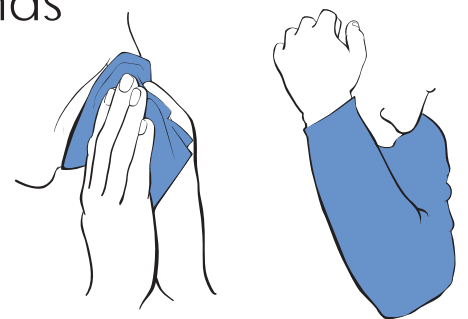


5

Avoid hugs and handshakes

6

Do not touch your eyes, nose and mouth with your hands



7

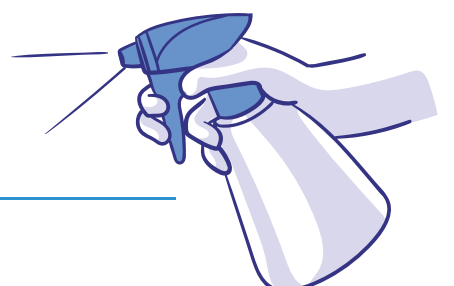
Sneeze and cough into a tissue as well as your elbow, avoiding the contact of your hands with respiratory secretions

8

Avoid mixed - use of bottles and glasses, also during sports activities

9

Clean surfaces using alcohol and chlorine - based disinfectants



10

Do not take any antiviral drugs or antibiotics, except if prescribed by a doctor