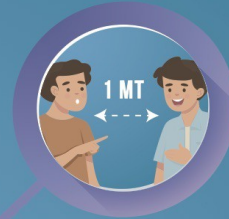




WASH YOUR HANDS FREQUENTLY WITH SOAP, AND CLEAN SURFACES WITH CHLORINE OR ALCOHOL-BASED DISINFECTANTS



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



SOME SIMPLE RECOMMENDATIONS TO CONTAIN THE SPREAD OF CORONAVIRUS

AVOID TOUCHING YOUR EYES, NOSE AND MOUTH



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



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