

CORONAVIRUS – PREVENTING INFECTIONS

To prevent coronavirus infections the same precautions should be taken as in the case of other infectious diseases that cause respiratory infections. The most effective daily precautions are to thoroughly wash hands with soap and water and practise respiratory hygiene/cough etiquette.

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Cover your mouth and nose with a paper tissue when you cough or sneeze.
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If you don't have a paper tissue, cough/sneeze into your upper sleeve.
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Dispose of the tissue in a waste bin after every use.
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Wash your hands with soap and water after coughing/sneezing.

Good respiratory hygiene/cough etiquette

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First rinse your hands under warm running water.
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Scrub your hands with soap, which should be applied to all surfaces of your hands (the palms and the backs of your hands, between the fingers and around the thumbs, under fingernails), for one minute.
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Thoroughly rinse the soap off your hands with warm water.
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Pat your hands dry with a single-use paper towel. Use the paper towel to turn off the tap; do not touch the tap with your freshly washed hands.

Recommendations for washing hands

It is recommended to also take the following daily precautions:

- Avoid close contact with people who show signs of infectious disease.
- Avoid touching eyes, nose and mouth.
- Stay home if you feel unwell.
- Practise good respiratory hygiene/cough etiquette.
- Regularly wash hands with soap and water.
- If soap and water are not available, use hand disinfectant that contains at least 60% alcohol. Hand disinfectant is intended for external use only. Agents for cleaning/disinfecting surfaces should not be used for cleaning/disinfecting skin.
- Considering the current epidemiological situation, there is no general need to wear protective masks.
- During the period of increased incidence of respiratory infections, avoid enclosed spaces where large numbers of people are gathered. Ensure that shared spaces are well ventilated.
- Considering the situation and preventing measures, you are asked not to have any visitors, especially if they have been to Northern Italy lately or if they have any signs of infection.
- **IN CASE OF HIGH BODY TEMPERATURE, COUGH AND/OR BREATHING PROBLEMS CONTACT US IMMEDIATELY TO GET FURTHER INFORMATION ABOUT WHAT TO DO.**

