

# **Coronavirus Disease 2019 (COVID-19)**

## **Ten rules to Follow**

---

- 1) Frequently clean your hands
- 2) Avoid close contact with anyone showing symptoms of respiratory illness
- 3) Avoid touching your eyes, nose and mouth with your hands
- 4) Cover your mouth and nose when you cough or sneeze
- 5) Avoid taking antiviral or antibiotic medications unless instructed by a doctor
- 6) Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe
- 7) Wear a facemask only if you suspect to be sick or if you take care of sick people
- 8) Made in China products and packages from China are not dangerous
- 9) Pets don't spread any new Coronavirus disease (COVID-19)
- 10) If in doubt, don't go to the 'Pronto Soccorso' (Emergency Room): contact your family doctor and, if you suspect to be infected, then call for 112