

Coronavirus COVID-19

ADVICE FOR THE PUBLIC

Ten good rules to follow

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1 Wash your hands with an alcohol-based gel, or soap and water, as often as possible. Do not touch your eyes, nose and mouth with your hands
Even if your hands seem clean, wash them with an alcohol-based gel (30 seconds) or soap and water (60 seconds) as often as possible.
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2 Clean surfaces with chlorine- or alcohol-based disinfectants. Make sure you adequately air rooms regularly.
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3 Cover your mouth and nose with a tissue, your hands or with your arm whenever you cough or sneeze.
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4 Do not take antibiotics or antiviral medication, unless prescribed by a physician.
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5 Avoid close contact with people suffering from acute respiratory infections, ideally maintaining a distance of at least one meter. Insofar as possible, keep visits to hospitalized friends and family to a minimum.
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6 Use a face mask only if you think you are ill or if you are caring for people who are ill.
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7 If you have a temperature, cold or cough **do not go to the Emergency Room, hospital or clinic**, but contact your doctor.
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8 If you have come into close contact with confirmed cases of Covid-19 or have returned less than 14 days ago from regions affected by the epidemic or from quarantined areas, call one of the following numbers set up by the local health authorities:

055 54 54 777 > ASL central Tuscany
050 95 44 44 > ASL northwestern Tuscany
800 57 95 79 > ASL southeastern Tuscany
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9 Postpone outpatient treatment and any planned hospital admission, especially if you have flu-like and/or respiratory symptoms, in agreement with your managing physician, and reschedule them for a later date.
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10 Companion animals do not transmit the new Coronavirus. It is always a good idea to wash your hands after touching animals.