

#CORONAVIRUS

Ten simple rules



1.

Wash your hands regularly for at least 20 seconds using soap or gel



2.

Avoid close contact with people suffering from acute respiratory infections



3.

Avoid touching your eyes, nose and mouth



4.

Cover your mouth and nose when sneezing or coughing and use a disposable tissue when possible



5.

Avoid taking antivirals or antibiotics unless prescribed by a doctor



6.

Clean surfaces with alcohol or chlorine-based disinfectants or wipes



7.

Use a facemask only if you suspect being sick or are working with infected people



8.

Products MADE IN CHINA and parcels received from China do not pose a health threat



9.

Pets and other domestic animals do not spread the Coronavirus



10.

If you think you have been infected, do not go to the emergency room: call your general practitioner or **112**

More Information

Numero Verde
800 867388


PROVINCIA AUTONOMA DI TRENTO


Trentino