



COVID 19 RECOMMENDATIONS

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SAFE
SARDINIA
MARINAS

**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**



**AVOID TOUCHING
YOUR EYES, NOSE
AND MOUTH**



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



**SOME SIMPLE
RECOMMENDATIONS
TO CONTAIN
THE SPREAD OF
CORONAVIRUS**



**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**



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Ministero della Salute