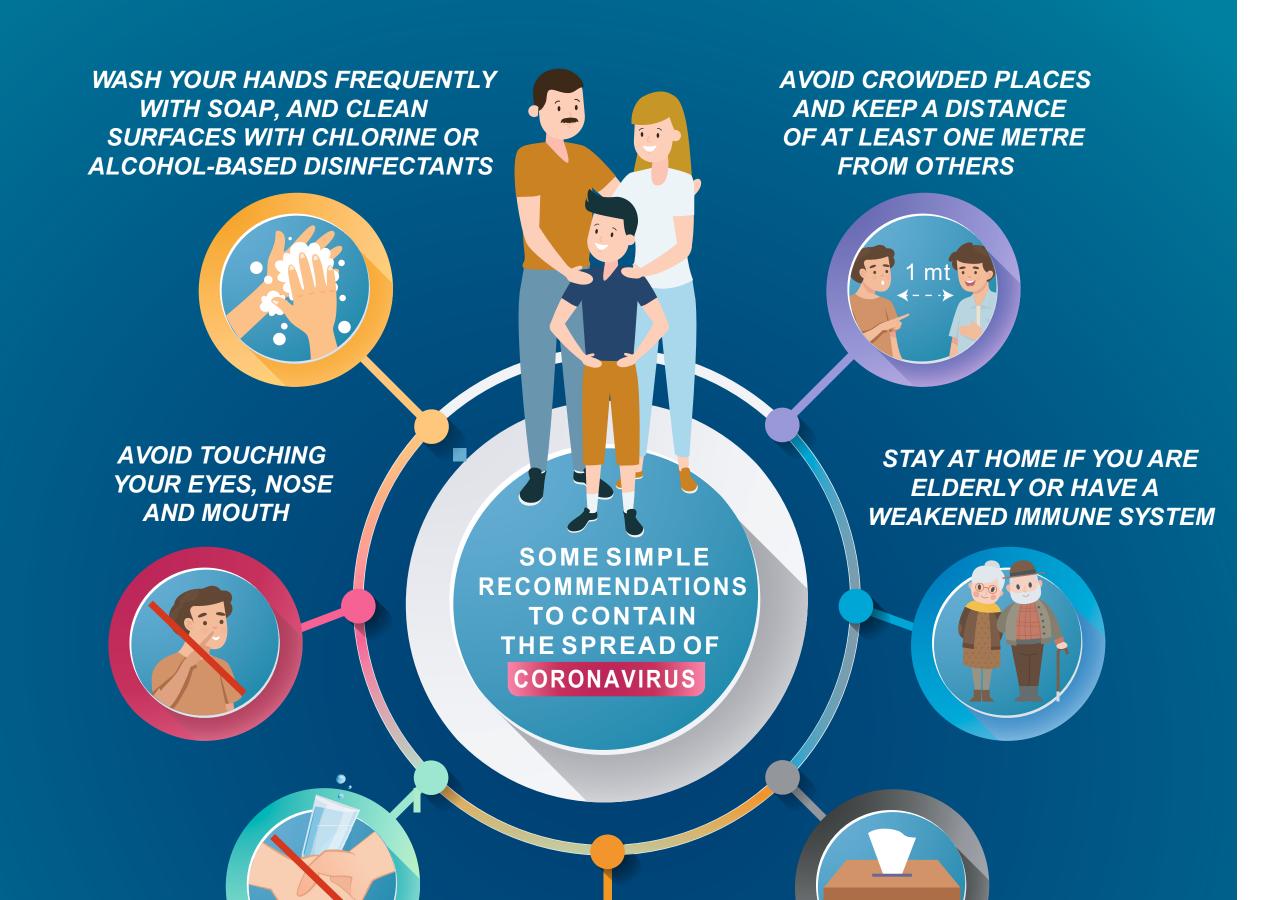


## **COVID 19 RECOMMENDATIONS** www.safesardinia.com







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





Dipartimento della Protezione Civile



