AUTONOME PROVINZ
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PROVINCIA AUTONOMA
DI BOLZANO – ALTO ADIGE
PROVINZIA AUTONOMA DE BULSAN – SUDTIROL

Südtiroler
Sanitätsbetrieb
Azienda Sanitaria
dell'Alto Adige
Azienda Sanitera de Sudtirol

Stop coronavirus: general rules

www.provincia.bz.it/coronavirus

General rules according to the advices of the World Health Organisation WHO, the European Centre for Disease Prevention and Control ECDC and the Istituto Superiore di Sanità ISS

As at: 02.04.2020
Translation: Südtiroler Sanitätsbetrieb

#istayathome
#stopcorona

Wash your hands frequently.

Hand washing and disinfection is the key to preventing infection.

You should wash your hands often and thoroughly with soap and water for at least 20 seconds. If soap and water are not available, you can also use alcohol-based hand disinfectant with at least 60% alcohol.

Hand washing removes the virus.

Maintain distance between yourself and anyone who is coughing or sneezing

Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.

When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets.

Avoid touching eyes, nose and mouth.

The virus enters your body via your eyes, nose and mouth, for this reason don't touch your eyes, nose and mouth with unwashed hands.

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Cover your mouth and nose when you cough or sneeze

If you suffer from respiratory tract infection avoid close contact to other people. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately, wear a medical mask and wash your hands frequently.

Whenver toughing your mouth with your hand, you might contamine objects or persons, you get in contact with.

Do not take any antiviral or antibiotic medicines without medical prescription

At the moment there is no scientific evidence for preventing an infection with the new coronavirus (SARS-CoV-2) by taking antiviral medicine.

Antibiotics do not work against viruses, they only work on bacterial infections. COVID-19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID-19. They should only be used as directed by a physician to treat a bacterial infection.

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Clean surfaces with disinfectants based on chlorine or alcohol

Chemical disinfectants based on bleacher/chlorine, resolvent, 75% ethanol, peracetic acid und chloroform, can kill the new coronavirus (SARS-CoV-2) on a surface.

Ask a doctor or a pharmacist.

How to use a mask

The use of a masks is crucial for preventing the spread of the virus. Another effective way to protect yourself and others against COVID-19 is to frequently clean your hands for at least 20 seconds.

Wearing more than one mask is useless.

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PREVENZIONE DA CORONAVIRUS!

RESTA A CASA.
ADESSO TOCCA A TE.

Materiale informativo

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