

WHAT IS COVID-19?

COVID-19 is an infectious disease caused by coronavirus. This new virus, and the illness related to it, were unknown until December 2019.

WHAT ARE THE SYMPTOMS OF COVID-19?

This disease can cause various symptoms.

Fever is the most common of all:



FOR THIS REASON IT IS IMPORTANT TO MEASURE THE TEMPERATURE EVERYDAY

In infected people, the virus is found in the nose and in the throat and it can easily be transmitted through droplets of saliva, in particular while sneezing, coughing and even talking.

FOR THIS REASON IT IS FUNDAMENTAL TO FOLLOW SOME SIMPLE PRECAUTIONS.

- Wear the mask



- Wash your hands often with soap and water for at least 1 minute to eliminate the virus



- Keep a security distance from other people of at least 1 meter. The virus inside the droplets of saliva can be transmitted more easily with close distance, in particular while coughing, sneezing and having a fever



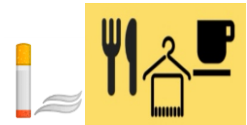
- Avoid touching your eyes, nose and mouth with your hands: hands can touch contaminated surfaces and transfer the virus to eyes, nose and mouth, increasing the risk of getting the disease



- Don't shake hands and don't give hugs to avoid the spreading of the virus from person to person



- Avoid the use of objects that other people may have used like bathroom towels, napkins, bedroom sheets, dishes and glasses, cutlery (forks, knives, spoons etc.), cigarettes etc.



- Ventilate regularly the room to guarantee an adequate circulation of fresh air



- If you have a fever, a cough and/or difficulty breathing contact your family physician

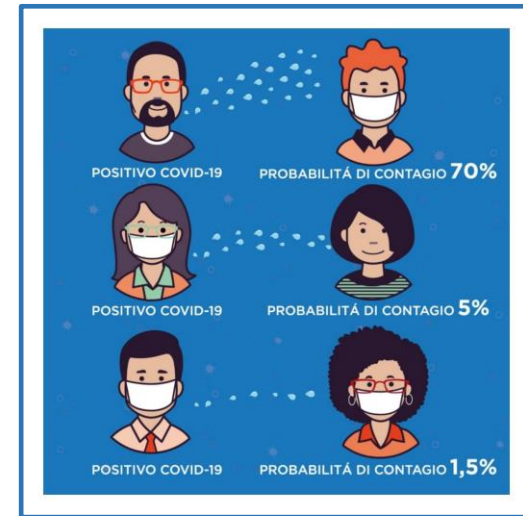


WITH THESE SIMPLE RULES YOU WILL BE PROTECTED AND YOU WILL HELP DECREASE THE DIFFUSION OF THE VIRUS AND OTHER INFECTIOUS DISEASES



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Ministero della Salute; OMS, INMP (Istituto, Nazionale, per la Promozione della Salute, delle Popolazioni Migranti), OIM (Organizzazione Internazionale per Le Migrazioni)



COVID-19

**WHAT CAN WE DO TO PROTECT US
AND DECREASE THE DIFFUSION OF THE VIRUS**