

COVID-19 (Coronavirus) Emergency Hygienic protective measures:

- a) wash your hands frequently. It is recommended to provide hydroalcoholic liquid hand sanitizer in all public spaces, gyms, supermarkets, pharmacies and other meeting places;
- b) avoid close contact with people who have acute respiratory diseases and avoid hugging, shaking hands and having physical contacts with other people;
- c) sneeze or cough in a tissue, avoiding any contact between hands and respiratory fluids - practice respiratory hygiene;
- d) keep a 1m distance between you and other people;
- e) do not drink from other people's glass or bottle and do not share yours, even when doing sports;
- f) do not touch your eyes, mouth or nose with your hands;
- g) cover your mouth and your nose when coughing or sneezing;
- h) do not take antiviral drugs or antibiotics, unless your doctor tells you to;
- i) clean all surfaces with chlorine-based or alcohol-based disinfectants;
- l) use the mask only if you suspect you are ill or you are assisting ill people.