

## CONTAINMENT and MANAGEMENT MISURE

### EMERGENCY COVID-1

In order to counter and contain the spread of the COVID-19 virus throughout Italy,  
the following measures are taken

12/03/2020 to 25/03/2020

- **Prohibition of leaving the house** unless necessary. Prohibition of mobility for those in quarantine. It is strongly recommended to stay at home for those with a fever above 37.5 degrees Celsius.
- **Business activities are suspended**, with the exception of food and basic necessity sales activities. **News-stands, tobacco shops, pharmacies, para-pharmacies remain open**. In any case, the interpersonal safety distance of one meter must be guaranteed.
- **The activities of restaurants services are suspended** (including bars, pubs, restaurants, ice cream parlours, bakeries). Only restaurant service with home delivery in accordance with sanitation standards are allowed.
- **Schools are closed until 3 April**  
The teaching activity is suspended. School principals activate Distance Learning modes.  
For information and tips for extracurricular activities visit the website <https://www.savethechildren.it/blog-notizie/articoli/coronavirus>
- **Beauticians and hairdressers are closed**  
Hairdressers, barbers, beauticians must suspend their activities. Laundry and funeral services remain open
- **Banks, post offices and public offices remain open**  
Financial, insurance and agricultural, agri-food processing, including supply chains providing goods and services are also guaranteed.
- **Possible transport restrictions**  
Regional presidents can reduce local public transport. In addition, the Ministry of Infrastructure, in conjunction with the Ministry of Health, may arrange the reduction of trains, flights and maritime transport.

- **Gyms and swimming pools, sports centres, cultural centres and leisure centres are closed**  
All gyms, swimming pools and sports centres will be closed, including community centres
- **Events and exhibition both public and private are suspended**  
Public or private demonstrations are suspended. All cultural, sporting, religious and exhibition activities, even if they were held indoors but open to the public are suspended. Civil, religious and funeral ceremonies are suspended. Places of worship must comply with measures to ensure the distance of one meter between people
- **Duty of Communication to the Asl if you are coming from critical areas**  
Anyone returning to Italy from countries at epidemiological risk must report it to the Asl of competence. In case of symptoms, the person should notify the doctor and isolate himself from family members by staying in its room.

Moreover, respect these simple prevention recommendations.

<http://www.salute.gov.it/portale/nuovocoronavirus/dettaglioFaqNuovoCoronavirus.jsp?lingua=italiano&id=228#11>

## What can I do to protect myself?

- Wash your hands often. It is recommended to make available in all public spaces, gyms, supermarkets, pharmacies and other places of aggregation, hydrolytic solutions for hand washing;
- Avoid close contact with people suffering from acute respiratory infections;
- Avoid hugs and handshakes;
- Maintain an interpersonal distance of at least one metre in social contacts;
- Respiratory hygiene (sneezing and/or coughing in a handkerchief in order to avoid the contact of hands with respiratory secretions);
- Avoid the promiscuous use of bottles and glasses, particularly during sports activities;
- Do not touch your eyes, nose and mouth with your hands;
- Cover your mouth and nose if you sneeze or cough;
- Do not take antiviral drugs and antibiotics unless prescribed by your doctor;
- Clean surfaces with chlorine-based or alcohol-based disinfectants;

- Use the mask only if you suspect you are sick or if you are caring for sick people.

**If you have fever, cough or breathing difficulties and suspect that you have been in close contact with a person with Covid-19 respiratory disease:**

- Stay indoors, do not go to the emergency room or medical practices, but call your General Practitioner, paediatrician or medical examiner on the phone. Or call the regional [toll-free number](#). Use 112/118 emergency numbers only if absolutely necessary.