

EFFECTIVE PROTECTION REQUIRES MUTUAL TRUST AND SURVEILLANCE OF YOUR OWN HEALTH AND THAT OF THE PEOPLE YOU COME INTO CONTACT WITH.

BY PROTECTING YOURSELF AND THOSE AROUND YOU, YOU PROTECT THE ENTIRE COMMUNITY.

WHAT YOU CAN DO FOR YOURSELF

- ➔ Maintain a healthy, regular lifestyle
- ➔ Keep informed by reliable sources, but don't overload on news: www.salute.gov.it/nuovocoronavirus
- ➔ Don't expose yourself to risk of contagion. Limit contacts and number of outings
- ➔ Monitor your health every day, checking for the appearance of symptoms
- ➔ If you are ill, stay home, call your doctor and don't go to work
- ➔ If you are in a vulnerable group (chronic disease, say, or pregnancy) notify your employer and protect yourself first of all



WHAT YOU CAN DO FOR THOSE YOU ARE CARING FOR

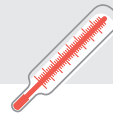
- ➔ Help them to understand that the lockdown is important, essential for prevention
- ➔ Help them maintain social contacts via social media and telephone
- ➔ Create occasions for recreation and fun, possibly using gardens or terraces
- ➔ Maintain their routine, help them to keep a healthy lifestyle and regular schedule
- ➔ Regularly check the health of those you assist. If symptoms appear, contact a doctor or the Region's toll-free number

IF YOU ARE ASSISTING SOMEONE WITH COVID-19

- Protect yourself properly, with the right protective equipment



- Check his/her state of health often



- If the symptoms worsen, immediately notify a physician or call "112"



To learn more about MSF's action to stop the Covid-19 epidemic: www.msf.it/covid19

