



## Definitive text for the #StopCovid19 video campaign

The new Coronavirus is a respiratory virus that spreads mainly through close contact with a sick person with symptoms or still apparently healthy but carrier of infection without distinctions or differences of countries of origin. The primary route of transmission are the breath droplets of infected people, for example through:

saliva, coughing and sneezing

- personal direct contacts
- hands, for example touching with contaminated hands (not yet washed) mouth, nose or eyes

Hygiene measures to prevent the spread of contagion are:

- wash your hands often.
- avoid close contact with people suffering from acute respiratory infections;
- avoid hugs and handshakes;
- maintaining an interpersonal distance of at least one metre in contact with other people;
- respiratory hygiene (sneezing and/or coughing in a handkerchief avoiding contact of hands with respiratory secretions);
- avoid the promiscuous use of bottles and glasses, particularly during sports;
- 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 ill or if you are caring for sick people.

In addition, in order to reduce the likelihood of contagion, the Italian government has asked all people in Italy to avoid movements to the strictly necessary cases.

You should therefore avoid leaving the house. You can go out just to go to work or for health reasons or to buy essential food (there is therefore no need to hoard them now because they will always be available).

You must still be able to motivate and give a proof of why you leave home, even with a form that the police can ask you to sign. There will be police checks to verify if what has been declared is true. Declaring false information is a crime. Without a valid reason, it is required and necessary to stay at home, for the good of all.

There is also an "absolute ban" on leaving home for those who are quarantined or tested positive for the virus.

Those with symptoms of respiratory infection and fever above 37.5 should stay at home, contact their doctor immediately and limit contact with other people to the maximum.

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You don't have to go to the emergency room or a clinic without first agreeing with your doctor because you could infect other people.

It is important that everyone does their part.

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