University of Turin recommends to respect

**hygiene and health measures**

by the President of the Council of Minister

a) **Wash your hands frequently.** It is recommended to make available hydroalcoholic solutions for hand-washing in all public places, gyms, supermarkets, pharmacies and other meeting places;

b) **Avoid close contact** with people with respiratory infections;

c) **Avoid hugs and handshakes**;

d) Mantenimento, nei contatti sociali, di una distanza interpersonale di almeno un metro;

e) Keep a **distance of at least 1 meter** when meeting other people;

f) Respiratory hygiene (**sneeze and/or cough in a paper tissue** avoiding the contact of hands with respiratory secretions);

g) **Avoid bottles and glasses used by other people**, especially during sport activities;

h) **Don’t touch eyes, nose and mouth with your hands**;

i) **Cover mouth and nose if you sneeze or cough**;

j) **Don’t take antiviral and antibiotics drugs**, unless they were prescribed by a doctor;

k) **Wash the surfaces with disinfectant** based on chlorine and alcohol;

l) **Wear a mask only if you think you are sick** or if you’re taking care of sick people.

*(Annex 1
Decree issued by the President of the Council of Minister of March 4th 2020)*