



UNIVERSITÀ DEGLI STUDI
DI TORINO

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)