

10 RULES TO FOLLOW

- 1. Stay in your room at all times, except when strictly necessary (to go to the supermarket or pharmacy), and bring a self-certification with you.**

- 2. Wash your hands frequently.**

Cleaning and disinfecting your hands is important in order to prevent the infection. Hands must be washed with water and soap for at least 20 seconds, or with a hand sanitizer containing 60 % alcohol.



- 3. Avoid close contact with people suffering from acute respiratory infections**

Stay at least 1.5 meters away from other people, particularly when they cough, sneeze or have a fever, because the virus is contained in saliva droplets and can be transmitted at a close distance.

- 4. Do not touch your eyes, nose and mouth with your hands.**

The virus is mainly transmitted through the air, but it can also penetrate the body through the eyes, nose and mouth, so avoid touching them with unwashed hands. Your hands can pick up the virus from touching contaminated surfaces and transmit it.

- 5. Cover your mouth and nose if you sneeze or cough.**

If you have an acute respiratory disease, avoid close contact with other people, cough into your elbow or a tissue (preferably a disposable one), wear a face mask, and wash your hands. If you cover your mouth with your hands when coughing or sneezing you could contaminate objects or people.

6. Clean all surfaces with chlorine or alcohol-based disinfectants.

Chemical disinfectants that can remove the new coronavirus (COVID-19) from surfaces include disinfectants contain chlorine, solvents, 75% ethanol, peracetic acid and chloroform.

7. Use a face mask only if you feel ill or if you assist ill people.

The WHO recommends you wear a surgical mask **only if** you suspect you have contracted the new coronavirus and show symptoms like coughing or sneezing. Wearing a mask helps limit the spread of the virus, but other hygienic measures, such as thoroughly washing your hands for at least 20 seconds, are necessary. It is not useful to wear more than one mask at once.

8. Products that are MADE IN CHINA and parcels from China are not dangerous.

The WHO has declared that people who receive parcels or mail from China are not in danger of contracting the virus because it does not remain on surfaces for a long time. There have been no cases of infection caused by objects that were made in or sent from China.

9. Pets do not spread the new coronavirus.

At the moment there is no evidence that pets like dogs and cats can be infected. However, it is advisable to wash your hands with water and soap after touching them.

https://www.en.regione.lombardia.it/wps/wcm/connect/cf364056-3107-4893-9a35-9c7ff76bad97/CORONAVIRUS_26_FEB_2020_INGLESE.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-cf364056-3107-4893-9a35-9c7ff76bad97-n3oIU1E

IN CASE OF FLU OR RESPIRATORY DISEASE SYMPTOMS

1. If you show any flu symptoms (body temperature over 37.5°, cold, cough, respiratory difficulty, muscle ache, asthenia, etc) ,stay in your room and follow the regional and official rules indicated below;
2. In order to safeguard the health of all guests, first get in touch with the Competent Doctor of Unibs (medico.competente@unibs.it - tel. 030 / 2016070).
3. If not otherwise instructed by the local ATS, you are kindly invited to follow the general rules of the Ministry of Health.

INFORMATION ABOUT THE CORONAVIRUS EMERGENCY

WARNING TO THE POPULATION

IN CASE OF	WHAT TO DO	WHAT NOT TO DO
Sudden onset of fever (> 37.5°) with cough and respiratory difficulty Severe state of health and/or quick aggravation	Call 800.894545 or get in touch with the competent doctor of Unibs, who will assess the necessity to be further examined. Call the emergency number 112	Do not go personally to the emergency room or the office of the Unibs competent doctor in person.

STUDENTS IN ISOLATION

1. Students in SELF-isolation must stay in a well-ventilated separate room with a personal bathroom if possible. They must sleep alone and limit their movements to the shared areas of the residence.
2. If there is only one bathroom, students must clean after use with chlorine-based products (bleach) with a concentration of 0.5mg/L of active chlorine or 70% alcohol.
3. It is necessary to regularly air out the rooms where the isolated student is staying.
4. A distance of at least one meter must be maintained from other people, and any direct contact (including handshakes, kisses and hugs) must be avoided. Direct contact with other self-isolated people must also be avoided, except in the case of nursing mothers. In this case, the mother must wear a surgical mask and wash her hands thoroughly before coming into contact with the baby.
5. Avoid any possible contamination through shared objects including towels, washcloths or sheets, plates, glasses, cutlery, etc). Kitchen items should be washed carefully with normal soap.

6. Travelling is not permitted, and people in self-isolation must be reachable for surveillance activities.
7. If the student in isolation shows no symptoms, he or she cannot receive visits until the 14 day period of isolation has elapsed. If the patient is symptomatic, the ban remains in place until the student's clinical recovery, even if 14 days have passed since contact. In case of positive laboratory test results, the ban is upheld until the student's recovery is complete.
8. If the student in isolation shows symptoms of respiratory tract infection, he or she must wear a surgical mask when leaving his or her designated room and practice respiratory hygiene measures, i.e. cover his or her nose and mouth using tissues when sneezing or coughing, or coughing into his or her elbow. The tissues should preferably be disposable ones, and should be disposed of in a double waterproof bag placed into a pedal waste bin. If the tissues are made of fabric, they must be handled with gloves and washed in the washing machine at 60-90° using ordinary detergent. After using the handkerchief, the student's hands must be immediately and thoroughly washed with soap and water for 40 seconds, or with a hydro-alcoholic hand sanitizer.
9. People who assist the subject must wear a surgical mask (the latter should not be touched during use and should be changed if wet or damaged). The masks cannot be reused but must be disposed of in a double waterproof bag placed in a pedal waste bin.
10. Cohabitants and people providing assistance must avoid direct contact with the individual in isolation as much as possible. If such assistance involves contact with respiratory secretions, feces or urine, it is necessary to use gloves, which must then be carefully disposed of in a pedal waste bin, followed by immediate and thorough hand washing. The gloves cannot be reused.
11. At least once a day, the surfaces of the rooms used by the isolated subject must be cleaned with detergent products and subsequently disinfected with chlorine-based products (bleach) with a concentration of 0.5 mg/L of active chlorine or 70% alcohol, while paying special attention to all frequently touched surfaces. Those who clean must wear a disposable gown (or a dedicated apron) and disposable gloves; if reusable thick rubber household gloves are used, they must be disinfected after use.
12. The person who takes care of the removal of the linen and the bed linen of the person in isolation must wear a surgical mask and gloves. The dirty clothes must be placed in a separate bag and managed separately from those of the other cohabitants and can be washed in the washing machine at 60 ° for at least thirty minutes, or for shorter times at higher temperatures, using common detergent.
13. The waste that is produced by the isolated subject or when assisting him/her must be disposed of in a double plastic bag that is closed and placed in a closed pedal waste bin.
14. Although there is currently no evidence showing that animals such as dogs or cats can be a source of infection for humans, for purely precautionary purposes, people infected with SARS-CoV-2 are advised to limit their contact with animals, as they have done with other people in the family, thus avoiding, for example, kisses or sharing food.

The Municipality of Brescia.

People in vulnerable conditions who are unable to leave the house and do not have relatives or other people who can help them can call the municipality's social services at 030/2977615 or 030/2978977, from Monday to Friday from 8:30 to 12:30 and from 13:30 to 15:30. Volunteers, who are designated by the neighborhood councils, community centres and associations, and municipal operators, will be sent to arrange for the shopping and home delivery of primary goods (food, personal and home hygiene products, medication).