



HOW TO PREVENT IT,
HOW TO MANAGE IT



LET'S STOP THE PANDEMIC. TOGETHER!

ICARE together with GrIS Emilia Romagna invites you to fight the pandemic by using all means available.

To stop the spread of the virus it is important to use all **available prevention tools**, such as:

- proper use of face masks
- regular hand hygiene
- 1-meter social distancing

Vaccines

Vaccines help our immune system recognize and block the virus that causes COVID-19, preventing it from multiplying in our body.

Vaccines' effect on our body is to retain antibody memory against COVID-19 for as long as possible.

Several types of vaccines have been authorized in Europe: even though they work differently, they will all help you protect yourself!

The benefits of vaccines

- **Effective:** scientific studies show that COVID-19 vaccines are very effective in preventing severe forms of the infection;
- **Free of charge:** everyone is entitled to vaccines!

Vaccines are not mandatory, but they are highly recommended to protect most of the population.

PROTECTING YOURSELF AND OTHERS: WHAT TO DO



Keep a distance of
at least 1 meter



Wash your hands
frequently



Disinfect handles
and surfaces

WHAT NOT TO DO



DON'T
create gatherings



DON'T
shake hands



DON'T
sneeze into your hand



DON'T
touch your face with
your hands



DON'T
touch the
front of the mask



DON'T
remove the mask to
talk to someone

HOW TO PROPERLY WEAR A FACE MASK



Wash your hands thoroughly



While wearing your mask, ensure the colored side faces outwards and place the metal piece over your nose. Cover your nose, mouth and chin



Remove your face mask by the elastic straps



Wash your hands after removing the mask

COVID-19 SYMPTOMS



MILD

- fever
- cough
- tiredness
- loss of taste or smell



MODERATE

- sore throat
- aches and pains
- headache
- diarrhea
- red eyes
- skin rash



SEVERE

- shortness of breath
- difficulty breathing
- difficulty speaking
- confusion
- difficulty moving
- chest pain

CALL 118

IF YOU HAVE SUSPECTED OR CONFIRMED COVID-19

STAY HOME!

- Do not go to work, school or public places
- Wash your hands frequently with soap and water or use an alcohol-based hand rub
- If possible, stay in a separate room and keep the door closed; otherwise, always wear a face mask and keep a distance of at least 2 meters from other people; open the windows regularly
- If possible, use a separate bathroom. If not possible, clean it with diluted bleach after every use
- Wash your hands thoroughly before and after using the toilet

PLEASE INFORM YOUR DOCTOR IMMEDIATELY

HOME CARE FOR PEOPLE WITH SUSPECTED OR CONFIRMED COVID-19

- Make sure he/she gets enough rest, water and food
- Always wear a face mask when you get closer
- Always wash your hands after any type of contact with the person with suspected/confirmed COVID-19, his/her crockery or his/her clothes
- Use dedicated crockery and cutlery for the person with suspected or confirmed COVID-19 and wash them with hot water and soap
- Daily disinfect the surfaces that the person with suspected or confirmed COVID-19 may have touched
- Put the laundry of the person with suspected or confirmed COVID-19 in a tightly closed bag while it waits to be washed
- Wash the clothes, towels and bed linen of the person with suspected or confirmed COVID-19 at 60° in the washing machine



KEEP UP TO DATE WITH OFFICIAL SOURCES

<https://vaccinocovid.regione.emilia-romagna.it>

<https://vaccinocovid.regione.emilia-romagna.it/come-prenotare>

<https://www.salutelazio.it/nuovo-coronavirus>

<https://prenotavaccino-covid.regione.lazio.it>

<https://prenotavaccino.sanita.toscana.it/#/home>

<https://www.regione.toscana.it/-/vaccinazione-anti-covid-19>

<https://www.siciliacoronavirus.it>

Capofila



Partner

