

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



World Health
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DOMANDE E RISPOSTE

Yes. Respiratory viruses can be
passed by shaking hands and
touching your eyes, nose and
mouth.

Greet people with a wave, a
nod or a bow instead.

Should I avoid shaking
hands because of the
new coronavirus?



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1 March 2020

No. Regularly washing your bare hands
offers more protection against
catching COVID-19 than wearing
rubber gloves.

You can still pick up COVID-19
contamination on rubber gloves.
If you then touch your face, the
contamination goes from your glove to
your face and can infect you.

Is wearing rubber gloves
while out in public
effective in preventing
the new coronavirus
infection?



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1 March 2020

How can I grocery shop
safely in the time of
COVID-19?



When grocery shopping, keep at least
1-metre distance from others and avoid
touching your eyes, mouth and nose.
If possible, sanitize the handles of shopping
trolleys or baskets before shopping.
Once home, wash your hands thoroughly
and also after handling and storing your
purchased products.
There is currently no confirmed case
of COVID-19 transmitted through food or
food packaging.

#Coronavirus #COVID19 World Health
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17 April 2020



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[https://www.who.int/emergencies/diseases/
novel-coronavirus-2019/advice-for-public](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public)

INFORMATION ABOUT COVID



GrIS Piemonte

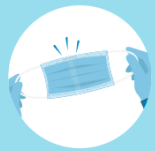
Società Italiana di Medicina della
S.I.M.M. Influenza

GrIS Piemonte—Gruppo Informazione Salute
gris.piemonte@simmweb.it
<https://www.facebook.com/grispiemonte/>

HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

Do's →



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask



Wash your hands before touching the mask



Inspect the mask for tears or holes

Don'ts →



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

EPI·win



Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

