



**SANITARY BEHAVIOR RULES  
MANDATORY FOR ALL**

***IT IS MANDATORY AND NECESSARY TO FOLLOW THE FOLLOWING  
RECOMMENDATIONS AND TO EXPOSE THEM ALSO TO THE PUBLIC  
GIVING THE MAXIMUM POSSIBLE DISSEMINATION:***

1. **Wash your hands often.** It is recommended to make hydroalcoholic solutions for hand washing available in all public places, gyms, supermarkets, pharmacies and other meeting places.
2. **Avoid close contact** with people suffering from acute respiratory infections.
3. **Avoid hugs and handshakes.**
4. **Maintaining**, in social contacts, an **interpersonal distance of at least one meter.**
5. **Respiratory hygiene** (sneezing and / or coughing in a handkerchief avoiding hand contact with respiratory secretions).
6. **Avoid the promiscuous use of bottles and glasses**, especially during sports.
7. **Do not touch your eyes, nose and mouth with your hands.**
8. **Cover your mouth** and nose if you sneeze or cough.
9. **Do not take antiviral drugs** and antibiotics unless prescribed by your doctor.
10. **Clean the surfaces with chlorine or alcohol based disinfectants.**
11. **Use the face mask only if you suspect you are sick or if you are caring for sick people.**