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## FONDO ASILO, MIGRAZIONE E INTEGRAZIONE (FAMI 2014-2020)

ON 1 - Accoglienza/Asilo - lett. c - Potenziamento del sistema di 1° e 2° accoglienza - Tutela della salute

MOPT: Modelli operativi di psichiatria territoriale per richiedenti e titolari di protezione internazionale - Prog: 2305



# CORONAVIRUS: WHAT IT IS AND WHAT TO DO



## What is Coronavirus (COVID-19) and what are the symptoms?

The Coronavirus is a virus that can cause fever, tiredness, dry cough, sore throat, respiratory distress, pneumonia. The effects can be weak or severe.

Only in few cases it can lead to death, mainly in elderly or previously ill people.



## How is coronavirus transmitted?

The coronavirus is transmitted from one person to another through the saliva and the small drops of breath.

The virus can be transmitted when an infected person coughs, kisses or is very close to you.

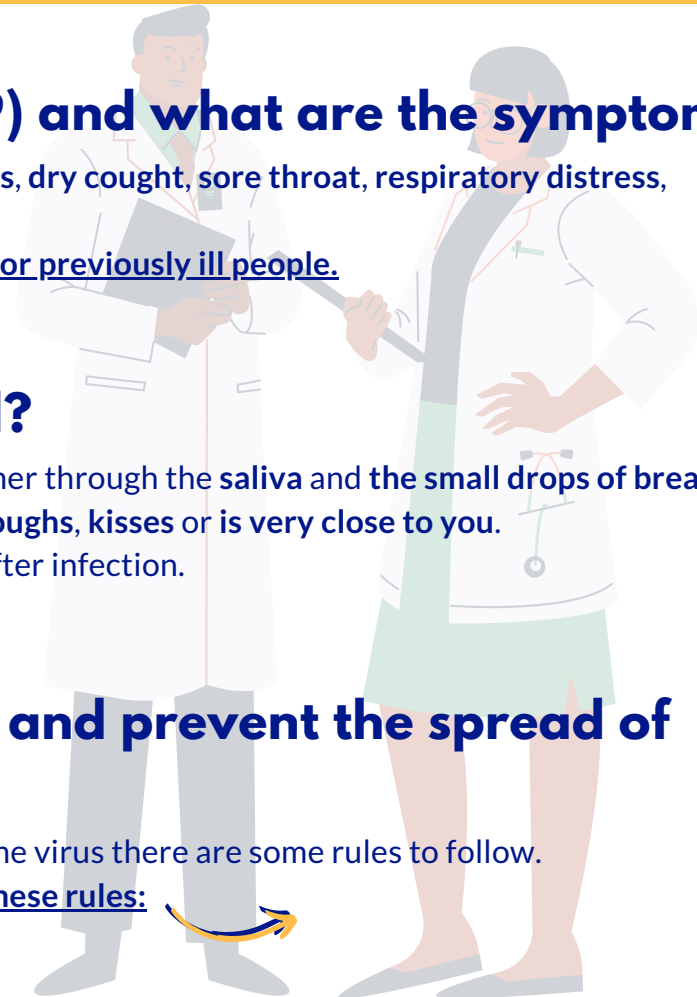
The effects of Coronavirus manifest from 2 to 14 days after infection.



## What can I do to protect myself and prevent the spread of the disease?

To reduce the chances of being infected and spreading the virus there are some rules to follow.

For everyone's health, it is very important to respect these rules:



# MO PT



## 5 VERY SIMPLE RULES!



**1** Wash your hands with soap and water several times a day, every time you return home and before touching your mouth, nose and eyes.



**2** Always cough in the inner part of your elbow or in a tissue and immediately throw away the tissue. Wash your hands immediately with soap and water for at least a minute.



**3** If you have a **fever** or **cough** call your doctor or free numbers **122** or **1500**.  
**Do not go to the emergency room**



**4** Always **stay at least 1 metre** away from other people.



**5** **Stay at home and don't move much around**. You can move just for matter of work and health or for the emergencies.



LET'S RESPECT  
THEM ALL TOGETHER  
TO DEFEAT THE VIRUS