



COMUNE DI NONANTOLA
Centro Intercultura

Associazione
di promozione
sociale

giunchiglia11

Everyday life in times of Coronavirus (1)

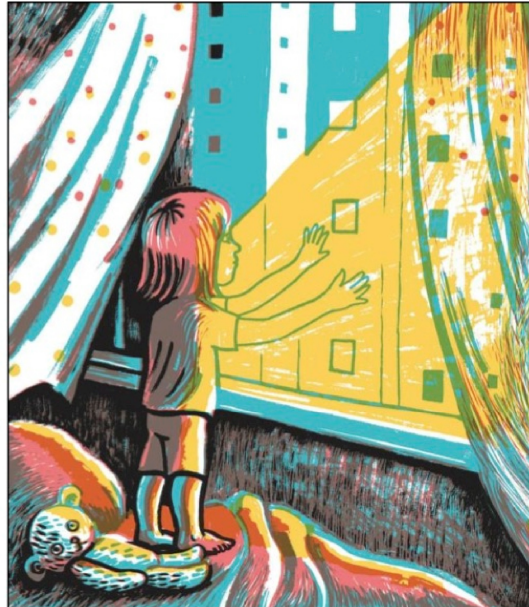


illustrazione di Mariana Chiesa

Hello,

the following are guidelines (rules and suggestions), that we have selected, simplified and translated together with our students in **Frisoun School**, regarding the behaviour that is to be adopted during this period of difficulty. Like always, we are all encouraged to stay well informed and make the appropriate decisions with our own minds on the choices that are important in our life. We should know well what is advised and what is not advised to do, as well as, understand that our choices, during this time, more than in others, have an important impact on the lives of others.

The last laws to have been adopted by Italy can be summed up as following: **in the next few weeks we must stay as far as possible from other people** and like this, avoid falling ill or transmitting the disease. This is fundamental not only for our own health, but for the smooth operation of hospitals, which are starting to reach full capacity. For this reason we can exit our house only:

1. **in order to go to work** (we must fill in a self-declaration that is very easy to obtain);
 2. **in order to do essential shopping** (in individuals and when there are few people in the shops);
 3. **for health reasons** (going to the pharmacy or doctor, making sure that they are aware and approve the need for you to come)
 4. **for helping parents or friends with difficulties** (people who are not independent or cannot do their own shopping)
 5. **in order to go for a walk** (we are lucky to have the countryside full of seasonal blossom, so close by and reachable by foot. Let's go, but on our own or with our children)
- If you go out of your house for reasons which are not considered essential you might be stopped by the police.

To these rules, we add an advise. In order to pass this difficult period, we must stay strong and keep calm. There are lots (and there will be more to come) of information circulating on social media: opinions and comments that instead of clarifying and calming create confusion, anger and irrational fear. Let's not increase the confusion and the irrationality ourselves. It's better to call a friend to get some clarification or to ask a question rather than to comment on social media that we have no idea where it will end or how it will be interpreted.

Good luck to everyone!