



COMUNE DI NONANTOLA  
Centro Intercultura

Associazione  
di promozione  
sociale

giunchiglia-11



illustrazione di Mirjana Farkas

## Coronavirus: attenzione, non paura

Hello,

Nonantola, like many other cities in Northern Italy, is going through a difficult period due to the risk of a wide outbreak of the Coronavirus.

There is no reason to panic or get worried, but at the same time, we should all take caution and be aware of the situation.

For this reason, the guidelines, published in the last few days by the Ministry of Health, are valuable. The following advice is useful for protecting the public health, primarily the weaker (elderly and those with existing medical problems). **Frisoun School** in Nonantola has decided to translate the advice so that it reaches the largest number of people possible.

Here are the guidelines and advice given by the Ministry of Health:

- 1) Wash your hands frequently. It's important that all public spaces (such as: gyms, public offices, associations, churches, mosques and other places of worship) provide soap or products containing a hydroalcoholic solution for washing hands;
- 2) In a polite and in a sensitive manner, try not to stay too close to people who suffer from acute respiratory infections (Bronchitis, flu, fever, pneumonia...);
- 3) Do not touch your eyes, nose or mouth with your hands;
- 4) Cover your mouth and nose while sneezing or coughing with a handkerchief (if none is available then cover your mouth with your elbow)
- 5) Do not take antiviral medicine or antibiotics unless prescribed by your doctor;
- 6) Clean surfaces with a chlorine, or alcohol, based disinfectant;
- 7) Use a face mask only if you suspect being ill or if attending an ill person.

*Traduzione in inglese di Barak Aaronson*