**The 10 rules to prevent infections by Coronavirus**

1. Wash your hands often and correctly (it's the first rule, the simplest but the most effective)

2. Avoid close contact with people suffering from acute respiratory infections

3. Do not touch your eyes, nose and mouth with your hands (mucous membranes are entry portals for viruses) and do not exchange objects that allow contact with other people's saliva (food, glasses, dishes, dishes, cigarettes, etc.)

4. Covering the mouth and nose with the elbow when sneezing or coughing (sneezing or coughing in your hands increases the likelihood of transmitting viruses to other people); discard any used tissue immediately

5. Do not take antiviral drugs or antibiotics unless prescribed by your doctor (antibiotics don't work against viruses)

6. Clean contaminated surfaces with chlorine or alcohol-based cleaners and disinfectants

7. Use the mask only if you suspect that you are sick or are caring for sick people

8. Stay home for at least 14 days after returning if you have come back from areas where the infection has spread (isolation at home on a trust basis), and contact your doctor or health authorities if fever and cough occur

9. Remember that the products and packages received from China are not dangerous

10. Keep in mind that pets do not spread the new coronavirus

Source: Elaboration and study on the Decalogo issued by the Istituto Superiore di Sanità (National Health Institute).

**For your convenience a summary of the DCPM decree “I stay home” (#iorestoacasa) of 9 March 2020 is listed here:**

**Rules are enforced all over Italy:**

1) All public gatherings are strictly banned in all indoor and outdoor places open to the public.

2) All events and sports competitions are cancelled, except for international ones which are held in closed doors.

3) Practising sport outdoor is permitted, on the condition that people keep a 1-meter distance at all times.

4) All movements of people must be avoided other than “for documented work needs, emergencies, or health reasons.” Going back home is permitted.

5) Whoever has a body temperature higher than 37.5 °C is “strongly recommended” to stay home.

6) Those in quarantine must stay home.

7) Companies should facilitate their employees with vacations or work leaves.

8) All ski resorts are closed.

9) All events – included cultural, recreational, sport, religious, and trade-fair events – are cancelled or postponed.

10) All activities in child-care centres, schools, and universities are suspended.

11) All civil and religious ceremonies, including funerals, are cancelled.

12) Bars and restaurants are open from 6:00 to 18:00, provided that people always remain 1 meter away.

13) All other commercial activities are allowed, a condition that people always maintain a distance of 1 meter.

14) Medium-sized and large stores (such as shopping malls, supermarkets and markets) will be closed on the weekend.

15) All activities in gyms, sports centres, swimming pools, spas and wellness centres, leisure and community centres are suspended.

16) All driving license exams at provincial motor vehicle offices are postponed.