

DAILY LIFE IN TIMES OF COVID-19

RECOMMENDATIONS FOR INDOORS ENVIRONMENTS DISINFECTANTS, SANITIZERS, DETERGENTS... USE THEM SAFELY

At this time, where personal hygiene and cleaning the household surfaces is very important, **use disinfectant, sanitizing or detergent products, following very carefully the instructions:**

DO NOT MIX MORE PRODUCTS TOGETHER.
 You and your loved ones run the risk of being exposed to dangerous products that occur during the mixing, with **SERIOUS RISKS OF INTOXICATION!**



PAY ATTENTION TO THE LABEL and always follow the instructions indicated!
 Adults are a guide for children too young to read product labels.
 Enjoy checking with them the meaning of the symbols on the packaging indicating the hazard characteristics of the products.

DO NOT LEAVE DETERGENTS OR DISINFECTANTS UNATTENDED, WITHIN REACH OF CHILDREN! (or any dangerous product).



AERATE WELL THE ROOMS!
 Ensure a good air change in all home, work and daily living environments is always a good hygienic practice.

Furthermore, the products used for disinfection often contain volatile substances that may cause irritation and toxicity.

Open the windows regularly by choosing those more distant from the busy streets.

Do not open the windows during the rush hour and do not leave them open at night.

Be careful if there are children nearby.



DOWNLOAD THE IMMUNI APP
 If you're 14 and over, download it right now. The App allows you to detect any exposure to the COVID-19.

RECOMMENDATIONS TO BE FOLLOWED IN SHOPS WHEN YOU GO IN A SHOP, BAR, RESTAURANT...



If you have **symptoms** compatible with **COVID-19, stay at home**



Where possible, **book** by phone or applications



While you're waiting to enter, **keep the distance** from other customers and **wear the mask**



Follow the shopkeeper's indications for **access and distance**; follow the **forced paths** (where existing)



Inside the place, **wear the mask** and remove it only at the time of consumption (bar, restaurant)



Use the mask even when you speak to the staff



Always use **sanitizing sprays or gels** for hands available at the entrance (and whenever you can)



If you use the **toilets**, always wash your hands carefully after use



Limit movement and stay inside the place to what is necessary and always wear the mask



Avoid the use of cash and make **contactless** payments (if possible)



When you buy foods **make a shopping list first** (so you don't waste time inside the venue)



Disinfect the handles of the shopping trolleys and baskets



Always use gloves for unpackaged foods (fruits, vegetables, bakery, etc.)



Do not touch the exposed products (take only what you'll buy)

