







Fondo Asilo, Migrazione e Integrazione 2014-2020

Obiettivo Specifico 1. Asilo – Obiettivo Nazionale ON 1. Accoglienza/Asilo – lett. c

Potenziamento del sistema 1° e 2° accoglienza – Tutela della Salute PROG-2261 "G-START – Governance, Salute, Territorio, Accoglienza per Richiedenti asilo e Titolari di protezione: sperimentazione di un modello"

HEALTH IN TIMES OF COVID-19

HOW TO WEAR, USE, REMOVE AND **DISPOSE OF MASKS IN EVERYDAY USE**

Attention:

Using masks improperly can make their use useless or even dangerous. If you decide to use a mask, follow carefully the instructions below.



Before wearing a mask, wash your hands with an alcohol-based gel or soapy water.



Change the mask as soon as it becomes damp and don't reuse it if you think it has been contaminated.



Cover your mouth and nose and make sure the mask is perfectly fitted to your face.



If you are positive or in quarantine, insert daily masks and other disposable devices into a bag that, once closed, you will dispose in undifferentiated waste. If you are not positive, dispose throwaway masks and gloves in undifferentiated waste.



Avoid touching the mask while you are using it. If you touch it, wash your hands right away.



If you have a reusable mask, after use wash it in the washing machine in 60 degrees with detergent, or follow the manufacturer's indications.

ATTENTION (ALSO) TO THE... **CIGARETTE SMOKING**

Smoking seriously damage your health. But it damages more in times of COVID-19.

Recent studies show a significant increase in the risk (at least 3 times) of developing severe COVID-19 pneumonia in patients with a history of tobacco use compared to non-smokers.

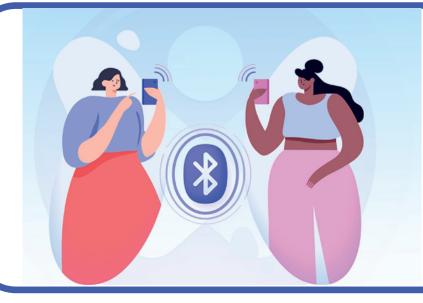
Take advantage of your free time and the need to change daily habits to give up consumption of tobacco and nicotine products.



Call the toll-free number of the National MUMERO VERDE. Institute of Health (Istituto Superiore di Sanità) against Smoking

800 554088

for information and support for change.





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.

ADVICE ON ONGOING THERAPIES



Do not ignore your chronic conditions.

Continue to take the medicines you have been prescribed following your doctor's recommendations. Your pathologies do not wait for the end of the pandemic!



If you have any doubts about the therapy you are taking, he will provide you the prescription number by phone to collect medicines you need at the pharmacy.



Find out when you can resume your your regular checks.



Do not suspend ongoing therapies without consulting your doctor if you tested positive for COVID-19. Remember to tell your doctor if you are taking dietary supplements or products of natural origin.

> Ask for confirmation of your children's vaccination appointments and try not to skip them. There is not just COVID-19!



IF YOU'RE A VICTIM OF VIOLENCE YOU CAN ASK THE LAW ENFORCEMENT FOR HELP

YOU CAN ALSO:



Call the toll-free number 1522 or use the App1522.

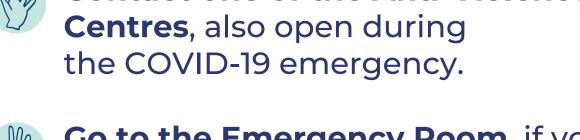
Competent staff answer 24 hours a day.



Use the YouPol App to communicate in real time with the State Police.



Contact one of the Anti-Violence Centres, also open during





Go to the Emergency Room, if you need immediate and non-procrastinable medical care. Operators will be able to cure and direct you towards a path out of violence.





Go to the pharmacy, if you can't reach an Anti-Violence Center or

if you have been sexually assaulted. You can also access the site www.uniticontroaids.it



Call 112 without hesitation, nor postpone:

- · if you have been physically assaulted or threatened with physical assault
- if you have experienced psychological violence
- · if you are escaping with your children (you avoid an abduction of minor complaint in this way)
- · if the abuser owns weapons.

















