

# 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.
- Cover your mouth and nose and make sure the mask is perfectly fitted to your face.
- Avoid touching the mask while you are using it. If you touch it, wash your hands right away.
- Change the mask as soon as it becomes damp and don't reuse it if you think it has been contaminated.
- 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.
- 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 Institute of Health (Istituto Superiore di Sanità) against Smoking **NUMERO VERDE 800 554088** for information and support for change.

**immuni**

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!

**Contact your doctor for advice.** 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 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 the COVID-19 emergency.
- 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 the Emergency Room immediately. The pharmacist will be able to provide you with useful information.
- Contact the AIDS and IST toll-free number 800 861061** if you have been sexually assaulted. You can also access the site [www.unicontroaids.it](http://www.unicontroaids.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.

