



Progetto ICARE

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CORONA VIRUS Rules to follow

WE ALL MUST:

Stay at home

We can only go out :

- to go to work (regular work)
- To buy food or medicine
- For Health reasons



Stay home and call the doctor if you have a cough and fever higher than 37,5°. **DO NOT GO TO EMERGENCY**

Stay home if you have the virus or are in quarantine. In these cases **it is forbidden to go out**

Avoid being in groups



WE CAN:

Meet other people only for work; if it is really necessary; or for health reasons. We keep distance from people we talk to (at least 1 meter).

Take the dog outside, close to home and for a short time.

Do sports outside, only near our homes, alone, away from other people

The employer may ask you to work from home, use vacation or take leave



What is open:

- Stores that sell food and necessary goods
- Pharmacies
- Churches and places of worship, but religious services are suspended.

What is closed:

- All schools
- Stores
- Bars and restaurants
- Shopping centers
- Cinemas, theaters and museums
- Gyms, swimming pools and sports centers



The police check, and they can ask you why you're not at home. Those who do not respect the rules commit a crime and risk arrest for up to 3 months or a fine of up to 4.000 euros.