

- a. Wash your hands often (for at least 30 seconds with soap or disinfectant gel).
 - b. Avoid close contact with people suffering from acute respiratory infections.
 - c. Avoid hugs and handshakes.
 - d. Maintain an interpersonal distance of at least one metre.
 - e. Sneeze/cough covering nose and mouth with a disposable handkerchief or in the bend of the elbow.
 - f. Avoid promiscuous use of bottles and glasses, especially during sports activities.
 - g. Avoid touching face, mouth and nose with your hands.
 - h. Do not take antiviral medicines and antibiotics unless they are prescribed by your doctor.
 - i. Clean surfaces with chlorine or alcohol-based disinfectants (parents at home and school staff).
 - j. Use the mask only if you suspect that you are ill or if you are taking care for sick people.
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- k. Specific measures for the European School of Varese.
 - For parents and students over 18
 - PUPILS WITH FEVER, COUGH AND/OR BREATHING DIFFICULTIES MUST NOT COME TO SCHOOL BUT BE EXAMINED BY THEIR DOCTOR.
 - For Staff
 - IN CASE OF FEVER OR FLU-LIKE SYMPTOMS DO NOT GO TO WORK BUT CONTACT YOUR DOCTOR.
 - At each change of hour, open the windows to ventilate the classrooms/offices and wash your hands.
 - If you suspect fever in nursery and primary school pupils, accompany them to the first aid staff who make them wear mask, wash their hands and send them to the medical service.
If you suspect fever in secondary school students, ask them to go to the medical service immediately avoiding contact with other people.
 - Those who experience fever or flu-like symptoms will be ***isolated in a dedicated area*** and must be taken home as soon as possible. The return to school will be allowed only after medical certification.