

## **COVID-19 Coronavirus Ten Precautions You Can Take**

1. Stay home, except for very serious, valid, urgent reasons (for example, for medical, to buy food or essential commodities, or go to work).
2. Do not go to your medical practice. Call your doctor instead who will do a phone triage. Use a home blood pressure monitor. Blood sugar level can also be measured at home.
3. If you have flu-like symptoms (fever, cough) or have difficulty breathing, call your family doctor immediately, or call the emergency numbers: 112.
4. Keep a safe distance from others – at least one metre. Do not shake hands or embrace people who are not your cohabitants. Wash your hands with soap or hand sanitizer regularly and thoroughly.
5. If you have to go out, wear disposable gloves. When you return home, dispose of these gloves in a sealed bag in the non-recyclable waste bin. If you have a mask, wear it properly so that it covers your nose and mouth, but keep in mind that surgical masks protect others, not you. To protect yourself from infected people, you need to wear a FFP2 mask or even better, an FFP3 mask. Information on how long a mask protects you for, and how it protects you, is written on the packaging.
6. If you cough or sneeze, hold a paper handkerchief in front of your mouth and nose and then throw it down the toilet or put it in a sealed bag in the non-recyclable waste bin. If you do not have a handkerchief, use your hand or your elbow and then wash it thoroughly as soon as possible, or rub your hands or elbow with a hand sanitizer.
7. Remember to take your prescription medication for chronic diseases (for example, hypercholesterolaemia, diabetes, high blood pressure, or atrial fibrillation) regularly.
8. Continue to eat a healthy diet and count your calories. Once again, a healthy diet plays a fundamental role, since different foods (in particular, vegetables, fruit, and extra-virgin olive oil) are rich in vitamins and polyphenols, antioxidants that reduce inflammation and strengthen our immune system.
9. Physical activity strengthens the immune system and performs an anti-inflammatory and anti-stress function. Now that we have more free time, let's take the opportunity to do exercises or use an exercise bike at home, or go for walks outdoors, preferably during the warmer hours of the day, remembering to keep a safe distance from others.
10. Pneumonia is the most serious and, in some cases, deadly complication of Coronavirus. Therefore, smokers are at higher risk than non-smokers. So now is a good time to try to kick the habit, which is difficult, but not impossible, as many ex-smokers have demonstrated.