Anti-contagion Plan

General rules and procedures for the contrast and containment of the spread of the Covid-19 virus in the workplace.

Protocol reference signed on 27 April, 2020

HELP US TO HELP YOU!
WE ARE ALL TOGETHER AGAINST THE COVID-19 VIRUS
**WHY WEAR A MASK?**

The importance of protection

<table>
<thead>
<tr>
<th>Positive Covid-19</th>
<th>Possibility of contagion</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70%</td>
</tr>
<tr>
<td>Positive Covid-19</td>
<td>5%</td>
</tr>
<tr>
<td>Positive Covid-19</td>
<td>1.5%</td>
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</tbody>
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**WHAT IS IT ALL ABOUT?**

- Coronaviruses are a large family of viruses
- They cause illnesses ranging from the common cold to serious respiratory diseases
- The Sars-CoV-2 virus was identified for the first time in Wuhan, China, at the end of 2019
- The disease that the pathogen causes was named Covid-19

**THE MOST COMMON SYMPTOMS**

- Cold
- Sore throat
- Cough
- Pneumonia
- Fever
- Difficulty breathing
- Acute respiratory syndrome
- Kidney failure

**HOW IS IT TRANSMITTED?**

The virus is spread principally through close contact with an infected person

- Saliva
- Sneezing
- Coughing
- Direct personal contact
- Hands that have touched mouth, nose, or eyes

**INCUBATION PERIOD**

Can vary between 2 and 11 days

Up to a maximum of 14 days

**TREATMENT**

At present there is no vaccine.

It is predicted that there will be one available in 12 and 18 months time.

Symptoms can be treated.

**PERSONS most at RISK ARE the elderly and those with PRE-EXISTING illnesses**
INTERNAL RULES FOR COVID-19 ANTI-CONTAGION

- Before going to LIUC, measure your temperature and, if it is 37.5 °C or higher, stay at home and call your doctor;
- Avoid going to LIUC if you have had close contact with “Covid-19 positive” persons in the last 14 days or if you have travelled to risk areas;
- The only entrances, receptions, and internal courtyards that will remain open are those from Corso Matteotti, 22 and Piazza Soldini 5. In these places, keep social distancing of at least 1 metre, wear a protective mask, and avoid gatherings.
- **Body temperature control (max 37.3 °) points are located:**
  - outside the M2 “Tower” building
  - at the top of the staircase before the underpass
  * for safety, the temperature is decreased by the tolerance error of the thermometers, approx. 0.2°C
- When travelling to LIUC avoid crowded means of transport and use a private car where possible. If it is not possible, and you use public transport, always wear a protective mask and gloves;
- Avoid car-pooling. If it is not possible, ensure all occupants wear protective masks;
- While at LIUC, **wear a protective mask at all times** in addition to maintaining social distancing;
- Avoid gathering at the entrances and common areas (bar, canteen, etc.);
- Before using equipment also used by others, disinfect all contact surfaces. If this is not possible, avoid any contact with your nose, eyes and mouth;
- When using the toilets at LIUC, wash your hands before and after. The paper towels for drying your hands should be thrown in the waste bin and not in the toilet;
- At all times, respect any prepared signs;
- When using PPE, follow the instructions provided on/within the packaging;
- Avoid going to LIUC whenever possible. Instead, make contact by telephone.

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If, after joining LIUC, you experience symptoms such as a dry cough and / or temperatures above 37.5 °C
INFORM IMMEDIATELY the employer and / or their representative.

Drinks/Snacks Vending machines
Hand sanitising GEL is always available in every drink snack vending machine area.
It is recommended that you wash BEFORE and AFTER using the machines (keys, doors, etc).
Do not create gatherings. Instead, withdraw and consume drinks/snacks outdoors.

SUPPLIERS,
COURIERS,
CONTRACTED
COMPANY
EMPLOYEES
there is a toilet dedicated exclusively for you on Ground floor of the M1 building
PROTECT YOURSELF, PROTECT OTHERS.

SOME SIMPLE RULES TO HELP CONTAIN CORONAVIRUS INFECTION

Always wear a mask.
Avoid close contact and maintain a distance of at least one metre.
Disinfect your hands with the alcoholic solution provided.
Wash your hands often with soap and water.
Cover your nose and mouth with a single-use tissue when sneezing or coughing. Alternatively, use the inside of your arm.
Avoid shaking hands and hugging until the emergency has ended.
Avoid touching eyes, nose, and mouth with your hands.
If you have symptoms similar to influenza stay at home.
Do not go to E.R./A&amp;E or to a specialist. Instead, contact/call your general physician, a private paediatrician, the regional emergency number.