

DEPARTMENT OF PREVENTION

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SUBJECT: Health surveillance requirements for all persons entering Italy as required by the DPCM of 14/01/2021.

Following your entry into Italy, you will have to undergo health surveillance and fiduciary isolation **starting the day after your arrival for a period of 14 days**; during this period, **you must remain at home and observe the rules outlined below.**

If **flu-like symptoms** occur in this period, such as: **fever higher than or equal to 37.5 ° C, cough, general fatigue, shortness of breath, muscle pain**, you must immediately contact your doctor and the local health authority (ASL) staff responsible for monitoring your situation by calling the general number **0173316111** to have your case evaluated and to receive subsequent information.

Yours sincerely.

**THE MEDICAL DIRECTOR OF THE HYGIENE
AND PUBLIC HEALTH SERVICE**

Dr. Claudia MUSSO

*This document is signed with a digital signature
pursuant to art. 21 of Legislative Decree. 82/2005*



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Rules to be observed in domiciliary fiduciary isolation:

1. *The subject should be in a single, well-ventilated room;*
2. *Limit the number of people who come into contact with the subject, especially children, the elderly or people with health problems;*
3. *Family members should stay in a different room or, if this is not possible, keep a distance of at least 1m from the subject (e.g.: sleep in a separate bed). An exception can be made for a nursing mother. The mother should wear a medical mask when close to her baby and perform thorough hand hygiene before coming into close contact with the baby;*
4. *Limit the movements of the subject and minimize the shared space. Make sure shared spaces (e.g.: kitchen, bathroom) are well ventilated (e.g.: keep windows open);*
5. *Frequently perform hand hygiene, particularly after any contact with people in isolation;*
6. *Respiratory hygiene must be practiced by everyone at all times. The term "respiratory hygiene" refers to covering the mouth and nose during coughing or sneezing with tissues or using the crook of one's bent elbow, followed by hand washing;*
7. *Avoid direct contact with body fluids, especially oral or respiratory secretions and feces;*
8. *Avoid all possible routes of inapparent exposure (e.g.: avoid sharing toothbrushes, cigarettes, cooking utensils, dishes, drinks, towels, washcloths or sheets). Kitchen utensils and dishes should be cleaned after use with regular soap or detergent and water and can be reused rather than disposed of;*
9. *Clean and disinfect bathroom and toilet surfaces at least once a day with a standard household disinfectant containing a diluted bleach solution (1 part bleach and 99 parts water) or 70% diluted alcohol solution;*
10. *Clean clothes, sheets, towels and bath towels, etc. using ordinary laundry soap and water or machine wash at 60–90 ° C with a common household detergent and dry thoroughly.*



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IF YOU ARE COVID-POSITIVE AND/OR COMPLETING A QUARANTINE:

1. Suspend recycling;
2. Double-, or possibly triple-, bag your garbage and avoid handling it;
3. All waste (plastic, glass, paper, organic, metal and garbage) must be thrown into garbage;
4. Tissues, paper towels, masks, gloves, wipes and other single use sanitary products must be thrown into the garbage;
5. Using the string or adhesive tape attached and while wearing disposable gloves, close the garbage bags tightly without squeezing them;
6. Once the garbage bag is closed, used gloves should be thrown directly into the new garbage bag, which should be double-, or possibly triple-, bagged. Wash your hands immediately afterwards;
7. Close garbage bags daily and store them away until the quarantine period has ended;
8. Pets must not enter the room where garbage is stored.

IF YOU ARE NEITHER POSITIVE NOR COMPLETING A QUARANTINE:

1. Continue recycling;
2. If you have a cold and use tissues, throw them in the garbage;
3. If you use masks and gloves, throw them in the garbage;
4. Double-, or possibly triple-, bag your garbage in the container you normally use;
5. Close the bag tightly;
6. Dispose of garbage normally.