



UNIVERSITÀ  
CATTOLICA  
del Sacro Cuore

## ***Decalogue of prevention and personal hygiene behavior***

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The University considers, for preventive and precautionary purposes to reduce the risk of transmission and contagion from diseases areas of interhuman transmission, it is appropriate to adopt the personal hygienic behaviors and precautions identified by the regulations and the scientific community.

Among the hygienic-behavioral norms applicable in the University, the following are recommended:

1. Contact:

- Avoid close contact with people suffering from acute respiratory infections.
- Avoid hugs and handshakes and, as far as possible, crowded situations in inadequately ventilated rooms.
- It is good practice to maintain, in social contacts, spacing of at least 1 meter.
- Avoid shared use of bottles, glasses and any other objects that involve close contact or use with the nose and mouth.
- Do not touch eyes, nose and mouth with hands.

2. Hand Hygiene:

- Wash your hands often, according to WHO (World Health Organization) and Ministry of Health guidelines and always before accessing your workstation and before using shared instrumentation (e.g., keyboards, mouse, touch-screens and printers).

3. Room Hygiene:

- Adopt suitable cleaning of rooms and furniture, in addition to cleaning surfaces with chlorine or alcohol-based disinfectants.

4. Respiratory Hygiene:

- Practice respiratory hygiene (sneeze and/or cough into a handkerchief while avoiding hand contact with respiratory secretions; always sanitize hands after such circumstances).

5. Prevention Rules:

- Use a mask if you are suspected of being sick or if you are providing care to sick or frail people.
- See your General Practitioner (GP) if you have symptoms and signs of respiratory disease, including temperature  $>37.5^{\circ}$  or, even if asymptomatic, if you have contact with a person with respiratory symptoms and signs or a frail or immunocompromised person.