

COVID-19 GENERAL PREVENTIVE MEASURES

PROTECT YOURSELF, PROTECT THE OTHERS!

**YOUR INDIVIDUAL RESPONSIBILITY AND DISCIPLINE BRINGS
STRENGTH TO THE COMMAND!**

STAY SAFE TO BE PART OF THE TEAM!

1. Wash your hands often (for at least 20 seconds) and use the disinfectant dispensers installed within the HQ and the Community Centre.
2. Avoid hugging, hand shaking and direct physical contacts with anyone; pay attention at people suffering from acute respiratory infections.
3. Keep at least one meter away from one another to decrease the chance of airborne exchange of virus.
4. Avoid sharing bottles and glasses, also when during sports.
5. Use only your telephone, keyboard and mouse while in office. If not possible disinfect them before handing over your shift.
6. Do not touch your eyes, nose and mouth with your hands.
7. Avoid using elevators, touching handrails. If you use the elevator, wear a mask and use the disinfectant dispenser after you leave the elevator.
8. Cover your mouth and nose if you sneeze or cough (sneeze or cough in a handkerchief and avoid hand contact with your breathing secretions).
9. Do not take antiviral drugs or antibiotics unless prescribed by a doctor.
10. Clean the surfaces with chlorine or alcohol based disinfectants.
11. **Wear a mask/face covering:**
 - a. in all common areas **indoor** (lobbies, shops, cafeterias, messes, conference rooms, elevators, bathrooms, individual offices when the size prevents adequate social distancing).
 - b. **outdoor at any time**, regardless of the interpersonal distance. Limited exceptions: restaurants, bars, outdoor sport activities.
12. Contact the toll-free number 1500 if you have a fever or cough and have returned from a risk area.
13. Pets do not spread COVID-19.

Base access: Ordinary force protection measures remain in effect.

JFCNP GYM is open for all entitled personnel under specific provisions, in accordance with ITA national and regional legal provisions.

JFCNP support: The IMP control room is available 24/7 on phone (111 or 0817212723/4) to act as intermediary with the IT authorities through emergency numbers (112, also in English language, 118 and 1500).

Useful links:

<http://www.salute.gov.it/portale/home.html>

<http://www.protezionecivile.gov.it/home>

<https://www.who.int/health-topics/coronavirus>

ALL PERSONNEL SHOULD BE AWARE AND RESPECT THE FOLLOWING:

Permanently monitor the onset of symptoms (in particular, dry cough, fever, mucous congestion, rhinitis and breathing difficulties).

IF you or one of your dependents

- **have been in contact** with confirmed COVID-19 cases,
or
- **have flu-like symptoms** (fever, cough, sneezing and breathing difficulties),

you must immediately:

- Contact your family doctor by phone and follow his/her advice,
- **Do not come to JFCNP HQ;** and,
- Report on your chain of command and to your SNR.
- Inform JFCNP HQ Occupational Medicine Specialist (OMS) via e-mail Nicola.olivieri@jfcnp.nato.int providing your phone number. Relevant information will be collected and proper instructions will be given depending on the situation.

RECOMMENDATIONS FOR PERSONEL IN DOMESTIC (SELF) ISOLATION

Isolation at home, self-isolation or domestic isolation means remaining at home or in a designated setting, in a single, dedicated, adequately ventilated room and preferably using a dedicated toilet. This measure can be recommended for prevention or for people while showing symptoms.

PREPARE: How can you prepare yourself:

- Educate yourself on COVID-19 from trusted sources.
- Keep physically active to ensure good physical condition.
- Have over-the-counter medicines and medical supplies (e.g. tissues, thermometer) to treat fever.
- If taking any prescription medicines, refill them, or consider using a mail-order for your medications.
- Have enough groceries and household items for approximately 2 weeks. Prepare gradually and avoid panic buying.
- Activate your social network. Contact family, friends, neighbors or community health care workers in advance and make joint plans on what to do if you become ill.
- Inform your chain of command and SNR and request support, if needed.
- Practice social distancing.
- Follow the instructions from Italian authorities as well as given by JFCNP.
- Continue to practice general hygiene.

IN DOMESTIC ISOLATION – recommended measures if you or anyone in your household are sick or have symptoms related to COVID-19:

- Do not allow visitors.
- Only household members / nominated support personnel who are caring for the person suspected or confirmed of having COVID-19 should stay / allowed to come at home.
- Separate yourself from other people in the household.
- Use facemasks / face covering, when in the same room with other people, to protect them.
- Stay in a well-ventilated room with a window that can be opened.
- Clean and disinfect your home, particularly frequently touched surfaces and toilets.
- If a dedicated toilet is not available, the isolated person should clean the toilet thoroughly after each use.

- Use separate towels, eating utensils, drinking glasses, bedding or any other household item commonly shared in the family setting.
- Activate your support system for help to run essential errands, e.g. grocery and medicine shopping.
- Avoid direct contact when interacting with them, for example, by arranging groceries to be dropped at the door.
- Wash hands directly before and after any interaction with others.
- Follow the advice of your healthcare provider and call them if your condition worsens.
- Keep in touch with your chain of command / SNR, family and friends via telephone, email or social media.
- Keep physically active to ensure good physical and mental condition.

RECOMMENDATIONS FOR CARE PROVIDERS

Isolation at home, self-isolation or domestic isolation means remaining at home or in a designated setting, in a single, dedicated adequately ventilated room and preferably using a dedicated toilet. The following measures are recommended for care providers who are supporting isolated people.

When caring for patients isolated with suspected or confirmed COVID-19, all care providers need to – prior to any patient interaction – assess the infectious risk posed to them and wear the appropriate personal protective equipment (PPE) to minimize that risk.

PPE should be put on and removed in an order that minimizes the potential for self-contamination.

Preparation

- Follow the instructions from authorities as well as given by JFCNP.
- Educate yourself on COVID-19 from trusted sources.
- Practice good personal hygiene. This is the best way to prevent the spread of the COVID-19 virus.
- Wash hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- Keep social distance.
- Learn how to use PPE.
- Practice using PPE.

- Inform your chain of command and SNR about assuming the task.

Before EACH patient interaction:

- Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer before you provide care for isolated person.
- Do not touch your face unless you have recently washed your hands.
- Ensure your PPE is conveniently located.
- Use the correct PPE for the situation.
 - PPE should be worn during throughout the procedure.
 - Maintain a distance of 2 meters between all people in the area of isolation.
 - Avoid any direct contact with the isolated person (for example, by arranging groceries to be dropped at the door.
 - Visits to the patient should be limited to the absolute minimum.
 - If a dedicated toilet is not available, the isolated person should clean the toilet thoroughly after each use with appropriate disinfectant.
 - Wash hands directly before and after any interaction with others.

After EACH patient interaction:

- PPE should be correctly removed and handled after use.
- All waste (including PPE) should be disposed of as infectious clinical waste.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Hand hygiene should be performed immediately after removal of PPE.
- Wash hands with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- Personnel providing care to COVID-19 cases need to be actively followed-up for development of symptoms (fever and any respiratory symptoms in the 14 days following the last exposure to a confirmed case).
- Inform your SNR if you are unable to perform the task.