



Old people

12 Essential measures against COVID-19

- 1.- Establish a stable coexistence group
- 2.- Take vitamin D (consult a doctor)
- 3.- Extreme personal hygiene, very frequent.
- 4.- Use a face mask if we are not at home.
- 5.- 2m interpersonal distance as soon as possible.
- 6.- Contact medical services if you have symptoms, such as fever, cough or shortness of breath,
- 7.- Avoid, as far as possible, entering in crowded-closed spaces/rooms. Walk in open spaces, avoid crowds. Ventilate closed spaces.
- 8.- Do not stop taking your usual medication without consulting a doctor.
- 9.- Do not share utensils. Have our own.
- 10.- Get flu shot (vaccine, consult a doctor).
- 11.- Avoid touching our faces, with unwashed hands.
- 12.- Inform us of official, verified and endorsed sources.



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