

Brief Guidelines for Religious Communities

General:

- The person in charge of the House must know the telephone numbers of the Ministry of Health and local health authorities to be contacted in case of suspicion of Covid-19
- at the entrance of the houses, information materials on the hygienic and sanitary measures to be observed to avoid contagion can be displayed

At home:

- Set up appropriate hand washing/hygiene systems at the entrance of the house so that everyone can wash/sanitize their hands as soon as they enter the house.
- Wash your hands frequently, whenever you think they may be contaminated.
- Frequently air the rooms
- keep a safe distance of one meter: at common prayer and during meals, meetings, etc., also at home
- In houses with many religious it is preferable to take shifts to eat in order to maintain a safe distance.
- Do not exchange your phone or other items for personal use with others.
- Clean all surfaces, including telephone surfaces, with alcohol or chlorine solution.
- If you sneeze or cough, always protect your nose and mouth with disposable tissue or elbow crease (do not use tissues to dry your nose, wash it immediately if necessary). If you cover yourself with your hand, never touch your eyes and nose afterwards but wash your hands immediately.
- If someone has a fever, flu symptoms, conjunctivitis, loss of taste or smell, consult your doctor or local health authority (ASL).
- Anyone with these symptoms even if they have not swabbed should be considered positive for Covid 19 and should be isolated from others, take their meals alone in their room and, if possible, use a separate toilet. Where a separate toilet is not possible, the toilet should be thoroughly cleaned and sanitized after use by the symptomatic person.
- Beware of the common use of towels or toothbrushes or personal hygiene items.
- The person with the above symptoms must wear a surgical mask when leaving the room. Those who may be assisting them must also wear a surgical mask. It is preferable to use disposable materials when eating.
- Door and window handles touched by the subject in isolation must be cleaned.
- The asymptomatic quarantined subject must follow the same rules as the Covid 19 positive subject.
- It is ALWAYS necessary to limit as much as possible the contacts of older people with young people and in any case with all those who live within a community who have contact with the external environment.

In services outside the home

- If possible wear a mask when helping a poor or elderly person (the surgical mask is mainly used to protect our poor friends).
- Even on home visits maintain the distance of one meter, avoid gatherings
- Always ask poor friends if they have flu symptoms and possibly help them to contact the official channels of the Ministry or local health authorities to check the Covid-19
- Wash / sanitize your hands in and out of the houses you visit, canteens etc.