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# ICARE Project

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## CORONA VIRUS Rules to follow

### WE ALL MUST:

Stay at home

We can only go out :

- to go to work (regular work)
- To buy food or medicine
- For Health reasons



Stay home and call the doctor if you have a cough and fever higher than 37,5°. **DO NOT GO TO EMERGENCY**

Stay home if you have the virus or are in quarantine. In these cases **it is forbidden to go out**

Avoid being in groups



### WE CAN:

Meet other people only for work; if it is really necessary; or for health reasons. We keep distance from people we talk to (at least 1 meter).

Take the dog outside, close to home and for a short time.

Do sports outside, only near our homes, alone, away from other people

**The employer may ask you to work from home, use vacation or take leave**



### What is open:

- Stores that sell food and necessary goods
- Pharmacies
- Churches and places of worship, but religious services are suspended.

### What is closed:

- All schools
- Stores
- Bars and restaurants
- Shopping centers
- Cinemas, theaters and museums
- Gyms, swimming pools and sports centers



**The police check**, and they can ask you why you're not at home. Those who do not respect the rules commit a crime and risk arrest for up to 3 months or a fine of up to 206 euros.