

# RECOMMENDED SAFETY MEASURES

## Your health is our top priority



**Stay at home if you have symptoms of COVID-19 or feel unwell** (dry cough, fever, malaise, shortness of breath, decreased sense of smell and taste, chills, sore throat, muscle aches, headache, diarrhea or vomiting)



**Avoid using material, equipment and devices of other people or of shared use, especially the telephone and wireless headphones** due to the characteristics of their use



**Maintain at least 1.5 metres distance** between yourself and others. Avoid going to crowded places and physical contact



**Wash your hands frequently** with soap and running water or alcohol-based hand sanitizer



**Wear a face mask** (preferably a N95 mask)



**Cover your mouth and nose** when you cough or sneeze, <https://www.aplaceformom.com/caregiver-resources/articles/dementia-behaviors/> either do so into a tissue or the inside of your elbow. Avoid touching eyes, nose and mouth

## What protection measures do we take to safeguard you?



**Thorough cleaning and adequate ventilation** of all shared areas



*If you have symptoms of COVID 19, you should seek an information point in the building immediately and, please, communicate your symptoms.*



**Strict control of room capacity and recommended safety measures**



**Signage** of areas

*There will be a special area where we take your temperature and apply emergency measures.*

**If you come to Spain from abroad or have the need to travel abroad, we recommend that you consult the website of the [Ministry of Foreign Affairs](#) with information about it.**