

EXTRACT

## **EFFECTIVE MEASURES TO PREVENT THE TRANSMISSION OF SARS - CoV - 2**

### **Masks and correct use**

The mask represents one of the cornerstones of prevention measures. Its fundamental role is represented by the ability to block the dispersion of droplets, which each person normally emits when speaking or sneezing, coughing, etc. In this phase of circulation of a virus with potential airborne transmission from droplets, wearing a mask is a civic duty for each citizen, towards the entire community. In fact, it prevents each of us from dispersing droplets into the environment. So before a defensive measure towards ourselves it is a preventive measure towards the neighbor.

There are other types of masks, equipped with greater filtering power (FP2). They are essentially worn by healthcare personnel who care for patients suffering from highly airborne transmissibility diseases such as SARS - CoV - 2. Inside the structure, they are worn only by staff who should provide assistance to a patient with suspected / ascertained disease as well as by staff responsible for sanitizing the rooms occupied by a patient with suspected / ascertained disease. Outside of these situations, the surgical mask is the best filter for effectiveness and comfort.

### **Hand cleaning and disinfection**

Washing your hands frequently with soap and water or with hydro-alcoholic solutions is the second cornerstone of prevention. The hydroalcoholic solution is particularly effective in canceling the pathogenic action of the SARS-CoV-2 virus and therefore its indirect transmission through hands accidentally contaminated with respiratory secretions. It is therefore important to wash your hands before handling commonly used items, in order to protect others; washing them immediately after use has the purpose of protecting yourself.

### **Social distancing**

Although difficult and sometimes painful, social distancing is a useful behavioral measure as well as hand washing and the use of masks. Respecting social distance in all phases of common life is necessary, just as it is correct to avoid occasional close contacts. Respecting the distancing measures also serves to increase one's level of attention and concentration with respect to many usual gestures and behaviors, which could at this moment be potentially risky.