

OBLIGATIONS

According to the Royal Decree 463/2020 published on 14th March a set of measures to beat COVID-19 have been implemented in order to protect the citizens' health and safety and in order to stop the expansion of the illness.

RESTRICTION ON FREE CIRCULATION

- ✓ **GOING OUT INTO THE STREET IS PROHIBITED** with the exception of the following cases: acquisition of food and medicines, displacements to/from work, situations of force majeure or necessity.
- ✓ When in need of going out into the street, please do it **INDIVIDUALLY**, except when accompanying a disabled person.

PROTECTIVE MEASURES AGAINST COVID-19

- ✓ Keep a minimum distance of 1,5 metres between you and the other people
- ✓ **AVOID BODY CONTACT** when greeting (no hand shaking nor kissing)
- ✓ **WASH YOUR HANDS** frequently
- ✓ Do not touch your eyes, nose or mouth
- ✓ Cover your mouth with your elbow or a tissue when coughing or sneezing

WHAT TO DO IN CASE OF HAVING SYMPTOMS

If you experience symptoms like **FEVER, FATIGUE, DRY COUGH** and/or **BREATHING DIFFICULTIES**, follow the guidelines issued by the Public Health:

- ✓ **DO NOT PROCEED** to the health center or emergencies
- ✓ **STAY AT HOME**
- ✓ Call **900 12 12 12**
- ✓ For grave cases or other emergencies contact **112**

OTHER INQUIRIES

For queries, treatment follow-up or any other disease, ask for an appointment at your health center either by telephone or on the website (<https://sms.carm.es/cmap>). We kindly ask for your understanding during your waiting, as you will be attended as soon as possible.

**Disobedience
to these measures
may result in fines
ranging from
100 a 600.000 €**

