

**PRECAUTIONS FOR HEALTHCARE AND SAFETY:**

**ALL THE CARDBOARD USERS ARE PLEASED TO READ AND PAY ATTENTION TO THE WARNINGS HERE BELOW BEFORE USING THE CARDBOARD, TO REDUCE THE RISK OF DAMAGING BOTH THE PERSON OR OBJECTS.**

**ATTENTION: BEFORE THE CARDBOARD USE**

- Your Cardboard is not designed to be used with incompatible accessories and / or software. Use of incompatible devices, accessories and / or software may cause harm to you or others, and may cause performance problems or damage to your system and related services.
- A comfortable experience of virtual reality requires a perfect sense of movement and balance. Do not use the Cardboard when you are tired, unable to sleep, under the influence of alcohol or drugs, in case of problems with digestion, in cases of emotional stress or anxiety, or in the case of a cold, grippe, headache, migraine or earache, as this may increase your sensitivity to adverse symptoms.
- It is recommended: pregnant women, elderly people and those already suffering from abnormal binocular vision or psychiatric disorders, or suffering from heart problems or any other serious pathology, to consult a doctor before use of the Cardboard.

**ATTENTION: CONVULSIONS**

A minority of people (about 1 in 4,000) may suffer from severe dizziness, convulsions, epileptic seizures or momentary loss of consciousness when exposed to certain flashing lights or visual sequences, and this can occur by watching television, during video games or during an experience of virtual reality, even if convulsions or momentary losses of consciousness have never been previously accused or the person does not have a convulsion or epilepsy. These convulsions are more common in children or young people under the age of 20. Those who have suffered from seizures, loss of consciousness or other disorders related to epilepsy should consult a doctor before using the Cardboard.

**ATTENTION: CHILDREN**

Parents are advised to observe the children during and after the use of the Cardboard in order to verify the possible existence of the symptoms below, and to limit the time of use of the Cardboard by the children, also making sure that they take breaks during the use. Prolonged use should be avoided, as it may have negative effects on hand-eye coordination, balance and multi-tasking skills. Parents are advised to carefully observe children during and after using the Cardboard, so as to check for any diminished capacity.

## **ATTENTION: GENERAL PRECAUTIONS**

In order to reduce the risk of damage or disturbance it is recommended to always follow these instructions and observe these precautions when using the Cardboard:

- Use only in a safe environment: the Cardboard generates a highly immersive virtual reality experience that completely distracts from the surrounding environment and completely blocks the view.
- It is recommended to always be aware of the surrounding environment before and during the use of the Cardboard. Pay attention to avoid damage.
- Using the Cardboard may cause loss of balance.
  - Keep in mind that the objects you see in virtual reality do not exist in the real environment, so do not sit down or stand on them or use them as a support.
  - To ensure the safest possible experience, stay seated and still while using the cardboard.
- Stumble, collide or bump against walls, furniture or others objects can cause serious injury, so it is recommended to clear the aircraft for safe use before using the Cardboard.
- It is recommended to be particularly careful not to be near other people, objects, stairs, balconies, open doors, windows, furniture, open flames, ceiling fans, lighting systems or other objects that may cause damage or damage. that you risk falling during - or immediately after - using the Cardboard.
- Remove anything that could pose a tripping hazard from the area before using the Cardboard. Please remember that while using the Cardboard you may not be aware of the entry of people and animals in your immediate vicinity.
- Do not handle sharp or otherwise dangerous objects while using the Cardboard. Never wear the Cardboard in situations requiring attention such as walking, cycling or driving.
- Make sure the Cardboard is at the right height and fastened comfortably to your head and you see only one sharp image.
- It is advisable to gradually get used to using the Cardboard to allow your body to adapt; initially, use it only for a few minutes at a time, and gradually increase the cardboard usage time as you get used to virtual reality. Looking around and using the input device the first time you enter virtual reality can be useful in order to adapt to any small divergence between the movements in the real world and their result within the virtual experience.
- Do not use the Cardboard while you are on moving vehicles such as cars, buses or trains as this may increase your sensitivity to unfavorable symptoms.
- Take a break of at least 10/15 minutes every 30 minutes, even when you do not feel the need. Each subject is different, so it is advisable to take more frequent and longer breaks in case of discomfort. It's up to you to decide which is the best thing for you.

- A very high volume can cause irreparable hearing damage. Background noise, as well as continuous exposure to high volumes, can make sounds sound less loud than they actually are. Given the immersive nature of the virtual reality experience, it is recommended not to use the Cardboard at high volume so as to continue to be aware of the surrounding environment and reduce the risk of damage to hearing.

#### **ATTENTION: DISTURBS**

- Discontinue use immediately if anyone using the Cardboard experiences any of these symptoms: convulsions, unconsciousness, tired eyes, ocular or muscular contractions, involuntary movements, impaired vision, blurred or double vision, or other visual abnormalities; dizziness, disorientation, disturbance of balance, lack of hand-eye coordination, excessive sweating, hypersalivation, nausea, feeling of an empty head, discomfort or pain in the head or eyes, numbness, fatigue or any other symptom similar to motion sickness.
- As with symptoms that may occur after landing a cruise ship, symptoms due to exposure to virtual reality may persist and become more apparent hours after use. These post-use symptoms may include the symptoms indicated above, as well as extreme numbness and a reduction in multi-tasking skills. These symptoms can expose you to greater risk of harm in performing ordinary activities in the real world.

- Do not drive, use machines, or undertake activities that require a visual or physical effort that may have serious consequences (ie activities that can lead to death, harm to the person or damage to objects if one of the symptoms should arise during their performance), or other activities that require a perfect balance and hand-eye coordination (such as doing sports, cycling, etc.) until you have recovered from the symptoms.

- Do not use the Cardboard until all symptoms have faded for several hours. Make sure you have correctly configured the Cardboard before resuming use. It is recommended that you be aware of the type of content you were using before the appearance of any symptom as you might be more prone to symptoms dependent on the content used. It is advisable to consult a doctor in case of severe and / or persistent symptoms.

#### **ATTENTION: DISTURBANCES CAUSED BY REPEATED MOVEMENTS**

Using the Cardboard can cause pain in muscles, joints or skin. If any part of the body should be fatigued or sore during use of the Cardboard, or if symptoms such as tingling, numbness, burning or stiffness should occur, stop and rest for several hours before resuming use. In case of persistence of any of the above listed symptoms or any other discomfort during or after use, discontinue use and consult a physician.