COVID19 Guide – ENGLISH

COVID-19 is a new disease which can affect your respiratory system.

It is caused by the virus SARS CoV-2, which belongs to the family of coronavirus.

If you have any of these symptoms:
• Recurrent and persistent cough;
• Fever (37.5 degrees Celsius or higher)

You should preventively stay at home for 14 days, and call **SNS24 (808 24 24 24)**, which if needed will direct you to the most adequate healthcare institution.

Advice on staying at home
• Don't go to work, to school, to the pharmacy, or to any healthcare unit or hospital
• Don't share house divisions or clean each division after every
• Avoid close contact with other people
• Have food and medicine delivered at home
• Do not receive guests
• Wash your hands before interacting with pets

When should I contact the National Health Service (SNS24)?
• When you feel your symptoms can not improve at home
• When your condition deteriorates
• Your symptoms do not improve after 14 days

How do I contact the National Health Service?
The General-Directorate of Health (DGS) offers three ways to obtain access to information
• atendimento@sns24.gov.pt – for questions about COVID-19 disease
• Phone number **SNS 808 24 24 24** – if you suspect you have COVID19
• Phone number **300 502 502** – to ask questions about the period of quarantine, medical absence leaves and assistance to relatives

What can I do to help prevent the spread of Coronavirus?
• Make sure you wash your hands frequently with water and soap, for at least 20 seconds
• Keep social distance
• Respiratory etiquette (cover your nose and mouth when sneezing and coughing, using a paper tissue or the arm, never the hands; discard of the paper tissue in the trash)
• Follow the advice about staying at home if you have symptoms

For more information, search the microsite of the General-Directorate of Health (Direção-Geral da Saúde – DGS) https://www.dgs.pt/corona-virus