



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 to **SNS24 (808 24 24 24)**, which in case of need will direct you for the most adequate healthcare institution.

Advice on staying at home

- Don't go to work, to school, to the pharmacy, or any healthcare unit or hospital
- Don't share house divisions or clean it after every utilization;
- Avoid close contact with other people;
- 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 will not improve at home;
- When your condition deteriorates;
- Your symptoms do not improve after 14 days;

How do I contact with the National Health Service?

The General Directorate of Health (DGS) supplies three ways to obtain access to information

- atendimento@sns24.gov.pt – to make questions about COVID-19 disease
- Phone number **SNS 808 24 24 24** – if you suspect you have COVID-19
- Phone number **300 502 502** – to make questions about the period of quarantine, medical absence leaves to provide assistance to relatives

What can I do to help prevent the spread of Coronavirus?

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- Ensure you clean your hands frequently with water and soap, during 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 the paper tissue in the trash)
- Follow the advice about staying at home if you have symptoms

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