

LEIA ATENTAMENTE  
O FOLHETO E  
SE PRECISAR

POR FAVOR LIGUE

SNS 24 

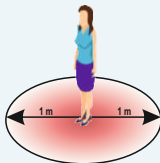
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E INFORME SOBRE A  
SUA RECENTE VIAGEM  
E SE CONTACTOU COM  
ALGUMA  
PESSOA INFETADA

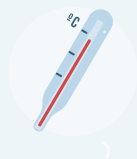
PODEMOS AJUDAR!

## CORONAVÍRUS (COVID-19)

Se regressou de alguma área afetada,  
por favor fique alerta nos próximos 14 dias:



EVITE CONTACTO  
COM OUTRAS PESSOAS

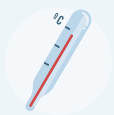


AVALIE E REGISTE A  
TEMPERATURA CORPORAL  
2 VEZES POR DIA

e se desenvolver algum dos seguintes  
sintomas:



TOSSE



FEBRE



DIFICULDADE RESPIRATÓRIA

PROTEJA-SE A SI E  
AOS OUTROS



Quando espirrar ou tossir  
tape a boca e nariz com o  
cotovelo ou com um lenço  
de papel que deverá colocar  
imediatamente no lixo



Lave frequentemente as  
mãos com água e sabão  
ou use solução à base de  
álcool



Lave e desinfete as maçanetas  
das portas, corrimãos e as  
superfícies em que se toque  
com frequência

LIGUE SNS 24  808 24 24 24

READ THE LEAFLET  
CAREFULLY AND IF  
NEEDED

PLEASE CALL

SNS 24 

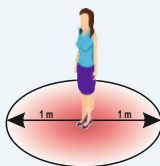
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AND REPORT YOUR  
RECENT TRIP AND  
WHETHER YOU CAME  
IN CONTACT WITH  
SOMEONE INFECTED

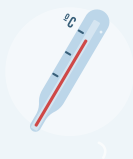
WE CAN HELP!

## CORONAVIRUS (COVID-19)

If you returned from an affected area  
**please be alert**, for the next **14 days**:



AVOID CONTACT WITH  
OTHER PEOPLE



MEASURE AND REGISTER  
YOUR BODY TEMPERATURE  
2 TIMES A DAY

if you develop any of the following  
symptoms:



COUGH



FEVER



DIFFICULTY IN BREATHING

## PROTECT YOURSELF AND OTHERS



When coughing or sneezing  
cover your mouth and nose  
with your forearm or with  
a tissue paper that should  
be placed immediately in  
the bin



Frequently wash your  
hands with soap and  
water or use an  
alcohol-based solution



Wash and disinfect door handles,  
handrails and the surfaces you  
touch frequently

PLEASE CALL SNS 24  808 24 24 24