

LEIA ATENTAMENTE
O FOLHETO E
SE PRECISAR

POR FAVOR LIGUE

SNS 24 

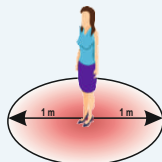
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E INFORME SOBRE A
SUA RECENTE VIAGEM
E SE CONTACTOU COM
ALGUMA
PESSOA INFETADA

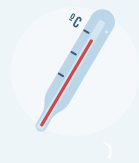
PODEMOS AJUDAR!

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 RESPIRATÓRA

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 desinfecte 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 

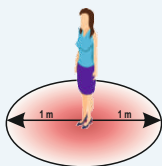
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AND REPORT YOUR
RECENT TRIP AND
WHETHER YOU CAME
IN CONTACT WITH
SOMEONE INFECTED

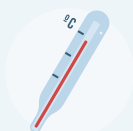
WE CAN HELP!

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