

COVID-19

PROTECT YOURSELF AND OTHERS



**COVER YOUR
MOUTH AND NOSE
WHEN COUGHING
OR SNEEZING**

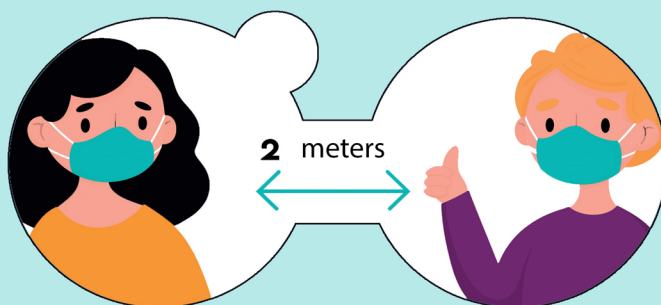


WEAR A MASK



**WASH OR
DISINFECT YOUR
HANDS FREQUENTLY**

**OBSERVE
THE SAFETY
DISTANCE**



Keep social distancing whenever possible.

COVID-19

PREVENTIVE MEASURES

- Social distancing (two meters)
- Wear of mask
- Frequent hand washing with soap and water or disinfection
- Cover mouth and nose when coughing or sneezing

SYMPTOMS

- Fever (38.0 °C)
- Breathing difficulty (e.g. shortness of breath)
- Cough

TRANSMISSION

Infection occurs by direct contact between people, through droplets, secretions or infected aerosols and, indirectly, by hand contact with a contaminated surface or object, followed by contact with the mouth, nose or eyes.

The disease' s incubation period is between 2 and 14 days.

WHAT IS SOCIAL DISTANCING

People without symptoms (asymptomatic) should maintain a safe distance between them (≥ 2)

HOW TO ACT?

FOLLOW THE RECOMMENDATIONS OF THE DIRECTORATE-GENERAL OF HEALTH

www.covid19.min-saude.pt

SNS 24 – 808 24 24 24

INFO: www.cm-sintra.pt/covid19

ISOLATION MEASURES IF SOMEONE IS INFECTED IN YOUR HOME

If someone in your household tests positive for COVID-19, you should take extra care in disinfecting your home.

- The patient must remain in a restricted place and if for any reason they visit a common area in their home, they must wear a mask.
- Ensure the telephone is operational to communicate with health professionals.
- Clean and disinfect surfaces with a bleach solution diluted in water (1 part bleach per 49 parts of water).
- Place the trash and dirty clothes in an dedicated area.

IN THE BEDROOM

- Keep the door closed at all times.
- Ventilate the bedroom where the patient is towards the outside.

IN THE BATH HOUSE

- Wash hands frequently with soap and water, or disinfect with an alcohol-based solution.
- If possible, have a bathroom for the patient's exclusive use
- Clean and disinfect the bathroom after use.

IN THE KITCHEN

- Waste bin with pedal opening and a ziplock bag.
- Dispose of the garbage bag, tightly closed, in undifferentiated containers, never in the municipal recycling bins.
- Wash and disinfect your hands and the waste bin regularly.
- Wash the sick person's clothes and sheets at 60 °C.
- Wash dishes and cutlery at high temperatures (if possible, in the washing machine).
- Do not share personal objects or utensils.