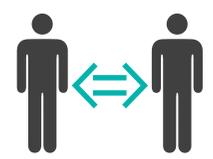# COVID-19
PREVENTION IS ESSENTIAL!

PREVENTION IS ESSENTIAL

WEAR A MASK

WASH YOUR HANDS

KEEP SOCIAL DISTANCE (+ 2 METERS)

This product was developed as part of awareness-raising actions aimed at migrant and refugee people and included in preventive measures to minimize the risk of transmission of the SARS-CoV-2 vírus.

REPÚBLICA PORTUGUESA
SECRETÁRIA DE ESTADO PARA A INTEGRAÇÃO E AS MIGRAÇÕES

ACM
ALTO COMISSARIADO PARA AS MIGRAÇÕES, I.P.

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ars lvt
LISBOA E VALE DO TEJO

dsp

CPR
Conselho Português para os Refugiados

SANTA CASA
Misericórdia de Lisboa

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COVID-19 – Summarized Information

COVID-19, WHAT IS IT?

COVID-19 is the disease caused by a new virus.

WHAT ARE THE SYMPTOMS?

The main symptoms of the disease are: cough, fever, body aches, shortness of breath, lack of smell or taste (taste).

There may be people who have no symptoms but who have the virus and test positive.

The virus is transmitted mainly by small droplets that come out of our mouth or nose when we speak, cough or sneeze.

TO PREVENT THE DISEASE IT'S ESSENTIAL TO:

Wear facemask;

Wash your hands;

Maintain physical distance **(+ 2 METERS)**.

MASKS

Masks are essential to prevent disease.

There are **3** types of masks:

1 – Community: These masks can be washed and reused. They offer the lowest type of protection, but are also generally the cheapest. They are of preferential use by the population in low risk situations.

2 – Surgical: These masks are for single use. They last up to about 4-6 hours. They are mainly aimed at healthcare professionals or people with COVID-19.

3 – Respirators: They are for single use. They last up to about 4-6 hours. They offer the best protection. They are aimed at health professionals in procedures of particular risk.

WHAT TO DO IF YOU HAVE SYMPTOMS OF COVID-19?

If you have symptoms you should contact **HEALTH LINE SNS24 (808 24 24 24)**; If you are staying in a hostel, hotel or similar units, you must also inform the person responsible for the establishment where you are located. Please stay indoors. Only in a very serious situation should you go to the Emergency Department or call the emergency line (112).

HOW DO I KNOW I HAVE COVID-19?

To find out if you have COVID-19 it's necessary to do a test in which the virus is researched. If the test is positive for the virus, you'll have to be isolated.

ISOLATION:

There are two types of situations in which you need to be in isolation:

1 – If you're positive for COVID-19 virus;

2 – If you are in close contact with a person who tested positive for COVID-19.

In both isolation situations, you must comply with the isolation rules, otherwise you can transmit the disease to several people and incur a crime of disobedience or the spread of a contagious disease.