

READ THE LEAFLET CAREFULLY AND IF NEEDED

PLEASE CALL

SNS 24 
808 24 24 24

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

TO HAVE MORE INFORMATION VISIT

<https://pt-pt.facebook.com/ACMigracoes/>

OR CALL TO Migrants Support Line

 808 257 257 OR (+351) 21 810 61 91

WE CAN HELP!

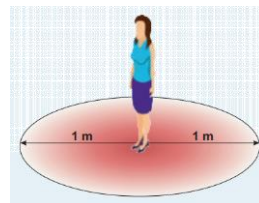


Com a colaboração

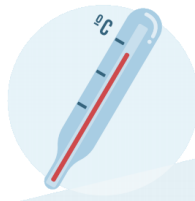


CORONAVIRUS (COVID-19)

If you returned from an affected area, or if you
been in contact with someone infected with
the Coronavirus (COVID-19), **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,
contact SNS 24:



COUGH



FEVER



DIFFICULTY IN BREATHING

PROTECT YOURSELF AND OTHERS



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

LEIA ATENTAMENTE O FOLHETO E SE PRECISAR

POR FAVOR LIGUE

SNS 24 
808 24 24 24

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

PARA OBTER MAIS INFORMAÇÕES VISITE

<https://pt-pt.facebook.com/ACMigracoes/>

OU LIGUE PARA A LINHA DE APOIO AO MIGRANTE

 808 257 257 OR (+351) 21 810 61 91

WE CAN HELP!

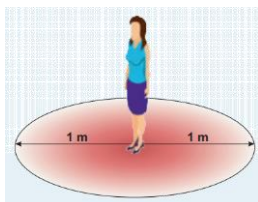


Com a colaboração

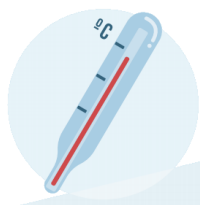


CORONAVIRUS (COVID-19)

Se regressou de alguma área afetada, ou se contactou com alguém infetado com Coronavírus (COVID-19), **por favor fique alerta nos próximos 14 dias:**



EVITE CONTACTO COM OUTRAS PESSOAS

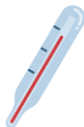


AVALIE E REGISTE A TEMPERATURA CORPORAL 2 VEZES POR DIA

ou se tem algum destes sintomas, contacte, **SNS 24:**



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