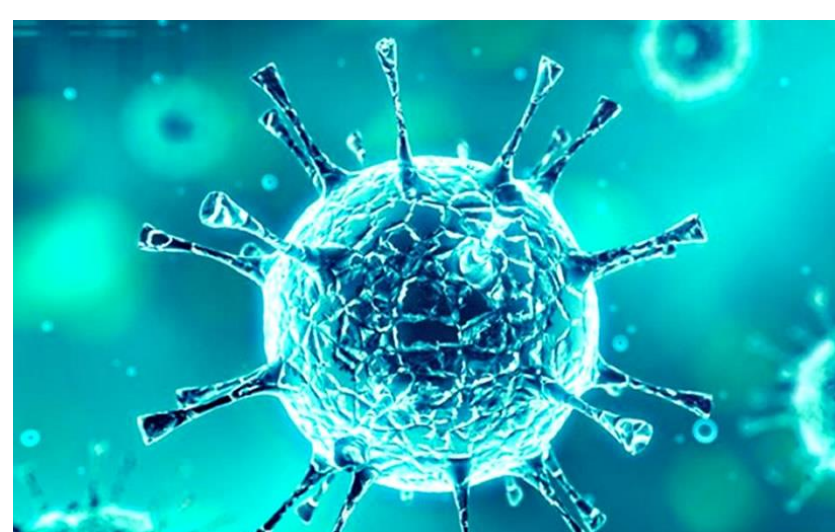




AtlantiCare
SERVIÇOS DE SAÚDE, S.A.



Coronavirus (CoVid-19) Information for travellers

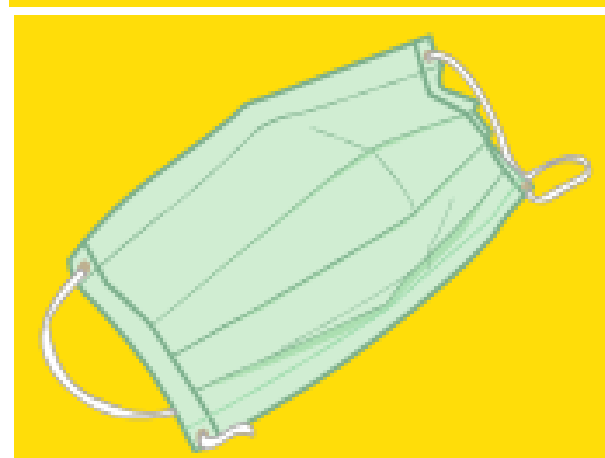
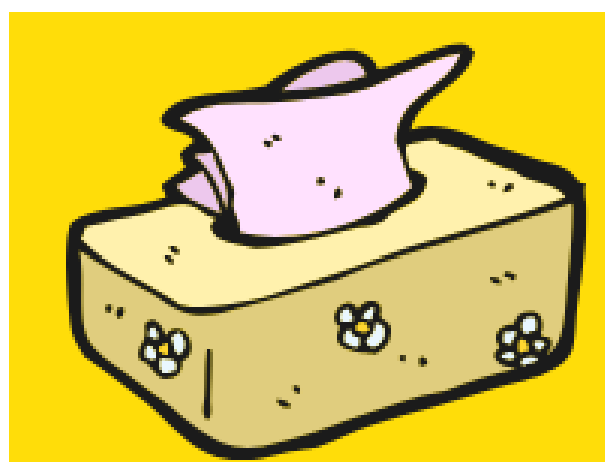
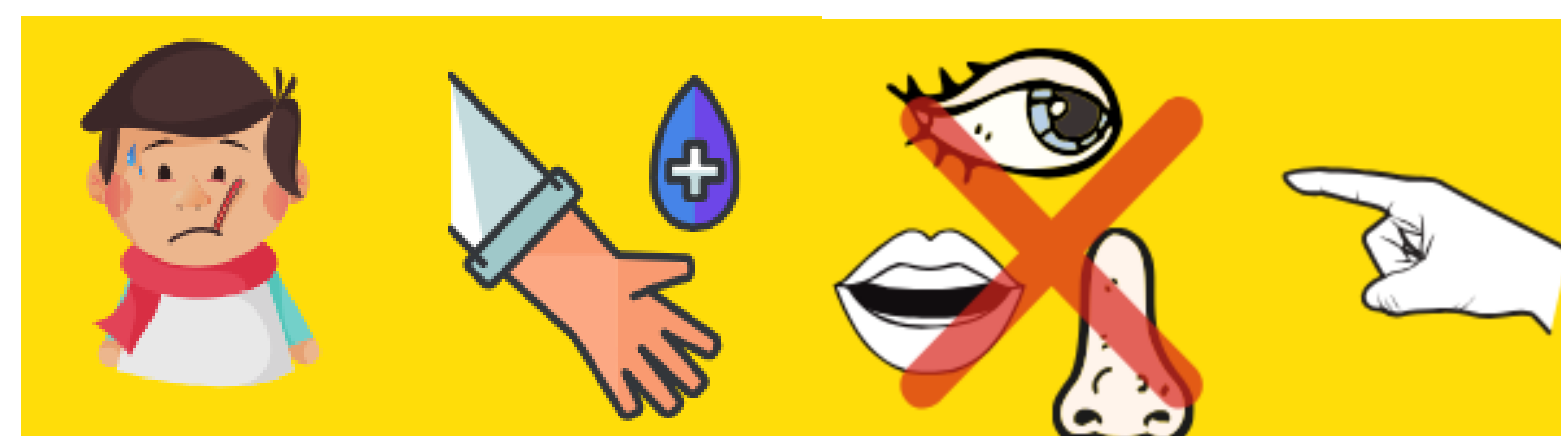


World Health
Organization



- Eat only well-cooked food;
- Avoid spitting in public;
- Avoid close contact and travel with animals that are sick

- Avoid close contact with people suffering from fever and cough;
- Frequently wash your hands with soap and water or disinfect with alcohol-based hand rub;
- Avoid touching eyes, nose or mouth;



- When coughing and sneezing cover mouth and nose with flexed elbow or tissue (throw tissue away immediately and wash hands);
- Wash hands or disinfect with alcohol-based hand rub immediately after;
- If you choose to wear a face mask, be sure cover mouth and nose – avoid touching mask once it's on;
- Immediately discard the single-use mask after each use and wash your hands after removing masks;

- If you become sick while travelling, inform crew and seek medical care early;
- If you seek medical attention, share travel history with your health care provider;



- Avoid travel if you have a fever and cough;
- If you have fever, cough and difficulty breathing seek medical care early or contact SNS 24 line and share previous travel history with your health care provider

SNS 24 ☎
808 24 24 24



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