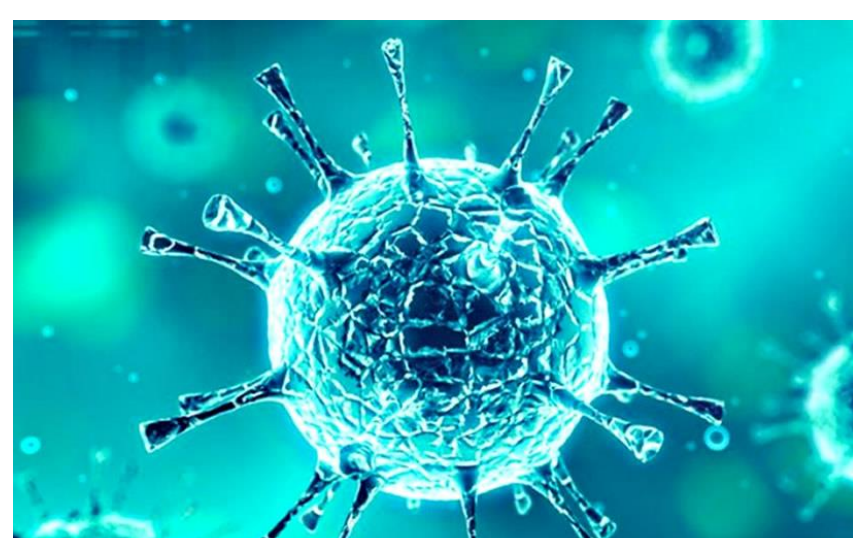# AtlantiCare
SERVIÇOS DE SAÚDE, S.A.

Coronavirus (CoVid-19)
Warning
Protect yourself!

World Health Organization

1 – Protect Yourself - Wash your hands:
Running water and soap during 2 min.

❑ When hands are visibly dirty;
❑ Even if hands are not visibly dirty, frequently clean them with soap and running water or by using alcohol-based hand rub;
❑ After coughing or sneezing;
❑ When caring for the sick;
❑ Before, during and after prepare food;
❑ Before eating;
❑ After toilet use;
❑ After handling animals or animal waste;
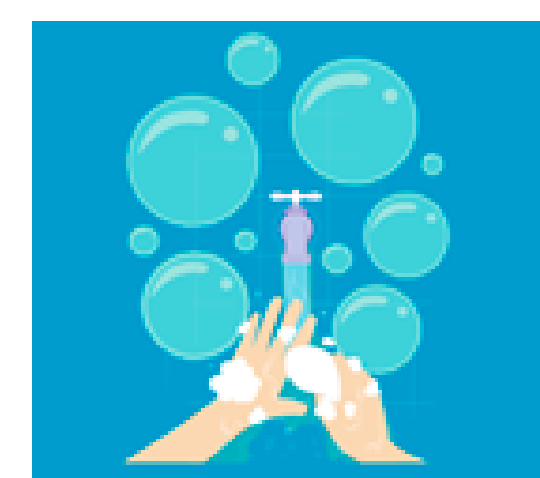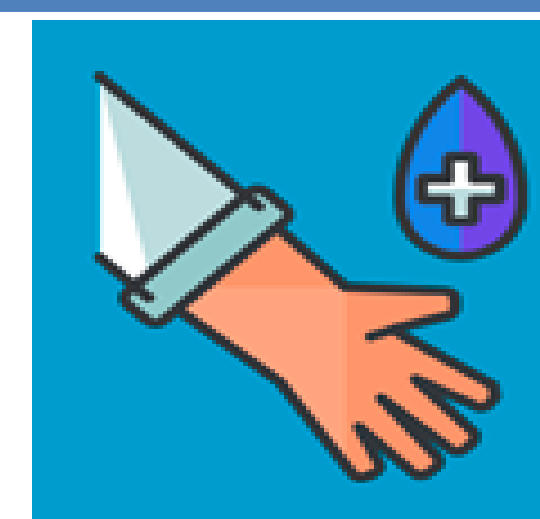
2 – Protect others:

❑ When coughing and sneezing cover mouth and nose with flexed elbow or tissue (throw tissue into closed bin immediately after use);

❑ Wash your hands with soap and water or disinfect with alcohol-based hand rub after coughing or sneezing and when caring for the sick people

❑ Avoid close contact when you are experiencing cough and fever;
❑ Avoid spitting in public;

• 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

atlanticare.pt