

# NOVO | NEW | 新型 冠状病毒

## NOVO CORONAVÍRUS COVID-19

### RECOMENDAÇÕES | RECOMMENDATIONS | 建议

**SUBJECT: Citizens returning from an area with active community transmission of the new coronavirus COVID-19**

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The Directorate-General of Health informs children, young people and adults returning from an area with active community transmission of the new coronavirus, such as North Italy, China, South Korea, Singapore, Japan or Iran that up to this date and following the guidelines of the World Health Organization (WHO), that up to this date and following the guidelines of the World Health Organization (WHO), there are no restrictions to their stay in our country.

However, within **14 days following your return, you are advised to:**

- Be aware of the appearance of fever, cough or if difficulty breathing;
- Measure body temperature twice a day and record the values;
- Check if any of the people you live with have symptoms (fever, cough or difficulty breathing)
- If any of the referred symptoms develop (if you or your cohabitants become contaminated), do not go immediately to the hospital;
- Call the SNS24 (808 24 24 24);
- Follow the SNS24 guidelines.

**It is also recommended that you:**

- Wash your hands frequently with soap and water, rubbing them well for at least 20 seconds;
- Reinforce hand washing before and after food preparation, after using the toilet and whenever your hands feel dirty;
- You can also alternatively use an alcohol-based solution for hand hygiene;
- Use single-use tissues to blow your nose;
- Throw used tissues in a waste bin and wash your hands immediately;
- Cough or sneeze into your elbow, not into your hands;

- Avoid touching your eyes, nose and mouth with hands that are unwashed or contaminated with respiratory secretions.
- Avoid staying in closed and highly frequented places within 14 days after your return:
- Avoid physical contact (handshaking, kissing, hugging) with others within 14 days after your return.

The evolution of the situation can be followed at [www.dgs.pt](http://www.dgs.pt)

These measures are part of the International Public Health Emergency declared by WHO, following the epidemic of a new coronavirus. Countries have increased their vigilance to quickly diagnose possible new cases of COVID-19.

Thank you for helping us help you!