COVID-19 is a new disease which can affect your respiratory system. It is caused by the virus SARS CoV-2, which belongs to the family of coronavirus.

If you have any of these symptoms:
- Recurrent and persistent cough;
- Fever (37.5 degrees Celsius or higher)

You should preventively stay at home for 14 days, and call to SNS24 (808 24 24 24), which in case of need will direct you for the most adequate healthcare institution.

**Advice on staying at home**
- Don’t go to work, to school, to the pharmacy, or any healthcare unit or hospital
- Don’t share house divisions or clean it after every utilization;
- Avoid close contact with other people;
- Do not receive guests;
- Wash your hands before interacting with pets

When should I contact the National Health Service (SNS24)?
- When you feel your symptoms will not improve at home;
- When your condition deteriorates;
- Your symptoms do not improve after 14 days;

How do I contact with the National Health Service?
The General Directorate of Health (DGS) supplies three ways to obtain access to information
- atendimento@sns24.gov.pt – to make questions about COVID-19 disease
- Phone number SNS 808 24 24 24 – if you suspect you have COVID-19
- Phone number 300 502 502 – to make questions about the period of quarantine, medical absence leaves to provide assistance to relatives

What can I do to help prevent the spread of Coronavirus?
Ensure you clean your hands frequently with water and soap, during for at least 20 seconds.
- Ensure you clean your hands frequently with water and soap, during for at least 20 seconds
- Keep social distance
- Respiratory etiquette (cover your nose and mouth when sneezing and coughing, using a paper tissue or the arm, never the hands; discard the paper tissue in the trash)
- Follow the advice about staying at home if you have symptoms

For more information, search in the microsite of the General Directorate of Health (Direção Geral da Saúde -DGS) https://www.dgs.pt/corona-virus