médis

COVID-19

THE IMPORTANCE OF PREVENTING, INFORMING AND SUPPORTING

The COVID-19 pandemic has set the wole society in a state of alert.

IT IS A DUTY FOR ALL TO KEEP UP TO DATE AND COOPERATE WITH THE MEASURES DEFINED FOR **CONTROLLING THIS DISEASE**.

COVID-19 is a new virus from the Coronavirus family.

Its transmission is made from person to person through droplets with origin in, for instance, saliva, cough or sneezing.

WHICH ARE THE SYMPTOMS?

According to the Directorate-General for Health, the three main symptoms are:

Fever above 37,5°C

Cough

Breathing difficulty

GROUPS AT RISK

- Elderly people
- People with chronic diseases such as **diabetes, lung diseases and heart diseases.**

HOW CAN MÉDIS HELP?

If you have symptoms of COVID-19, contact the NHS hotline 24:

808 24 24 24

If you are unable to reach the NHS hotline 24, the experienced team of Médis Line will enlighten you about the disease and the precautions you shoul take.

Linha médis	**218 458 888**

Available **24 hours a day**, **every day**.

HOW TO PREVENT THIS DISEASE?

Remember the 3 major protective steps you should take to minimize the possibility of contagion.

Wash your hands regularly for 20 seconds and use an alcohol-based antiseptic solution.

Wash your hands whenever you blow your nose, sneese, cough or come into direct contact with sick people.

Whenever you sneeze or cough, cover your nose and mouth with your forearm or tissue. Always throw the tissue into the trash after use.

Avoid touching the face with your hands.

Keep your distance especially from people with respiratory infections.

Avoid crowds, sharing objects and choose to stay at home.

SUPPORTING AND CARING FOR YOUR HEALTH, IT IS ALSO A **PERSONAL HEALTH SERVICE.**®

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