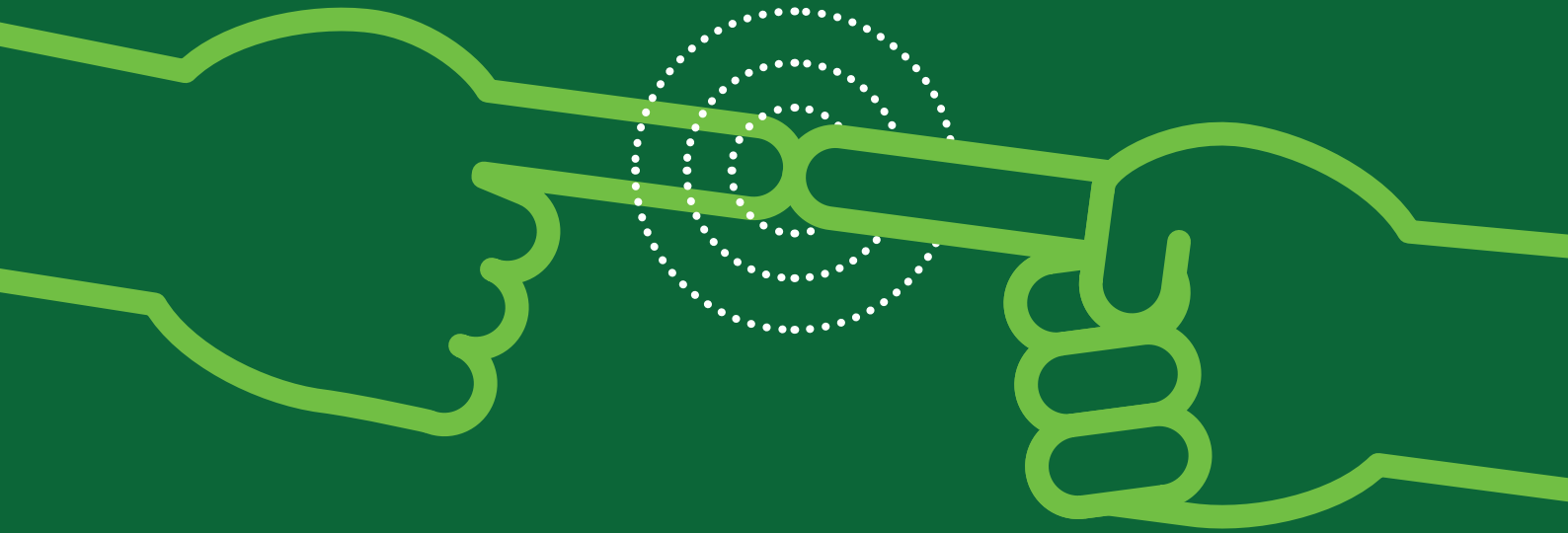


CORONAVÍRUS
C  **VID-19**



If you have been exposed to COVID-19 through direct contact with an ill person, **you need to be tested for COVID-19.** Please **do stay at home** even if you're not experiencing any symptoms. Symptoms may be very mild or more serious, such as: fever, cough or difficulty breathing.

1. What do I do while waiting for my test results?

You are being tested for COVID-19. Please self-isolate while you wait to receive the laboratory results.



2. What is self-isolation?

Self-isolation means staying home and keeping away from other people.



3. What should I do while I am at home?

While you wait for your COVID-19 test results, you should monitor yourself for symptoms, including fever, cough, sore throat, shortness of breath or breathing difficulties.

Should your symptoms change or worsen (e.g. difficulty breathing, shortness of breath) at any time, call 808 24 24 24 (SNS 24), or call 112 if it is an emergency. Advise these services about your COVID-19 exposure history and that you are currently on self-isolation while you wait for your COVID-19 test results.

While at home, stay in your own room or separated from other roommates.



4. What can I expect after I get my COVID-19 test results?

If your COVID-19 test results are negative, you should continue to self-monitor and comply whichever you were advised to do prior to being tested for COVID-19. You will also be advised to stay home until your symptoms (e.g., fever, cough, sore throat, shortness of breath or difficulty breathing) have resolved.



If your COVID-19 test results are positive, please don't forget that you do have to stay home and you will be contacted from the Portuguese National Health Service for further follow-up including monitoring of your symptoms and you will need to be tested again.

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Should your symptoms change or worsen (e.g. difficulty breathing, shortness of breath) at any time, call 808 24 24 24 (SNS 24), or call 112 if it is an emergency.

If you have signs and symptoms or you tested positive, please remember that you must inform our office.