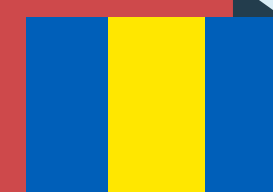


# CORONAVÍRUS (COVID-19)



## RECOMENDAÇÕES | RECOMMENDATIONS



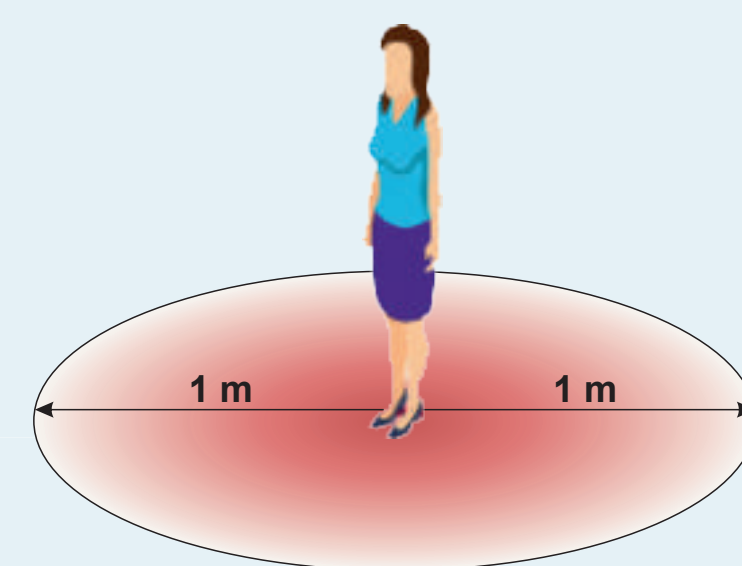
Quando espirrar ou tossir  
tape o nariz e a boca com  
o braço ou com lenço  
de papel que deverá ser  
colocado imediatamente  
no lixo

When coughing or sneezing  
cover your mouth and nose  
with your forearm or with  
tissue paper that should  
be placed immediately in  
the trash



Lave frequentemente as  
mãos com água e sabão  
ou use solução à base  
de álcool

Wash your hands frequently  
with soap and water or an  
alcohol-based solution



Se regressou de uma área  
afetada, evite contacto  
próximo com outras pessoas

If you returned from an  
affected area, avoid contact  
close with people

EM CASO DE DÚVIDA LIGUE  
IF IN DOUBT, CALL

SRS24 Madeira

 800 24 24 20