

# How to prepare your home ?

During this pandemic, it is vital to leave the virus outside your home! Keep your home clean, take care of yourself and your family. Make sure that the preventive measures and chores are distributed equally and fairly among all.

## Cleaning

Clean the floor and frequently touched surfaces daily, with disinfectant and bleach products (diluting bleach for disinfection = 4 tablespoons of bleach/ 1 liter of water)

Keep the house well ventilated, open all windows daily.



## You should always have at home



## In case of need

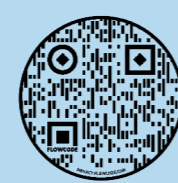
|                                      |                             |
|--------------------------------------|-----------------------------|
| National Health Service SNS 24       | 804 24 24 24                |
| Housing Authority                    | 21 723 17 38 / 21 723 17 79 |
| Family assistance, sickness benefit  | 300 502 502                 |
| Victims of domestic violence         | 800 202 148 – SMS 3060      |
| SOS Voz Amiga (emotional support)    | 21 354 45 45 / 91 280 26 69 |
| SOS for Children                     | 116 11                      |
| SOS for the Eldery                   | 800 990 100                 |
| Social emergency                     | 144                         |
| Emergency – accident / illness, INEM | 112                         |

# When to stay home ?

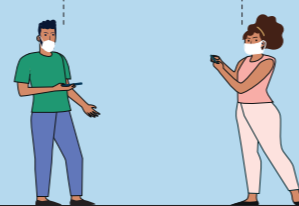
“Severe acute respiratory syndrome coronavirus 2” (SARS-CoV-2) is the virus that causes coronavirus disease 2019 (COVID-19), the respiratory illness responsible for the COVID-19 pandemic.

Whether or not a person has symptoms, infected people can be contagious, and this virus can spread fast. Is therefore crucial to prevent and avoid infections.

For more info please check,



3 steps / 2 meters



## Outside

### Social Distancing

|                              |   |
|------------------------------|---|
| <b>Who?</b>                  | People not exposed to the virus, especially those at risk (elderly, chronically ill, pregnant women). |
| <b>For how long?</b>         | Indeterminate   |
| <b>Who to interact with?</b> | Roommates, family and small groups of friends.  |
| <b>What to do?</b>           | Cancel all social gatherings and events.  |
| <b>How to socialize?</b>     | Socialize in small groups, enforce mask-wearing, handwashing, and social distancing.                  |

## Inside Home

### Quarantine

|                              |   |
|------------------------------|---|
| <b>Who?</b>                  | People who have been in close contact with someone infected with COVID-19.  |
| <b>For how long?</b>         | 14 days   |
| <b>Who to interact with?</b> | Do not contact with anyone. If possible, stay in an isolated room, following the recommendations in this brochure.              |
| <b>What to do?</b>           | Establish contact with as few people as possible.   |
| <b>How to socialize?</b>     | Leave home only in case of emergency. Do not interact with the people around you. Keep distance and follow all recommendations. |

### ISOLATION

|                              |   |
|------------------------------|---|
| <b>Who?</b>                  | People who have tested positive for COVID-19  |
| <b>For how long?</b>         | It depends. 10 days (minimum)   |
| <b>Who to interact with?</b> | Do not contact with anyone. If possible, stay in an isolated room, following the recommendations in this brochure.              |
| <b>What to do?</b>           | Establish contact with as few people as possible.   |
| <b>How to socialize?</b>     | Leave home only in case of emergency. Do not interact with the people around you. Keep distance and follow all recommendations. |



# When should you worry ?

Fever  
High temperature (> 38 °C)

Head / Body pain

Loss of taste or smell

Dry Cough

Sore throat

Persistent pain or pressure in the chest. Shortness of breath / Trouble breathing

| Symptoms             | COVID-19            | Cold      | Influenza (Flu)         |
|----------------------|---------------------|-----------|-------------------------|
| Fever                | Often               | Rare      | Often                   |
| Fatigue              | Sometimes           | Sometimes | Often                   |
| Cough                | Often (usually dry) | Mild      | Often (usually dry)     |
| Sneezing             | Rare                | Often     | Rare                    |
| Muscle or body aches | Sometimes           | Often     | Often                   |
| Runny / stuffy nose  | Rare                | Often     | Sometimes               |
| Sore throat          | Sometimes           | Often     | Sometimes               |
| Diarrhea             | Rare                | Rare      | Sometimes (in children) |
| Headache             | Sometimes           | Rare      | Often                   |
| Shortness of breath  | Sometimes           | Rare      | Rare                    |

Watch for symptoms. In case of need, contact the National Health Service Line 24 hours – 804 24 24 24.

## Daily Basic Care



Wash your hands several times a day, with soap and water for at least 20 seconds. Alcohol-based hand sanitisers can be useful in circumstances where hand washing is not possible.



Disinfect frequently used objects such as mobile phones or glasses, and do not share them with others.



Always wear a mask in contact with infected or vulnerable people, in public transports and public spaces, particularly in crowded and enclosed spaces.



Avoid groups of more than 10 people and do not participate in crowded events, in particular gatherings in closed spaces.



When you cough or sneeze you must cover your nose and mouth with a tissue or with your arm, never with your hands. Throw away used tissues in a lined trash can.



Keep a distance of 2 meters from people you meet on the street, on public transport and at work.

# When COVID arrives ?

If you are infected with COVID-19, have symptoms consistent with COVID-19, or have been in close contact with someone who has COVID-19, and you don't need hospitalization, you must stay at home and follow all medical recommendations. It is important to be available to answer phone calls, it may be the health service or your doctor.

## During self-isolation at home

### No visits at home!



Ensure that the person with suspected or confirmed COVID-19 remains at home, hydrated, at rest, and limit his/her contact with others to avoid the transmission of the virus.

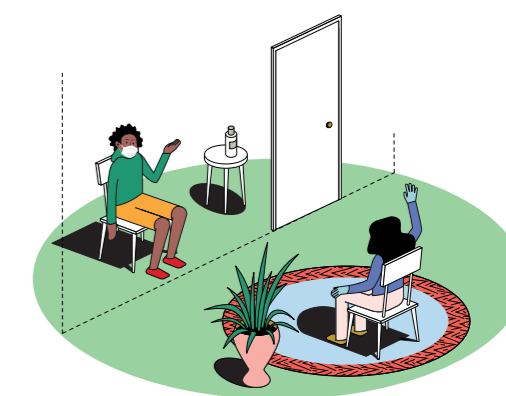
### Assign only one healthy person to take care of the person with suspected or confirmed COVID-19.



Always wear a mask and disposable gloves when staying in the same room as the person in isolation.

Hand wash before and after removing the gloves and the mask.

### Allocate a separated room for the use of the person with suspected or confirmed COVID-19.



When leaving your room, always wear a mask. Keep a safety distance of no less than 2 meters from the others you live with.

### Vulnerable people:

When someone is sick with COVID-19, elderly or people with chronic illness (not suspected or infected), should consider staying elsewhere if possible. This is a measure to reinforce their own protection.

### Other people at home:

Avoid contact with the person in isolation as much as possible, especially those who are vulnerable (people with immunocompromising condition, chronic diseases, and pregnant women) keeping keep a safety distance of no less than 2 meters. If there is any contact, wash your hands immediately or use hand sanitiser gel.

# How to stay at home ?

During the pandemic, new tasks and different daily routines are required to reduce the risk of coronavirus contagion. Share tasks and responsibilities equally among the persons whom you live with.



**Entry**

Next to the entrance, find space to place the hand sanitiser gel, in order to disinfect your hands once you arrive home.

Leave your belongings at the entrance (jacket, handbag, keys).

Take off your shoes and leave them at the door.

Clean your pet's paws when it comes from the street.

If you had contact with a person with suspected or confirmed COVID-19 (hospital, nursing home, for example), change your clothes (wash it at 60°) and take a shower. If it not feasible to have a shower, wash all exposed areas.

The research project *Como ficar em casa? Intervenções imediatas de combate à Covid-19 em bairros precários da AML* [How to stay at home? Immediate interventions to fight COVID-19 in precarious neighborhoods of Lisbon Metropolitan Area], was funded by FCT under the program Gender Research 4 COVID-19.

For more info please check,

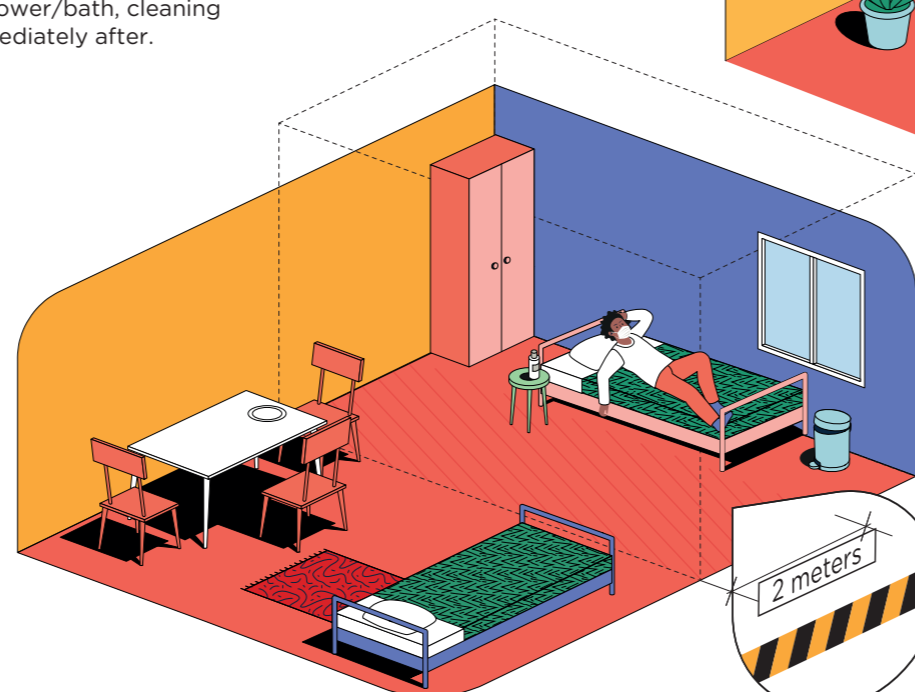
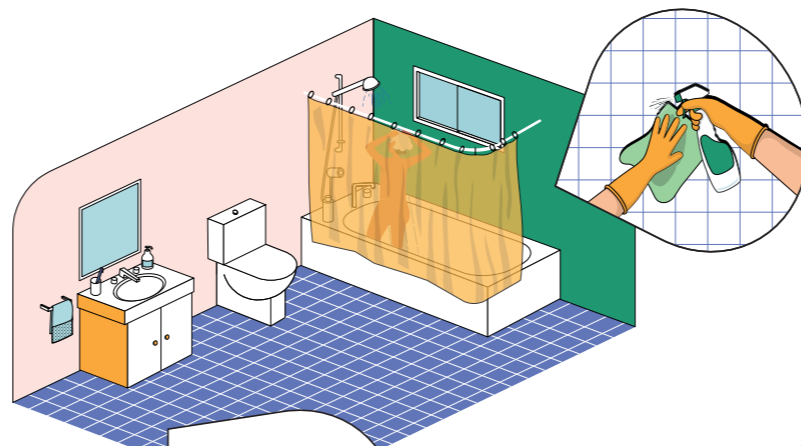


## Bathroom

Do not share personal objects with anyone, such as toothpaste and toothbrush, hairbrush, towels, including hand towels and tea towels, used by the person with suspected or confirmed COVID-19.

If you don't have more than one bathroom, have the person with suspected or confirmed COVID-19 clean all surfaces touched after using the bathroom. Clean all "high-touch" areas including light switches, doorknobs, taps, and the sink areas in particular, reducing contagion risks.

Make sure that the person with suspected or confirmed COVID-19 is always the last one to take a shower/bath, cleaning immediately after.



## Shared space during isolation

If there is not enough room or space in the house to isolate the person with suspected or confirmed COVID-19, in addition all other recommendations written here:

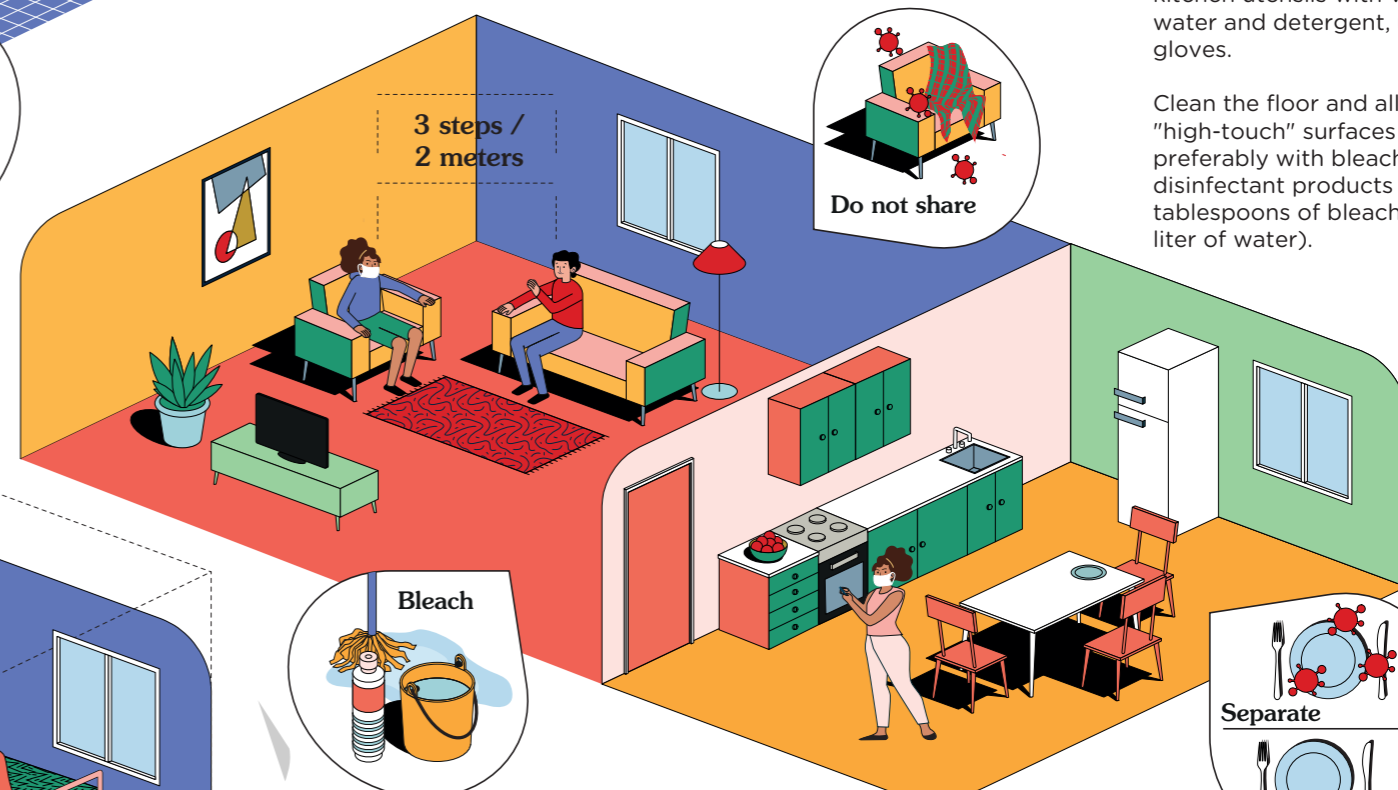
Ensure that the person with suspected or confirmed COVID-19 always wears a mask.

Limit part of the room to the exclusive use of the person in isolation.

In the room, isolate an area at least 2 meters wide for person with suspected or confirmed COVID-19.

Prevent other people in the house from sleeping next to the person with suspected or confirmed COVID-19.

## Living room, kitchen and other spaces



Outside the bedroom, and when other people are present, the person with suspected or confirmed COVID-19 must wear a surgical mask, keeping a distance of at least 2 meters from other people.

Do not share the sofa, chairs, cushions and blankets with the person with suspected or confirmed COVID-19.

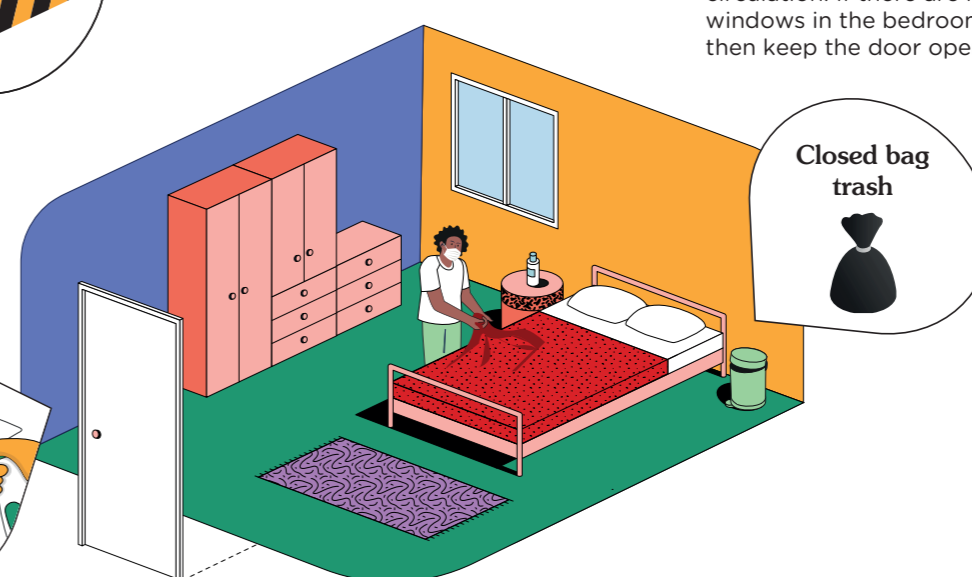
Eat separately. The person with suspected or confirmed COVID-19 should eat (or be fed) in their room if possible.

If the person in isolation needs to cook, it is mandatory to wear a mask. Separate cutlery, plates, glasses and other objects used by the person with suspected or confirmed COVID-19.

Wash dishes, cutlery, and kitchen utensils with very hot water and detergent, using gloves.

Clean the floor and all "high-touch" surfaces daily, preferably with bleach and disinfectant products (4 tablespoons of bleach to 1 liter of water).

## Bedroom



Whenever possible, keep the bedroom door closed and the window open to allow light and air circulation. If there are no windows in the bedroom, then keep the door open.

When someone enters or leaves the room, disinfect doorknobs and other surfaces in contact with hands.

Dedicate a bin in the room, ensuring that the garbage bag goes directly from there to the trash container.

Whenever possible, ensure that bed sheets are changed by the person in isolation. Put dirty sheets and clothes in a closed bag, in order to reduce contagion risks.

If your home has only one bedroom, dedicate this room to the person with suspected or confirmed COVID-19, leaving the living room to the remaining inhabitants.