

COVID-19

Information for migrants



What is COVID-19?

COVID-19 is the infectious disease caused by the recently discovered coronavirus. It is estimated that the incubation period (time from exposure to the virus to the occurrence of symptoms) is between 2 and 14 days. COVID-19 is transmitted by close contact with people infected by viruses, or contaminated surfaces and objects.

What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever ($T > 37.5^{\circ}\text{C}$), difficulty in breathing (shortness of breath), tiredness and dry cough. Some patients may experience body aches, nasal congestion, a runny nose, a sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people can be infected and do not have any symptoms. Most people recover from the disease without the need for special treatment. In more serious cases it can cause severe pneumonia with acute respiratory failure, kidney and other organ failure, and eventually lead to death.

People over 65 and people with existing medical conditions, including diabetes, hypertension, heart problems, cancer patients and immunocompromised patients, are at greater risk of becoming seriously ill.

What should I do if I have symptoms?

People with suspicions of being infected with COVID-19 should contact your doctor or the SNS24 line through **808 24 24 24** to screen for symptoms and to clarify any worries about COVID-19. You can also use the “Assess Symptoms” platform that allows citizens to assess their symptoms and obtain information and advice appropriate to their non-emergent health problem. You can access this platform at the following link: <https://www.sns24.gov.pt/avaliar-sintomas/>

What should I do if I have another disease?

If you need to be seen by a doctor, but you believe you are not infected with COVID-19, you should contact your health center preferably by phone or email. You should only move when necessary or according to your doctor or nurse indications after phone call.

What is the treatment for COVID-19?

Treatment for infection with this new coronavirus is done according to the signs and symptoms that patients have. To date, there is no vaccine. As this is a recently identified virus, research for its development is being carried out.

What should I do as prevention?

In affected areas, WHO recommends hygiene measures and respiratory etiquette to reduce exposure and transmission of the disease.

- Respiratory etiquette measures are: cover your nose and mouth when you sneeze or cough, with a tissue or with your forearm. Never **with your hands**. Always throw the tissue in the trash.
- Wash your hands frequently. You should wash them whenever you blow, sneeze, cough or after direct contact with sick people. You should wash them for 20 seconds with soap and water or a 70% alcohol-based solution;
- Avoid close contact with people with a respiratory infection;
- Do not touch your face with your hands;
- Avoid sharing personal objects or food that you may have touched.

Do not discriminate specific groups of people

Fear and anxiety can lead to social stigma, which means, discrimination against a group of people, a place or a nation. This fear is associated with the lack of knowledge about how COVID-19 is transmitted, the need to blame, the fear of illness and possible death and the rumors and myths that are disseminated.

Stigma causes suffering, increasing fear or anger towards people, rather than focusing on the disease that is causing the problem.

Information from: Direção Geral da Saúde, Médicos do Mundo e World Health Organization