

## BASIC HYGIENE

U. Porto's community shall:

- Frequently wash hands with water and liquid soap, scrubbing them rigorously for at least 20 seconds;
- Reinforce hand washing before and after contact with food, after using the toilet and upon contact with any surfaces at public locations (door handles, elevator buttons, public transports, etc.);
- For an alternative hand hygiene, use an antiseptic alcohol-based solution (ABS);
- Use paper tissues (of single use) to blow the nose;
- Throw used tissues away into a trash bin and immediately wash hands;
- Cough or sneeze into a single use paper tissue or into a bent elbow - never into the hands;
- Avoid touching the eyes, nose and mouth;
- Promote social distancing, namely by not staying in mass gatherings in contained spaces, if not by absolute need (except for teaching and professional activities);
- Avoid greetings that involve physical contact;
- Frequently clean contact surfaces and equipment (keyboard, desk, mobile phone, etc.);
- In case any symptoms occur, such as cough, fever or difficulty breathing (on the person or on the people with them), reduce social contacts and do not go to hospital or to any health centre; call the national SNS24 hot line instead (808 24 24 24).