

SASUTAD HEALTH UNIT - Alternative contact ways

The pandemic for the new Coronavirus, COVID-19, forced us to make radical changes in our lifestyle, and our country is currently in a state of emergency.

University populations were no exception, forcing the end of assistance activities.

As a way of controlling this COVID-19, it is extremely important that citizens comply with social distance, this is the best way to protect yourself and others. Washing your hands several times a day, complying with the rules of respiratory etiquette (coughing or sneezing into your forearm), not sharing personal items are imperative rules at this stage.

The Health Unit of the Social Action Services of the University of Trás-os-Montes e Alto Douro (SASUTAD), which provides care during the academic year to UTAD students and UTAD and SASUTAD employees, is temporarily closed.

However, we remain available to our target population in all situations that can be resolved by alternative means of contact (e-mail), namely:

- 1. Availability of prescriptions already prescribed in our Unit, such as contraceptives;**
- 2. Clarification of doubts about COVID-19 for students and collaborators;**
- 3. Availability of follow-up also for other non-respiratory situations, such as urinary infections, gastrointestinal situations or psychiatric situations.**

In the cases mentioned above, you can send us an email (sasutad.saude@utad.pt) briefly explaining your situations and doubts. If the request is for medication send your full name and date of birth, the desired medication and the mobile phone number where the prescription will be sent. We will do our best to be quick to respond. Although not physically present, as a health service, we remain with our students and employees.

IMPORTANT NOTE: If you have symptoms such as fever, cough or difficulty breathing, do not rush to the emergency department or health center, call SNS 24 - 808 24 24 24-, or as we have already mentioned, contact us.

And for Your Health, STAY AT HOME, fulfill the SOCIAL ISOLATION. Only then will we achieve the EVERITHING WILL BE OK

The Clinical Direction, Dr. Pedro Felgar

The Technical Direction, Nurse Alexandra Pereira