



What should I do if I'm feeling unwell while I'm in Andorra?

Contact the health service by phone on 116.



And follow these basic guidelines to protect yourself against exposure to, and transmission of disease:



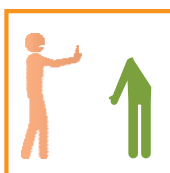
Hands hygiene:

Wash your hands with soap and water or use hand sanitiser.



Respiratory hygiene:

If you cough or sneeze, cover your mouth, preferably with a single-use tissue. If you don't have one to hand, use your elbow. Wash your hands afterwards.



Avoid close contact:

If possible, try to keep a minimum distance of one metre between yourself and other people.

www.salut.ad

