

YOUTH DECONFINEMENT

FOR YOU



Escola Nacional
de Saúde Pública
UNIVERSIDADE NOVA DE LISBOA



Interreg
Espanha - Portugal
LIDERA
Fundo Europeu de Desenvolvimento Regional
Fundo Europeu de Desenvolvimento Regional

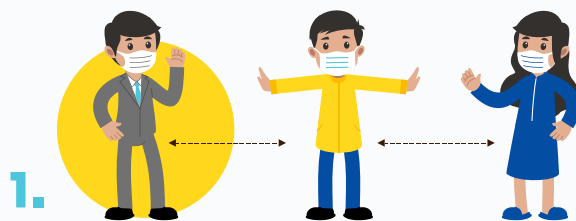


As a young person, you are very unlikely to have severe consequences from this disease; but even being asymptomatic, you may have a role to play in the transmission of infection to higher risk groups, including your family members, such as grandparents, uncles and aunts and others with whom you may frequently interact. **Don't forget: You are an important part of controlling the infection!**

A return to normal or pre pandemic life is not yet possible, however, this does not mean that you have to isolate or that you cannot see your friends.

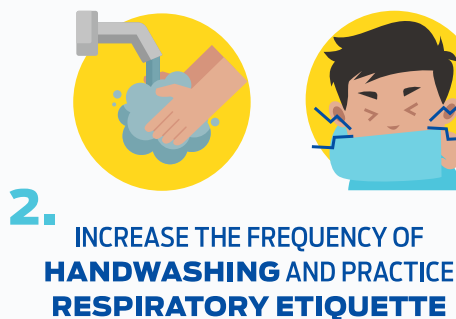


As there is still no cure for COVID-19 and it can be transmitted even without a person “*feeling ill*”, it is important to prevent further infection. It is therefore important to follow the **5 General Measures** recommended by the General Directorate of Health (DGS):

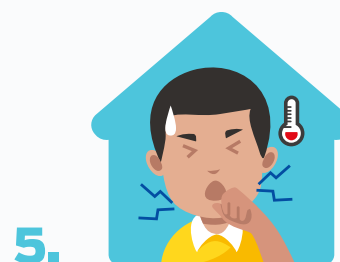


MAINTAIN
**PHYSICAL DISTANCE AND
AVOID GROUPS OF PEOPLE**

In accordance with
current legislation



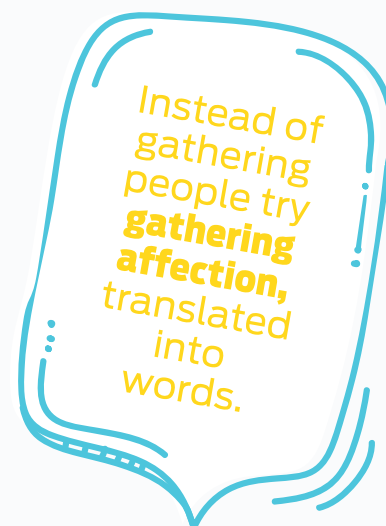
WEAR A **MASK** IN ENCLOSED
SPACES WHERE THERE ARE
MULTIPLE PEOPLE



**AVOID LEAVING THE
HOUSE IF YOU HAVE ANY
SIGNS OR SYMPTOMS
OF COVID-19**

By complying with these measures, you can take part in activities outside your home, such as going to the beach or having picnics.

With regard to the activities that you can take part in at the Youth Associations, these include board games, music, theatre, dance, table tennis and any other activity where it is possible to apply the 5 General Measures mentioned above. As such, **activities that require groups of people in larger numbers than what is stated in the most current legislation, should not take place.** Therefore, the events to avoid are dinners in enclosed spaces or parties where a large number of people are gathered.



With regard to group sporting activities, such as those that take place at Youth Associations, it is important to ensure compliance with the 5 General Measures. In the case of activities in a pool, it is also important to take the following additional precautions:

- A.** Reduce the number of participants so as to guarantee that there is physical distance of at least 3 metres between them;
- B.** Wash hands before entering the pool area;
- C.** Recommend the use of swimming goggles in the pool and in the surrounding area, in order to avoid people touching their eyes with their hands.

Other sporting activities that take place either inside or outside should always avoid physical contact and bear in mind how the participants move when exercising, in order to establish the distance of at least 3 metres between them.



HINTS

Hug...
 just with
 your
 eyes.

Make a toast
 with your glass
 in the air, but
**without
 touching.**

Have a
 picnic with
 friends but
**substitute
 sharing food
 for sharing
 good energy.**

The risk is real: choose
 outings and dinners
 outside in the open air.

At the beach
**have social
 distancing
 competitions.**

Cutlery, cups
 or plates, the
 only thing to
**share is good
 conversation.**

Go out for dinner to
 an outdoor restaurant
 with your friends, **but
 not all of them at the
 same time.**

Don't share
 items, **share
 respect/safety/
 responsibility.**

Instead of
 having 20 family
 members or
 friends over,
**have 10 in twice
 the amount of
 space.**

CREDITS

TITLE

Youth Deconfinement | For You

CO-EDITING

ENSP - NOVA - National School of Public Health from NOVA University Lisbon

FNAJ - National Federation of Youth Associations

CPIJ - Portuguese Center of Youth Information

DIRECTION

Tiago Manuel Rego, President of the Board of FNAJ

COORDINATION

Cátia Camisão, Vice-President of the Board of FNAJ

Maria Isabel Loureiro, Professor of ENSP-NOVA

TECHNICAL STAFF

Diva Freitas, Senior Technician of FNAJ

Teresa Maia Mota, Intern Doctor of Public Health, student of ENSP-NOVA

Nuno do Amparo, Intern Doctor of Public Health, student of ENSP-NOVA

Adalberto Campos Fernandes, Professor of ENSP-NOVA

Alexandre Abrantes, Professor of ENSP-NOVA

Sónia Dias, Professor of ENSP-NOVA

TRANSLATION

Jenny Byers, Safe Communities Portugal

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**CENTRO PORTUGUÊS
DE INFORMAÇÃO JUVENIL**



**Escola Nacional
de Saúde Pública**
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