Covid-19: What should I do if I have symptoms?

Self-Assess your risk according to your symptoms.

Symptom	Points
Do you have a fever?	+5 points
Do you have a headache?	+1 points
Do you have nasal discharge or sneezing?	+1 points
Do you have a sore throat?	+1 points
Do you have dry cough?	+3 points
Do you have breathing difficulty?	+10 points
Do you have body pain?	+1 points
Do you have diarrhea?	+1 points
Have you traveled, in the last 14 days, to any location with confirmed cases of covid-19?	+3 points
Have you traveled, in the last 14 days, to any location with confirmed cases of covid-19?	+10 points

from 1 to 9 points	10 to 19 points	20 to 36 points
Low risk	Average risk	High risk

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In case of medium or high risk, look for a hospital near your home. Wear a mask and report covid-19 suspicion immediately.
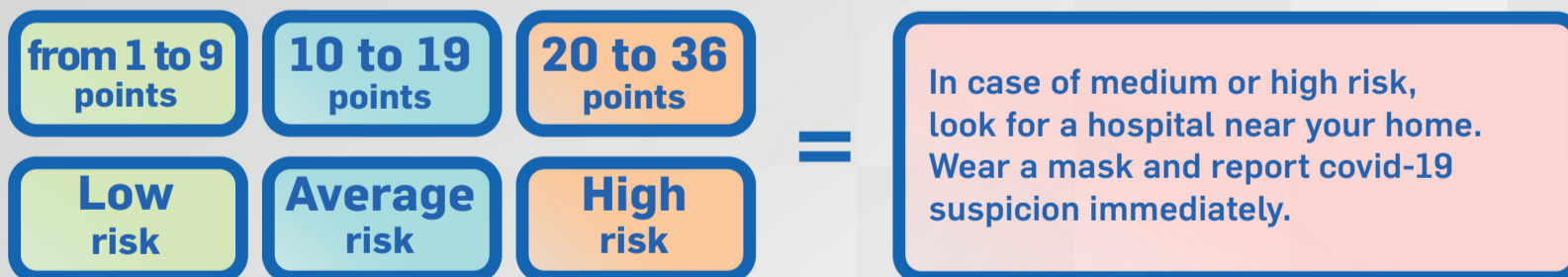
To more information, make remote contact with the following health services:

The company's health department (if applicable)
Health insurance (if applicable)
The national health system of your country

SESI

Brazilian Social Service for Industry

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