

Specific provisions regarding the University Stadium of Lisbon

- Regarding the ULisboa sporting facilities, including the two health centres, located at the Cidade Universitária and Ajuda campus, members of the community, visitors or users in quarantine, for having been in regions where active transmission of the COVID-19 exists or because they present symptoms that make them suspicious cases, must communicate that by email to the University Stadium President, (*joao.roquette@estadio.ulisboa.pt*).
- Members of the community, users or visitors of the University Stadium, with COVID-19 signs or symptoms and epidemiological connection, or those who identify someone with compatible criteria with the definition of a suspect case, should inform the ones responsible for the Contingency Plan, by phone.

The use of shower rooms, due to interaction reasons, raise the following precautions:

- i) Avoid clothes/sports equipment to be in contact with equipment or clothes from other users;
- ii) Use individual lockers responsibly;
- iii) Avoid physical contact and protect others from coughing or sneezing;
- iv) Avoid simultaneous gathering, wait a little bit to avoid simultaneous gathering at the same time and space;
- v) Reinforcement of shower and dressing rooms cleaning, which must be clean with appropriate products;
- vi) Reduction of the number of showers in simultaneous use, being recommended not to shower whenever possible;
- vii) The use of showers might be suspended in higher levels of alert, being recommended that users take showers at home.

Medical Services of ULisboa

In case of:

Non-presential contact with an infirm with symptoms:

- The infirm is advised to stay at home, avoiding contact with other people;
- Advice is given to the infirm to immediately contact the helpline **Saúde 24 – 808 24 24 24**, reporting their condition. SNS 24 healthcare personnel will ask the infirm regarding signs and symptoms and their compatible epidemiological link with suspicious cases of COVID-19.

Presencial contact with an infirm with symptoms by healthcare personnel:

- The professional who detects a suspected case of the new corona virus infection (SARS-CoV-2) should follow DGS guidelines for appropriate Personal Protective Equipment.

- It should give the infirm a surgical mask, as long as his clinical condition allows, which will put him under professional's guidance.
- It should refer the infirm to an isolation area foreseen in the Contingency Plan, avoiding direct contact;
- If the professional is a doctor, immediately call **Linha de Apoio ao Médico (300 015 015)**, of General Direction of Health (DGS), for validation of the suspect case and other guidelines for action, if necessary;
- DGS will inform the professional that contacted **Linha de Apoio ao Médico** about the result of the validation and actions to be taken, if necessary.

The isolation rooms for the University Stadium, which have a bathroom, can be found in the following locations:

Sport facilities and Medical Centres	Location of the Insulation Area	Installation Manager
Cidade Universitária's Sports Complex	Estádio da Honra Medical Post	João Roquette 962 376 200
Ajuda's Sports Complex	Room nº 72	Sónia Miranda 914 226 995
Medical Centre – Cidade Universitária Campus	Estádio da Honra Medical Post	Cláudia Correia 962 293 178
Medical Centre – Ajuda Campus	Room nº 72	Cláudia Correia 962 293 178

- The Contingency Plan Team is composed by the following co-workers, who, if needed, must be contacted by the following order:
 - João Roquette - Lisboa University Stadium President
(962 376 200).
 - Vítor Marques - AATA' Department Director
(968 575 228).
 - Sara Silva - Coordinator of the Sport Services Unit
(916 614 476).
- In isolation rooms, a diagnostic questionnaire of suspected cases of infection by COVID-19, should be completed and available on site.