

# YOUTH DECONFINEMENT

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FOR YOU



Escola Nacional  
de Saúde Pública

UNIVERSIDADE NOVA DE LISBOA

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):



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

In accordance with current legislation



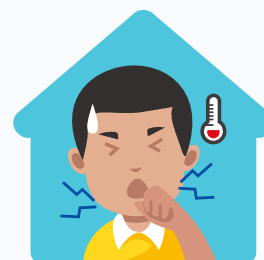
2. **INCREASE THE FREQUENCY OF  
HANDWASHING AND PRACTICE  
RESPIRATORY ETIQUETTE**



3. **INCREASE CARE WITH  
CLEANING AND  
STERILISING OF  
SPACES**



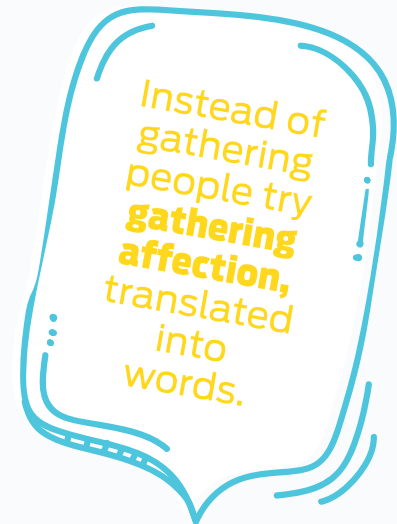
4. **WEAR A **MASK** IN ENCLOSED  
SPACES WHERE THERE ARE  
MULTIPLE PEOPLE**



5. **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/**  
**responsability.**

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

## CREDITS

### TITLE

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

FNAJ - National Federation of Youth Associations

CPIJ - Portuguese Center of Youth Information

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### YEAR

2020

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FOR YOU



**CENTRO PORTUGUÊS  
DE INFORMAÇÃO JUVENIL**



**Escola Nacional  
de Saúde Pública**

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