

HERE FOR YOU AT ALL TIMES

STAY INFORMED – BECAUSE YOUR HEALTH IS OF PARTICULAR IMPORTANCE

THOSE who are already regular patients of the HPA Health Group know that our motto is, “Because your health is of particular importance, we are here for you at all times”.

In these times of crisis due to the Covid-19 pandemic, this phrase conveys exactly what our mission is: to care, inform and support our patients during particularly difficult times, so today we leave you with some important information.

If you have a cough, fever, difficulty breathing, if you are in quarantine, or if you have been in contact with someone who is infected, before making your way to one of the HPA hospitals or clinics, contact the national helpline SNS24 – 808 24 24 24. This is the only way to protect yourself and others including health professionals.

We are not closing our doors to our patients. On the contrary, we wish to continue providing quality healthcare in a responsible way.

In fact, our two hospitals in Alvor and Gambelas are open 24/7 as usual, including the emergency units for adults, children and pregnant women. The oncology unit also continues to provide the necessary treatment. Urgent exams are also carried out when needed. We have had to alter the opening times of some of our units, so please do check our website.

For our patients to continue with their follow-up appointments, we have made teleconsultations possible. Consult our website (www.grupohpa.com) and book your teleconsultation through our call centre - 282 420 400. Teleconsultations are available exclusively by telephone or by video call. Choose the option you are most comfortable with. We have been liaising with insurance companies, so that teleconsultations can be reimbursed at the same cost as face-to-face consultations.

Finally, and because we want to help fight this pandemic, we are reorganising our São Gonçalo Hospital in Lagos, so that it can be a Covid Hospital, where tests and treatment can be



patient should have their own bathroom.

Using a facemask and gloves is mandatory whenever the patient is in a room with other people. Disinfection of all objects and surfaces that the patient may touch is also mandatory, using for example a 1:9 bleach solution (one measure bleach to nine measures water).

Whether in quarantine or in isolation, the individual must strictly comply with the period indicated, even though he/she may have no symptoms.

Article supplied by the Hospital Particular do Algarve Group, with hospitals in Alvor and Gambelas (Faro)

carried out, including hospital admission exclusively for these patients (see story on page 12).

We would now like to clarify the difference between quarantine and isolation. How can we distinguish between the two?

Both are measures of social exclusion, to protect individuals and the general populations from an epidemic. When someone that is supposedly healthy but may have had contact with a confirmed infected patient, they must be kept in quarantine.

If you are placed in quarantine, be aware of the possible symptoms. Measure temperature twice a day and make sure you register the results. All preventative measures must be maintained: in addition to social distancing (minimum two metres), comply with respiratory etiquette (cough and sneeze into your arm); frequent handwashing is of utmost importance (for at least 20 seconds).

Isolation is the measure used for individuals who are ill, so that through isolation they do not infect others. Given this situation, the individual should be isolated in a room, preferably well ventilated, without air conditioning. If possible, the

.....
“Our two hospitals in Alvor and Gambelas are open 24/7 as usual, including the emergency units for adults, children and pregnant women”



Your hearing specialist in the Algarve



Rua 1º de Maio, Ed. Magnólia, Fracção A, Loja R/C Esq. 8200-438 Guia – Albufeira
 00351 289 561 158 · 00351 961 431 894 · 00351 966 211 557
www.audiocare.pt · info@audiocare.pt

AudioCare 
 soluções auditivas