

Important information for all people who spend their holidays in Roda de Berà

Due to COVID-19 Health Centers are a risky place, before attending, contact us



877 99 09 04
www.xarxatecla.cat



Monday to Friday
from 8 a.m. to 8 p.m.*
*Urgent Care 24 h

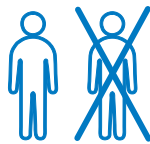


Health Center
Torredembarra
C/ de l'Onze de Setembre, s/n

HEALTH CENTER ACCESS RULES



Be punctual
to your scheduled
appointment



Come alone,
only one companion
if strictly necessary

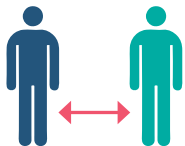


The use
of a **mask**
is mandatory



**Wash your
hands** before
visiting us

WATCH YOUR HEALTH! FOLLOW THESE TIPS FOR A HEALTHY SUMMER



**Maintain social
distance** and
wear a mask



**Protect yourself from
the sun.** Put on cream
before leaving home and
during sun exposure



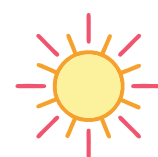
**Stay informed
through official
institutions**



Follow a healthy diet and
avoid excessive alcohol



Keep hydrated



Watch heat strokes.
Avoid activities
between 12 and 4 p.m.

THANK YOU FOR YOUR COOPERATION