

ABOUT CORONAVIRUS DISEASE (COVID-19)

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Transmission

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

Symptoms of COVID-19

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- Fever
- Cough
- Shortness of breath

Complications

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

Preventive measures

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
 - ADHERE TO SOCIAL DISTANCING DIRECTIVE BY THE GOVERNMENT

If you have travelled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, breathing difficulty), seek medical advice.

Source: cdc.gov

SELF ISOLATION GUIDE

What Does Self-Isolation Mean?

Self-isolation means strictly staying at home or identified accommodation, away from situations where you mix with family members or the general public, for the period of 14 days. This means any situation where you may come in close contact with others (face to face contact closer than 2 metres i.e. 5 feet)

If you are unsure if you should be in self-isolation or if you do not know where you can go, please contact NCDC for free on 080097000010

Who Should Self-Isolate?

- All returning travellers to Nigeria
- Anyone who has been in close contact with a confirmed case of COVID-19

If you have not been in contact with someone who has been infected with COVID-19, your risk of getting COVID-19 is very low.

This is a stressful period, but taking these measures will help protect you, your family, and all of Nigeria from COVID-19

What to do in 14 days

- Purposely staying at home, away from everybody for a period of 14days
- Do not go closer than 2 metres (5 feet) to anyone.
- Stay in a well-ventilated room alone.
- Keep away from everyone including family and pets. Do not use commonly shared household items
- If you have to work, do so from home during self-isolation
- Have adequate supply of food, water, toiletries, medication for existing ailment and other necessities
- Cover your nose and mouth with tissue or elbow when coughing or sneezing
- Immediately dispose used tissue in a covered bin
- Wash your hands with soap and water. If not available, use an alcohol-based hand sanitizer
- Clean and disinfect frequently touched surfaces such as door handles, furniture, etc using household disinfectants.
- If you feel feverish, keep coughing, have a sore throat and difficulty breathing, Call on the NCDC for immediate help
 - 0800 9700 0010
 - 08099555577
 - 07087110839
 - @NCDCgov
 - info@ncdc.gov.ng

Source: <https://covid19.ncdc.gov.ng/resource/DOC230320-Self-Isolation-Guide-4.pdf>