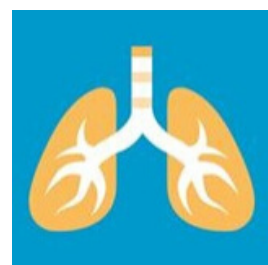


# COVID-19: INFORMATION FOR PEOPLE IN CUSTODIAL CENTRES

## 1 What is COVID-19?

COVID-19 is a new disease that affects the lungs. It is caused by corona viruses. The disease has spread to many countries of the world including Nigeria.



## 2 How does it manifest?



- About 4 out of 5 people with COVID-19 infection may have very mild or no symptoms.
- The common symptoms include fever, cough and breathing difficulties.
- If the illness becomes serious, COVID-19 can lead to death.
- Older people (60 years and above) and people of all ages with severe chronic medical conditions - like lung disease, HIV, cancer, tuberculosis, and diabetes, are at a higher risk of developing serious illness.



## 3 How do people get infected?

COVID-19 spreads from one person to another when:

- A person with the disease sneezes, coughs or talks near you; or
- You touch your face, eyes, nose or mouth after touching a surface or object that contains the mucous or saliva from someone with the disease.



## 4 How to limit the spread



**Wash your hands** often with soap and water for at least 20 seconds

**Use a hand sanitizer** that contains at least 60% alcohol (if available)

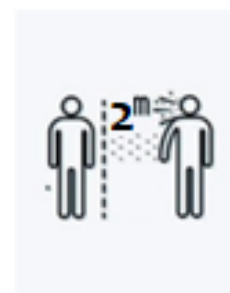


Avoid touching your eyes, nose, and mouth with unclean hands.



**Do not touch** people's elbow or clothing unnecessarily.

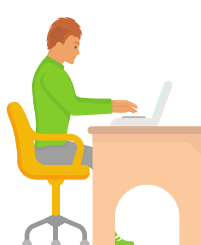
Maintain at least **2 metres physical distance** between yourself and anyone who is coughing or sneezing.



**Avoid** shaking of hands and hugs.

**STOP**  
COVID-19  
2019 - NCOV  
NIGERIA

Cover your mouth and nose with flexed elbow or tissue when coughing or sneezing.



If you are sick, use a piece of cloth/handkerchief to cover your nose and mouth and report to officers in the correctional centre.

## 5 When to seek medical care

Report for medical care early if you have fever, cough, difficulty with breathing or persistent pain in the chest.

