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 manifests?
- 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.
- **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.
- **Cover your mouth and nose** with flexed elbow or tissue when coughing or sneezing.
- **Avoid shaking off hands and hugs.**
- **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.