

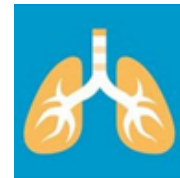


COVID-19 RESPONSE

COVID-19: INFORMATION AND PREVENTION MEASURES

WHAT IS COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. The first case of the disease was reported in China and it has spread to all parts of the world including Nigeria.



WHAT ARE THE SYMPTOMS OF COVID-19?

The main symptoms feel like the flu or a really bad cold.

- Fever
- Cough
- Shortness of breath/difficulty breathing



SEVERITY OF THE INFECTION

About 4 in 5 people with COVID-19 infection may have very mild or no symptoms. 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 severe illness.



HOW DOES IT SPREAD?

COVID-19 spreads from one person to another through:

- Sneezes or coughs of someone with the disease
- Touching droplets of this person's cough or sneeze that's on a surface or object, and then touching your mouth, nose, face or eyes



HOW CAN YOU LIMIT THE SPREAD IN YOUR VICINITY?

1. **Wash your hands** often with soap and water for at least 20 seconds
2. **Use a hand sanitizer that contains at least 60% alcohol** (if available)
3. Avoiding shaking of hands and hugs.
4. **Avoid touching your eyes, nose, and mouth** with unwashed hands.
5. **Cover your mouth and nose with flexed elbow or tissue** when coughing or sneezing. Dispose of used tissue immediately.
6. Do not touch people's elbow or clothing unnecessarily.
7. Avoid close contact with anyone who has cold or flu-like symptoms. Maintain at least 2 metres physical distance between yourself and other persons.
8. **If you are sick** (sneezing, coughing, having chest pain with history of travel to any of the affected places), use a piece of cloth/handkerchief to cover your nose and mouth and call NCDC toll free line 07032864444 or 080097000010.



WHEN TO SEEK MEDICAL CARE

1. Report for medical care early if you have a fever, cough, difficulty with breathing or persistent pain in the chest.
2. If someone around you has above symptoms, please **call NCDC toll-free line 07032864444 or 080097000010**



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Response to Drugs and Related Organised Crime in Nigeria