COVID-19: INFORMATION AND PREVENTION MEASURES

WETIN BE COVID-19?

COVID-19 na the ogbonge sickness wey dem just torchlight say na one coronavirus dey cause am. Di sickness first start for China, e come spread all over di world and Naija sef no carry last – we sef don catch am.

HOW YOU GO SABI SAY YOU DON CATCH COVID-19?

The main tin be say e go do like say you get serious cough and catarrh we no dey let person rest

- Body go dey hot like say you get fever
- Cough no gree you rest
- E go dey hard person to breathe down, like say dem hold you for throat

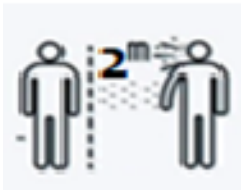
HOW THE SICKNESS BAD REACH

For many people (4 inside 5) wey catch COVID-19, na only small complain dem dey get. Old papa and mama dem wey don pass 60 years, or people wey get plenty other sickness before like HIV, Cancer, TB or Diabetes before, na dem the disease dey first hammer well well.

HOW PERSON FIT CATCH AM?

Na Person wey don get COVID-19 fit give another person the sickness o! For example:

- If di person wey get am sneeze, cough near you
- If you touch were di person wey get COVID-19 sneeze, cough or spit put. Once you come use your hand touch ya mouth, nose, or eyes, di virus fit enter ya bodi.



HOW YOU FIT ROADBLOCK COVID-19 FOR YOUR AREA?

1. **Wash ya hand** with soap and water well well make e last like 20 seconds
2. **Use hand sanitizer** wey get alcohol wey reach like 60% inside
3. No dey shake hand with people, even sef no dey gumbody person
4. Make you **no dey touch** ya face with hand wey you never wash.
5. If you wan sneeze, make you de **bend elbow cover ya mouth or use toilet roll or handkerchief.** Troway am once u don use am once!
6. No dey touch people cloth or elbow anyhow. Dey your dey, make dem sef dey their dey
7. No go near person wey get wetin resemble cold. No give any body close marking**, make** sure say the space between you and another person reach at least 2 metres!
8. **If you dey sick** (sneezing, cough, chest dey pain you, and you travel go where COVID-19 plenty before), use cloth cover ya nose and mouth make you **call NCDC for 07032864444 or 08009700010 (dem no go charge you for the call)**

IF E DO YOU LIKE SAY WATER DON PASS GARI NA IM YOU GO HOSPITAL

1. Go hospital or clinic wey near you quick quick, if your bodi dey hot, or you get cough, or you no fit breathe down or your chest dey pain you.
2. If person wey dey near you get any of the complain wey we write for up, **make you call NCDC for 07032864444 or 08009700010 (dem no go charge you for the call)**

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