

CORONA VIRUS

COVID-19

What is it

Corona virus disease (COVID-19) is an infectious disease caused by a new virus.

The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing.

Even people with no symptoms can carry the virus and infect others.

Symptoms

Symptoms may appear 2-14 days after exposure.

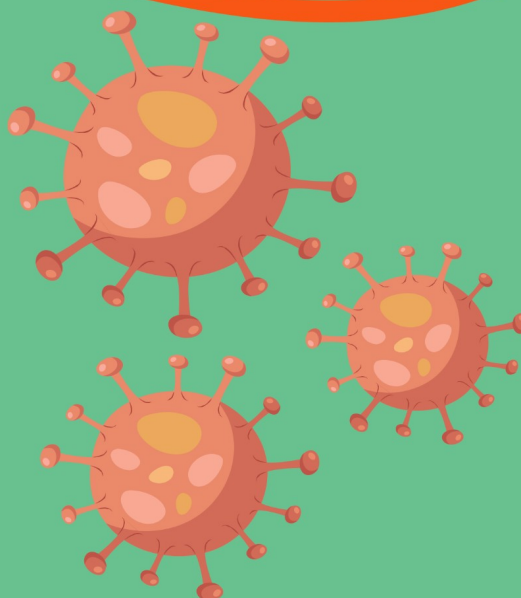
- Short of breath
- Fever
- Dry cough
- Headache
- Fatigue

The more symptoms, the more likely it is you are infected with the COVID-19 | Coronavirus. Seek medical advice if you develop symptoms, if your fever is above 38 degrees Celsius and if you have been in close contact with a person who has COVID-19 or symptoms.

For more information on COVID-19

Contact the Nigeria Centre for Disease Control (NCDC) consumer 24-hour toll-free hotline number: **0900 970000 10** or WhatsApp: **0708 711 0839**.

Visit the website: <https://covid19.ncdc.gov.ng/>



Face Mask

Those showing symptoms of this disease should wear a mask to help prevent the spread of the disease.

Wearing a mask is not recommended for those who are well. It can increase infection.



Avoid crowded places or close contact

Especially with people who are sick and the elderly.

Stay home when you are sick. Do not expose others.



Wash hands

Washing your hands is the best protection:

- Wash often: use soap and water, Wash for at least 20 seconds.
- Use hand sanitizer: alcohol-based, when washing is no option.



Cover cough or sneeze

Using a tissue is the best option:

- Use a tissue, then throw it away and wash your hands.
- If no tissue: cough or sneeze into elbow.

