

COVID-19



FEDERAL MINISTRY OF HEALTH



NIGERIA CENTRE FOR DISEASE CONTROL



NCDC CAREkit

CHECK AND REPORT EVERYDAY



NCDC Toll-free Number: **0800 9700 0010** SMS: **0809 955 5577** WhatsApp: **0708 711 0839**



@NCD CGOV



COVID19.NCDC.GOV.NG



INFO@NCDC.GOV.NG



NCDC CAREKIT – CHECK AND REPORT EVERYDAY



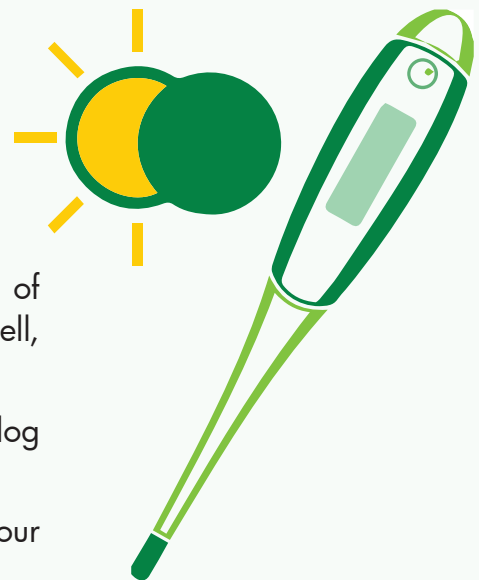
You are receiving this CAREkit containing thermometer and symptoms diary chart because you are arriving from a county with an ongoing transmission of COVID-19

Follow the steps below to check and record your health.

STEP 1:

Do health checks every morning and every night:

- Take your temperature twice daily
- In addition to fever, be alert to any other symptoms of COVID-19, such as cough, sore-throat, loss of taste/smell, difficulty breathing, etc.
- Write your temperature and any symptoms in the log included in this booklet
- Surveillance team will follow up with you on your temperatures and symptoms daily



STEP 2:

If you have fever (fever is 100.4°F/38°C or higher), cough, or trouble breathing:

- Call the NCDC toll free line **0800 9700 0010** listed for your health department in this pamphlet
- Avoid contact with others



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How to Take Your Temperature

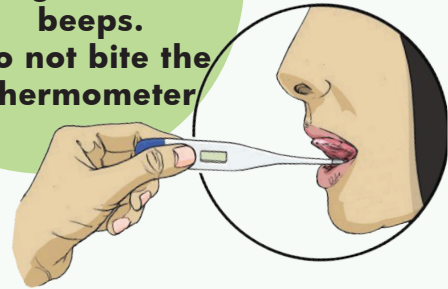


1

Turn the thermometer on by pressing the button near the screen

2

Hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer



3

Read your temperature on the screen. If your temperature is 100.4°F/38°C or higher, you have a fever



4

Write your temperature in the 14-Day Symptom and Temperature log in this booklet



5

Clean your thermometer with soap and water and dry it well

