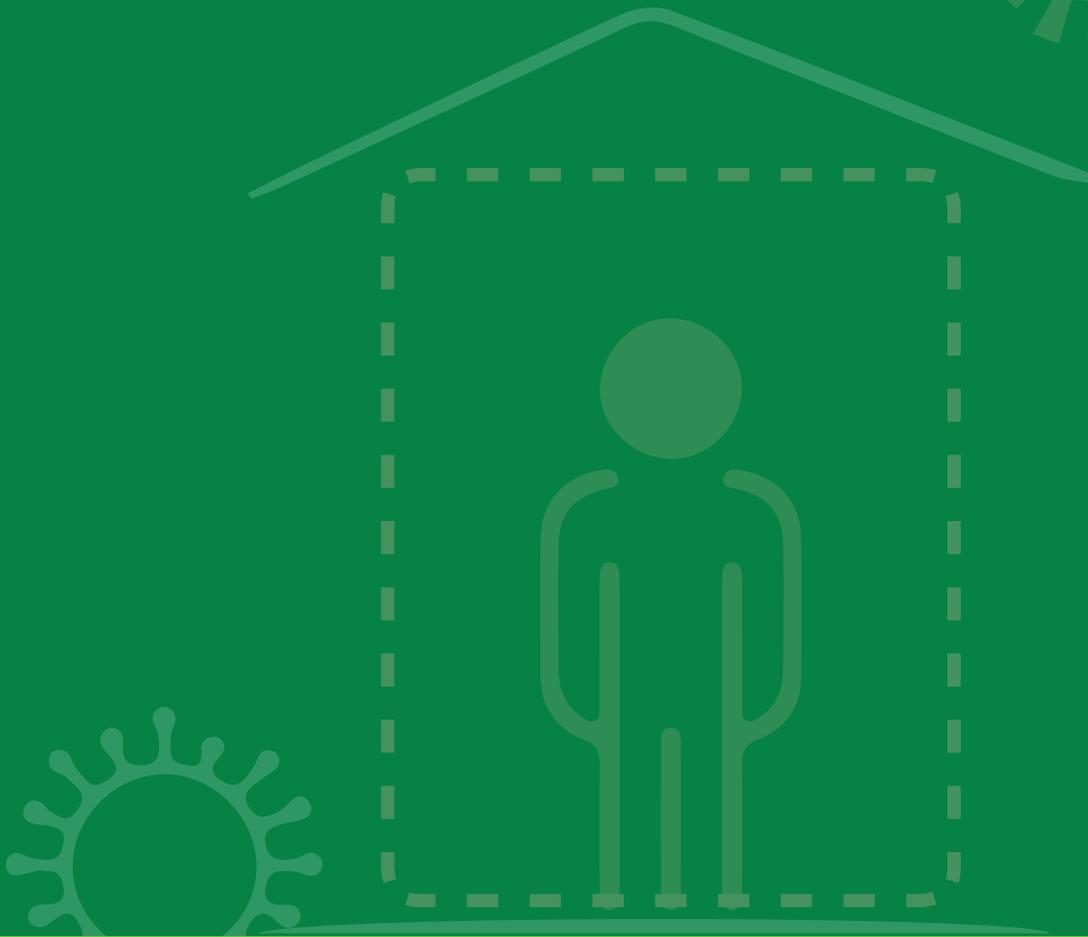


COVID-19



Self-Isolation and Quarantine Guide



NCDC Toll-free Number: **080097000010** SMS: **0809 955 5577** WhatsApp: **0708 711 0839**



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SELF-ISOLATION AND QUARANTINE GUIDE

As Nigeria responds to an outbreak of COVID-19, the Nigeria Centre for Disease Control offers this guidance for self-isolation.

What does self-isolation mean?

Self-isolation means strictly staying at home or identified accommodation, away from situations where you mix with family members or the general public, for the period of

14 days. This means any situation where you may come in close contact with others (face-to-face contact closer than

2 metres i.e. 5 feet).

If you are unsure if you should be in self-isolation, or if you do not know where you can go, please contact NCDC for free on **080097000010**

What does institutional quarantine mean?

All returning travelers to Nigeria will be required to stay in supervised isolation at a location provided by the Federal Government of Nigeria, for the period of 14 days after arrival.

Who should self-isolate?

Anyone who has been in close contact with a confirmed case of COVID-19. If you have not been in contact with someone who has been infected with COVID-19, your risk of getting COVID-19 is very low.

What will be in institutional quarantine mean?

Returning travelers will be placed in institutional quarantine for 14 days after their arrival to Nigeria.

This is a stressful period, but taking these measures will help protect you, your family, and all of Nigeria from COVID-19.

How will I move from my arrival point in Nigeria to place of quarantine?

On arrival, the Federal Government of Nigeria through its relevant ministries and agencies will transport returnees from the point of arrival to the location for institutionalised quarantine. The Federal Ministry of Health through NCDC will monitor travelers during this period.

How will I be monitored during self-isolation or quarantine?

For contacts of confirmed cases, you are required to provide your name, next of kin, physical address and telephone contact to the relevant health authorities. These details will guide our surveillance teams in monitoring you while under self-isolation for 14 days. The Port Health Services will collect this information from returning travelers who will be placed in institutional quarantine.

On living with others while in self-isolation

As much as possible, please **stay in one room**. You should **limit your contact with people**. You should **avoid having visitors to your home**, but it is okay for friends, family or delivery drivers to drop off food without having physical contact with you.

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If you are in a home where the other residents have not travelled (e.g. your home / flat, student accommodation), **minimise close contact with the other residents** by avoiding situations where you may have face-to-face contact closer than 2 metres (5 feet). The other household residents and or flat mates do not need to self-isolate provided these precautions are followed.

You should **NOT** share plates, drinking glasses, cups, eating utensils, towels, pillows or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water or place them in the dishwasher for cleaning.

What should I do for effective self-isolation or institutional quarantine?

If you are under self-isolation, you are advised to observe the following prevention and control measures:

- Stay in a **well-ventilated room away from other people** such as family members with separate hygiene and toilet facilities
- If you are working, ensure you **work from home** during the entire duration (14 days)
- Ensure that you have **adequate food, water, hygiene provisions** and appropriate medical treatment for any existing medical conditions while in self-isolation
- Ensure that you have the **necessary communication facilities** e.g. mobile telephone to communicate with family members and other people while in self-isolation
- Always **wash your hands with soap and water regularly** or use an alcohol-based hand rub
- **Cover your nose and mouth** with disposable tissue **when coughing and sneezing**. Throw away used tissue into the dustbin or burn it and wash your hands immediately with soap and water or an alcohol-based hand rub
- **Avoid sharing** toothbrushes, utensils, dishes, drinks, towels, clothes or bed linen with anybody in your home
- **Clean and disinfect frequently touched surfaces** such as doorknobs/handles, bedside tables, bed frames and other bedroom furniture daily with regular household disinfectant or soap
- **Clean** and disinfect bathroom and toilet **surfaces at least once a day** with regular household disinfectant or soap
- If you develop any symptoms of acute respiratory infection, including fever, cough, sore throat and difficulty in breathing, please **call** for immediate help on the NCDC toll free line **0800 9700 0010**



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What happens if I do not comply with self-isolation?

If a person is suspected to have breached the guidelines, NCDC and the state surveillance teams will work closely with the individuals to ensure that they understand their obligations. They will also be helped to appreciate the importance and seriousness of self-isolation under the current global COVID-19 pandemic threat.

What should I do to keep my spirit up while in self-isolation or quarantine?

Your emotional and mental health is important. Sometimes one could feel stressed or lonely when under self-isolation:

- Talk to other members of the family about the COVID-19, understanding this disease will reduce anxiety
- **Reassure your young children** using age-appropriate language
- Think about how you have coped with other difficult situations in the past and **reassure yourself**
- **Keep in touch** with family members and friend via telephone, emails or social media
- **Stock plenty of materials** to keep your mind occupied such as books, movies etc.
- Where possible, ensure you have a television, cable and internet connectivity in your room (this is optional)
- **Exercise regularly** in your room
- Ensure that you **drink at least 8 glasses of water every day** to keep hydrated
- **Eat** all your meals in a timely manner
- Ensure you **take adequate rest**

What happens when I complete the 14 days of self-isolation or quarantine?

If you are a contact of a confirmed case: After completion of the 14 days of self-isolation without symptoms, the surveillance team will formally discharge you from follow up and you will be free to go about your usual activities.

A certificate of completion of self-isolation will be issued to you by the surveillance team.

If during your 14-day self-isolation or quarantine, you develop symptoms of COVID-19 such as:

- Cough
- High temperature (fever)
- Shortness of breath (or difficulty in breathing)
- Or general feeling of unwellness,

Avoid self-medication rather contact NCDC Connect Centre immediately for testing and other advice.