

CORONAVIRUS DISEASE (COVID-19) **PREVENTION**



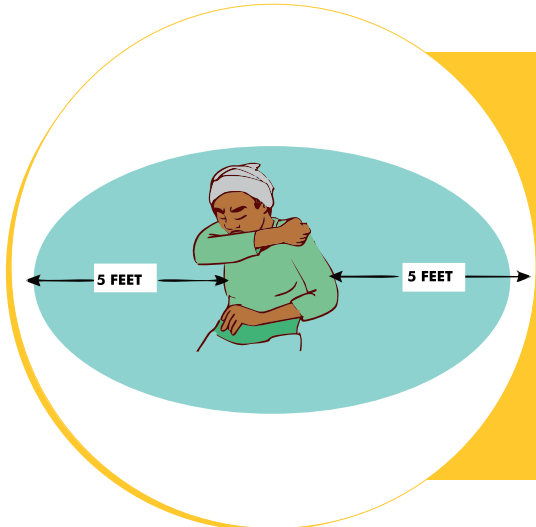
Regularly and thoroughly wash hands with soap under running water or use alcohol-based sanitiser if water is not available



Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Dispose of the used tissue immediately



Avoid touching your eyes, nose and mouth with unwashed hands



Maintain at least 1 and half metres (5 feet) distance between yourself and anyone who is coughing or sneezing



If you have returned from any country within the last 14 days, and you have a fever, cough, or breathing difficulty, stay home and call NCDC toll free line



Avoid contact with anyone if you have returned from any country in the last 14 days

NCDC Toll-free Number: 080097000010

SMS: 08099555577 / Whatsapp: 07087110839 / Mobile: 07036708970

Twitter/Facebook: @NCDCgov covid19.ncdc.gov.ng

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