

COVID-19



FEDERAL MINISTRY OF HEALTH



NIGERIA CENTRE FOR DISEASE CONTROL

# Advisory for Ramadan



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



**@NCDCGOV**



**COVID19.NCDC.GOV.NG**



**INFO@NCDC.GOV.NG**



## ADVISORY FOR RAMADAN

during the month of Ramadan where thousands of us observe *Asham* and *Taraweeh*. However, it is important for all Muslims to help with the fight against coronavirus by adhering to the Government's guidance and following the latest health advice by the Nigeria Centre for Disease Control (NCDC).

Therefore, the NCDC advises everyone to take responsibility to protect themselves and their loved ones at this time of Ramadan by doing the following:

### General Public

- Stay at home; Avoid large gatherings of people especially during *iftar*
- Practice physical distancing by strictly maintaining a distance of at least 2 metres (6 feet) between people always
- Use non-contact greetings, such as waving, nodding, or placing the hand over the heart
- Elderly people and anyone with pre-existing medical conditions (such as cardiovascular disease, diabetes, chronic respiratory disease, and cancer) should not attend gatherings and should avoid receiving non-essential guests at this time.
- Wash hands frequently with soap under running water. Where soap is not available, use ash or a hand sanitizer
- Use proper respiratory etiquette by coughing and sneezing into a tissue; discard the tissue immediately in a covered waste bin. If a tissue is not available cough or sneeze into your bent elbow



## ADVISORY FOR RAMADAN

- Clean all surfaces frequently with soap or disinfectants especially before and after the *iftar* meal
- When leaving home for essential services wear a face mask; Ensure proper disposal of single-use masks and regular washing of reusable masks.

## Religious Leaders

- Obey national and state directives requesting the cancellation and avoidance of large gatherings, including places of worship.
- Arrange to hold sermons via broadcast through television and radio stations, or online platforms to avoid the mass gathering of people
- Encourage the use of personal prayer rugs to place over carpets
- Encourage washing of the hands with soap and water before ablution
- Food items meant for charity (*sadaqa*) should be pre-packaged and distributed without allowing crowd convergence
- Enjoin all Muslims to adhere to guidelines put in place by the authorities in order to protect themselves and their loved ones and to help bring an end to the COVID-19 outbreak in Nigeria