GUIDELINE ON
Self-Isolation

GUIDELINE ON SELF-ISOLATION

As Nigeria responds to an outbreak of COVI9-19, the Nigeria Centre for Disease Control offers this guidance for self-isolation. This is a stressful period, but taking these measures will help protect you, your family and loved ones.

What does self-isolation mean?

Self-isolation means strictly staying at home or in an identified accommodation, away from situations where you mix with family members or the general public, for a period of 14 days. This also means avoiding any situation where you may come into close contact (less than 2 metres i.e. 5 feet) with others.

Who should self-isolate?

- All returning travelers to Nigeria

- Anyone who has been in close contact with a confirmed case of COVID-19

- COVID-19 patients for **one week** after discharge from the hospital

What are the symptoms of COVID-19?

- Cough

- Shivering /shaking (chills)

- Body pain

- Headache

- Sore throat

- Recent loss of taste or smell

- Difficulty in breathing/shortness of breath

- Diarrhea/abdominal pain

- Runny nose/catarrh

- Fatigue (tiredness)

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GUIDELINE ON SELF-ISOLATION

Travelers to Nigeria

The Presidential Task Force on COVID-19 has revised the quarantine protocol for all return travelers to Nigeria, effective from the 8th of June, as detailed below;

- All returning travelers to Nigeria must have tested **NEGATIVE** for COVID-19 through Polymerase chain reaction (PCR) testing in country of departure. This MUST be within 2 weeks before departure and preferably not less than 5 days pre-boarding

- On board, passengers are required to correctly fill in the Health Declaration/Self-Reporting Form & the Sample Collection Time Allocation Form with verifiable information

On arrival in Nigeria

- Passengers who have arrived in Nigeria must self-isolate for 14 days and remain in the city/state where the point of entry is located (i.e. Lagos or Abuja) throughout the duration of self-isolation

- Passengers must provide their correct address and phone number before exiting the airport. They must comply with self-isolation/quarantine guidelines and ensure that they can be reached during the period

- Passengers not resident in Lagos or Abuja, must arrange for accommodation at their own cost (please note that the Federal Government will not be responsible for providing accommodation nor transportation to the place of abode)

- Persons who are unable to remain in Lagos or Abuja throughout the period of self-quarantine may return to their states of residence **ONLY** after:

  (a) They have had their samples collected and are **NEGATIVE** for COVID-19; and

  (b) They have provided public health officials with their full and correct address and phone number where they can be reached

GUIDELINE ON SELF-ISOLATION

How will I move from my arrival point in Nigeria to my place of self-isolation?

- If arriving in the country, ensure that you are picked up by **ONLY** one person; you should avoid use of public transport by plane, bus, train or car

- Avoid contact with the driver. Do not sit in the co-driver's seat (maintain at least 1 metre between yourself and the driver)

- Ensure adequate ventilation throughout your trip

How will I be monitored during self-isolation?

- All passengers will be tested within 72 hours of arrival based on appointment at a sample collection centre located in Lagos or Abuja for a repeat COVID-19 PCR test

- However, if during self-isolation you develop known symptoms of COVID-19, immediately call your state helpline. The State Ministry of Health will arrange for sample collection

- Passengers will be cleared through the Nigeria Immigration System's Migrants Identification Data Analysis System (MIDAS) and their passports retained until after successful completion of the 14 days self-isolation (this why it is critical that correct contact information is provided)

- Persons who have completed the 14 days of self-isolation/quarantine will undergo an exit interview. Their details will be forwarded to the Nigeria Immigration Service for release of their passports. Alternative arrangements can be made to collect passports via special delivery e.g. DHL

Contacts of a confirmed case

If you have been a close contact (less than 2 feet for more than 15 minutes) with a confirmed case of COVID-19, you should immediately call your state helpline. The State Ministry of Health supported by the Nigeria Centre for Disease Control (NCDC) will arrange for sample collection and communicate your result. While awaiting your results, you must continue to self-isolate.

Discharged COVID-19 patients

COVID-19 patients who have been discharged by the managing clinician should continue self-isolation **one week** after returning home. They will be followed-up for the first week of discharge and monthly for the next three months by the State Ministry of Health.

Self-isolation when living with others

Where possible, individuals should self-isolate at home by themselves, hotel or identified accommodation; limit contact with people by avoiding having visitors except for a friend, family or delivery person dropping off essential items, avoiding any physical contact with them. However, where this is not possible, the following should be done;

- Stay in one room, 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 or flat mates do not need to self-isolate provided these precautions are followed

- Wipe down all frequently touched surfaces with a disinfectant

- Do 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?

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.

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GUIDELINE ON SELF-ISOLATION

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 sanitiser

- Cover your nose and mouth with a disposable tissue when coughing and sneezing. Throw away used tissue into the dustbin and wash your hands immediately with soap and water or an alcohol-based sanitiser where water is not available

- Avoid sharing toothbrushes, utensils, dishes, drinks, towels, clothes or bed linen

- 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 during self-isolation you develop known symptoms of COVID-19, immediately call your state helpline. The State Ministry of Health supported by the Nigeria Centre for Disease Control (NCDC) will arrange for sample collection and communicate your result. Please avoid self-medication.

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

If a person is suspected to have breached the guidelines, 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.

Several states also have measures in place for non-compliance with COVID-19 control measures.

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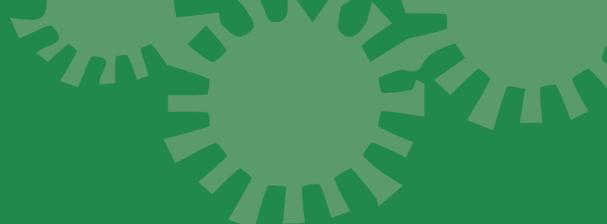## What should I do to keep my spirit up while in self-isolation?

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 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.

- Exercise regularly in your room

- Ensure that you stay nourished, well hydrated and take adequate rest

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

If during or after 14days you do not develop symptoms, you can resume your usual activities, but ensure to always adhere to preventive measures including;

- Washing your hands regularly with soap and water or use an alcohol-based sanitiser, if no water and soap is available

- Use of non-medical face mask/covering for all persons while in public spaces. The NCDC has published an advisory on the use of cloth face masks

- Practicing no-touch greetings

- Maintaining at least 2 metres (5 feet) physical distance between yourself and anyone who is coughing or sneezing

- Avoid crowded spaces such as open markets, crowded supermarkets and pharmacies

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