Guidelines on 
Self-isolation 
for travellers

SEPTEMBER, 2020
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 defined period usually up to 14 days. This also means avoiding any situation where you may come into close contact (less than 2 meters i.e. 6 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
- Fever
- 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)
The Presidential Task Force on COVID-19 has revised the quarantine protocol for all return travelers to Nigeria, effective from the 5th of September 2020, as detailed below;

- All intending travelers to Nigeria must have tested NEGATIVE for COVID-19 by PCR (from accredited laboratories) in country of departure pre-boarding. The PCR test MUST be within 96 hours before departure (mandatory) and preferably within 72 hours pre-boarding (advisory). Tests done more than 96 hours before departure are not valid and persons will not be allowed to board. If any passenger boards without fulfilling this criterion;
  - Non- Nigerians may be refused entry and returned to the point of embarkation at cost to the Airlines.
  - Nigerians will be allowed entry but subjected to 14 days of mandatory quarantine (depending on results of the COVID-19 PCR test done from day 7 of arrival) at a facility approved by Government and at cost to the passenger(s).

- All intending passengers are required to register via the national payment portal online at https://nitp.ncdc.gov.ng where they will pay for a repeat PCR test to be done upon arrival in Nigeria. Passengers will be given an appointment time and date to present themselves at the Sample Collection Centres located in their State of residence for a repeat COVID-19 PCR test on the 7th day after arrival. A list of accredited private laboratory providers and Sample Collection Centres across the country is available on the payment platform.

- Passengers are required to fill in the online Health Declaration/Self-Reporting Form co-located on the same national payment platform and upload their COVID-19 PCR NEGATIVE results. Passengers should print a copy each of the PCR Result and completed online Health Declaration/Self-Reporting Form for presentation at the airport. They should ensure that the information/contact details provided on the form are correct, verifiable and that they can be reached on the phone number and address provided. On arrival, Port Health officials must be informed of any change in a passenger’s health circumstances since completing the Health Declaration/Self Reporting Form.

- At the time of boarding, all travelers will undergo thermal screening for fever and questioned for symptoms of COVID-19.
On Arrival all Passengers will be required to:

- Go through the routine Port Health screening and present electronic or print-out evidence of payment/appointment for a repeat PCR test in-country.

- Bio-data page of passengers’ passports including passengers’ picture will be scanned and forwarded to all COVID-19 PCR Sample Collection Centres to enable proper identification before sample collection. Passports will not be retained by the Nigerian Immigration Service.

- Passengers will proceed on a 7-day self-isolation/quarantine, during which time they are to avoid physical interaction with friends, family, colleagues, and other members of the public (i.e. must observe strict physical and social distancing).

- Passengers must present themselves at the sample collection centres on the 7th day of arrival; samples will be taken and a COVID-19 PCR test done; a reminder text message may be sent to the passenger by the private laboratory provider a day before the appointment.

  - Passengers who fail to submit themselves at the sample collection centres on day 7 of arrival will be sent text reminders and their details forwarded to the State Public Health Department teams and NCDC for active follow up.
  - Private laboratories will be required to forward details of passengers who decline repeat PCR test by day 14 of arrival for sanctioning. These passengers may be sanctioned with suspension of their passports or inclusion on a travel watchlist for 6 months and denied foreign travel for this period.

- Test results will be sent to the State Public Health Department teams & Nigeria Centre for Disease Control will be informed accordingly. Persons who test POSITIVE for COVID-19 will be managed based on National Guidelines for COVID-19 treatment. Persons who test NEGATIVE for COVID-19 after 7 days will end self-isolation once the Negative test result is available.

- Travelers reporting or developing symptoms of COVID-19 on arrival or during screening will not be allowed to self-quarantine and will be placed in
Intending Travelers to Nigeria

institutional quarantine. For deportees, if one person tests positive for COVID-19, all close primary contacts will be required to undergo enhanced screening and a follow-up PCR test if necessary.

- Passengers will be monitored by Public Health Officers during the period of self – isolation/quarantine. For this reason, passengers will be required to provide a functioning telephone number on their online registration forms. During the 7-day period of self-isolation and an additional 3 days, passengers will receive daily calls at a specified time from an NCDC designated number (0800 9700 0010) which will assess risk of exposure.

- During self-isolation, passengers should use the care kit provided in the annex of this document and monitor their symptoms.

- However, if during self-isolation you develop known symptoms of COVID-19 before you receive a call from the designated number above, you may call NCDC toll free line 0800 9700 0010 to report your symptoms and arrangements will be made by the state authorities to test for COVID-19. If POSITIVE, passenger will be managed based on National Guidelines for COVID-19 treatment.

Exit from Self-Isolation

Persons who have tested NEGATIVE for COVID-19 after 7 days of self-isolation/quarantine will be allowed to exit self-isolation once the Negative test result is available.

Travellers exiting Nigeria

The requirements for international travel are country specific. Passengers should obtain information on the guidelines before departure.

- For countries that require a COVID-19 test Intending passenger should register via the national payment portal online at https://nitp.ncdc.gov.ng and pay for a COVID-19 PCR test to be done before departure. Passengers will be given an appointment time and date to present themselves at the Sample Collection Centres. The stipulated length of time to obtain a test
before departure is country specific, therefore travelers should
ensure they are tested within the country's stipulated time interval. A list of
accredited private laboratory providers and Sample Collection Centres
across the country is available on the payment platform.

All general enquiries should be directed to the
tavel portal, travelportal@ncdc.gov.ng

Payment enquiries should be directed to
nitpsupport@gtbank.com or
contactcentrer@accessbank.com
ANNEX: NCDC CARE KIT

You are receiving this CARE kit containing symptoms diary chart because you are arriving from a country 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 during the 7-day period of self-isolation and additional 3 days through automated daily calls at a specified time from an NCDC designated number (0800 9700 0010) which will assess risk of exposure and will make follow up calls to you if you report symptoms.

**STEP 2**  
**If you have fever (fever is 100.4°F/38°C or higher), cough, or trouble breathing:**

If you have any of the main symptoms of Coronavirus: call your state hotline to get a test as soon as possible. Stay at home and do not receive visitors until you get your test result – only leave your home to have a test. If you’re worried about your symptoms or you’re not sure what to do. Do not delay getting help, trust your instincts.

Call the State hotline where you live or NCDC connect centre (Phone no 080097000010) for information on your nearest Sample Collection Site.
GUIDELINES FOR SELF-ISOLATION

HOW TO CHECK YOUR TEMPERATURE

Turn the thermometer on by pressing the button near the screen.

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

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

Write your temperature in the 10-Day Symptom and Temperature log in this booklet.

Clean your thermometer with soap and water and dry it well.
Monitor your Temperature

Two times a day (morning and night), write down your temperature and any COVID-19 symptoms you may have: feeling feverish, coughing, or difficulty breathing. Do this everyday for 7 days after arriving Nigeria and for an additional 3 days.

1. Fill in the dates on the log, starting with Day 1 and ending on day you receive negative COVID-19 test results or for 10 days.

2. Start recording your temperature and symptoms, beginning with today’s date.
   Fever is 100.4°F/38°C or higher.

3. If you get sick, contact your NCDC toll free line 0800 9700-0010.

4. Write your symptoms and temperature in the space below every day for 10 days.
1. **Name:**

2. **Location/residential address:**

3. **Phone number:**

4. **Next of kin:**

5. **Phone number of next of kin:**

**Daily Monitoring of symptoms**

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