

CORONAVIRUS (COVID-19) IN NIGERIA

SYMPTOMS

Fever, Cough, Shortness of Breath, Sore Throat, Headache, Body Aches, and Chills

What are the common symptoms of COVID-19?



A dry and continuous cough.



Fever, where your chest or back feels hot.



Tiredness.



Other flu-like symptoms (sore throat, aches, runny nose).



If you have difficulty breathing or chest pain call for urgent medical care.



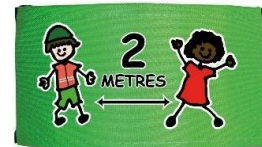
Remember, not everyone who has coronavirus gets symptoms. Follow your government's advice to stop the spread of the virus.

PREVENTION

TAKE ACTION TO AVOID COVID-19



Follow the general prevention advice.



WASH YOUR HANDS

- Wash your hands for at least 20 seconds with soap and water. Also, wash your hands after touching any surface, food, or person.



STAND 2 METRES APART

- Make sure you are at least 2 metres apart when in a public place.



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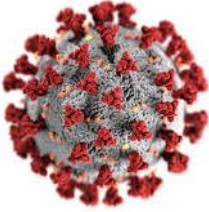
COVER YOUR MOUTH

- Wear a mask when going out in public or if you cannot stand 2 meters apart.
- Cover your mouth when you cough or sneeze.

TAKE CARE OF THE ELDERLY

- Make sure they have enough food and water if they cannot go out in public.
- Spend time with them, in a safe manner, so they do not feel alone.

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What is it?

COVID-19 is a virus that causes serious illness and can be fatal, especially if you have other health concerns such as: hypertension, diabetes, lung or heart disease. You are also at higher risk for developing severe symptoms if you are elderly or pregnant.



How can it spread?

This virus spreads from person to person through small droplets when they cough or sneeze. The virus can be passed by breathing in these droplets, touching dirty surfaces, or having direct contact with an infected person.

SIGNS YOUR SICK WITH COVID-19 (SYMPTOMS)



Fever • Sneezing/Coughing • Headache/fatigue • Shortness of breath

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HOW TO PROTECT YOURSELF AND OTHERS (PREVENTION)



Wash your hands more often and for 20 seconds or more. Use soap and water. Use cooled water that has been boiled if you do not have access to clean water.



Practice social distancing, at least (2metres apart) and wear facial masks or covers in any public area



Stop the spread! Stay home if you are feeling unwell. **DO NOT** travel and visit others who feel sick. Stay home and call your health care worker if you're unwell

Advice for the Elderly



- Meet Physical needs: bathe thoroughly and practice washing more often, especially hands and face. Eat a well-balanced diet and stay active daily.
- Meet Social needs: stay in contact with others through phone call or letter. Remember you are not alone.
- If you feel you need somebody to chat with, PriHEMAC is here for you. Kindly call or text any of the following lines: Sade (+2347030782068), Cecelia (+2347082153461), Martins (+2348033256644) and Gideon (+2347031659289).
- Visit www.prihemac.com for more informations.

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References to Resources

Federal Ministry of Health Nigeria

<https://www.health.gov.ng>

Center for Disease Control

<http://www.cdc.gov>

PriHEMAC

<http://www.prihemac.com/>

Water Aid

<https://www.wateraid.org/ng/covid-19>

PAHO

Pan American Health Organization

<https://www.paho.org>

Avert: Global Information and Education on AIDS/HIV

<https://www.avert.org>

Help Age International

<https://www.helpage.org>