



**PREVENT
THE SPREAD
OF COVID-19**

#TakeResponsibility
#COVID19Nigeria

THINGS TO DO AS THE LOCKDOWN IS RELAXED

Dear **Nigerians**, as you all should have noticed from recent data released, the numbers are **increasing daily** as the lock down is being relaxed.

In as much as the economy of this nation needs to keep running, we have an obligation to ourselves to **stay alive** and reduce the cases we are having daily.

Please let us take the following advice seriously:



MINISTRY OF
HEALTH



@NCDGov    

COVID19.NCDC.GOV.NG

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**PREVENT
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**DO NOT GO OUT
UNLESS NECESSARY**



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STAY IN WELL VENTILATED ENVIROMENT



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WASH YOUR HANDS REGULARLY

**UNDER RUNNING WATER WITH
SOAP OR USE AN ALCOHOL
BASED HAND SANTIZER**

**WASH YOUR HANDS
BEFORE GOING IN**



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**ALWAYS PUT ON YOUR
RECOMMENDED FACEMASK**



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AVOID CROWDED PLACES.



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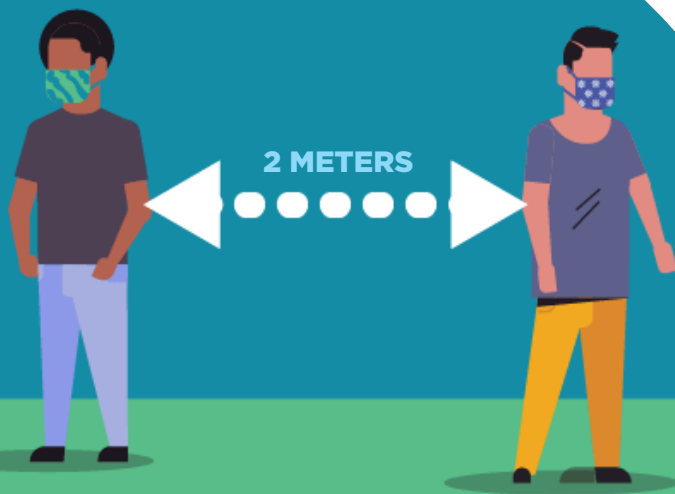
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**MAINTAIN 2 METERS APART
FROM THE NEXT PERSON
ANYWHERE YOU ARE**



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**CLEAN ALL SURFACES WITH
SOAP AND WATER REGULARLY**



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**AVOID HAND SHAKES,
HUGS AND BODY CONTACT**



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**ENDEVOUR TO CHANGE
YOUR CLOTHS, HAVE THEM WASHED**

**HAVE A BATH BEFORE CONTACT
WITH FAMILY MEMBERS
WHEN YOU RETURN HOME DAILY**



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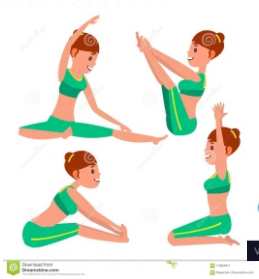
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EXERCISE DAILY



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WASH FRUITS, VEGETABLES VERY WELL BEFORE EATING



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AVOID USING CASH.

**USE OF POS/ATM CARDS AND
ONLINE PAYMENT IS ENCOURAGED**



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**AVOID SHARING PERSONAL ITEMS
LIKE PHONES, BOOKS, COMPUTERS,
CLOTHS ETC**



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**PASSENGERS SHOULD MAINTAIN
2 METRES APART IN PUBLIC
TRANSPORTATION.**



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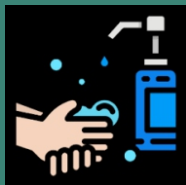
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**DRIVERS AND CONDUCTOR
MUST HAVE HAND SANTIZER
AND FACE MASK.**



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**WITH SYMPTOMS LIKE COUGH, NASAL CONGESTION,
ACHES AND PAIN, TIREDNESS, CONJUNCTIVITIS, LOSS OF
SMELL /TASTE, DIARRHOEA, SORETHROAT, SKIN RASHES,
DISCOLOURATION OF TOES AND FINGERS,**

KINDLY VISIT THE NEAREST HOSPITAL



FEVER OF 100°F
OR HIGHER



DRY COUGH



SHORTNESS
OF BREATH



SORE THROAT



HEADACHE



BODY ACHES



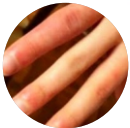
CHILLS AND/OR REPEATED
SHAKING WITH CHILLS



NEW LOSS OF
TASTE OR SMELL



DISCOLOURATION
OF TOES



DISCOLOURATION
OF FINGERS



SKIN RASHES



CONJUNCTIVITIS



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