What is Social distancing?

Social distancing also called physical distancing means consciously keeping space between yourself and other people outside your home to reduce the transmission of Corona virus in the community.

How is Corona virus spread?

Corona virus spreads when an infected person coughs, sneeze or talk and releases small liquid droplets which can be inhaled by people physically close to them. It is also possible to spread the virus when a person touches a surface or object (like doorknobs, tables or staircase railing) that has the virus on it and then touch their own mouth, nose or eyes.

Why Practice Social Distancing?

Many people infected with COVID-19 do not show symptoms so it is difficult to know who is infected or not. For this reason, keeping a distance between people is one of the best ways of reducing the risk of spreading the virus.

How do you practice Social distancing?

- Maintain at least 2 metres between you and other people in public
- Avoid large gatherings of people in places like the market, church, mosque, weddings, funerals and naming ceremonies
- Avoid travelling or visiting family and friends
- Avoid handshakes and hugs when greeting people
- Stay at home and obey the government lockdown and curfew
- Use a face mask when you go out in the public
- Stay home if you are sick and avoid close contact with sick people
**Safety with Self-isolation**

Self-isolation means keeping away from other people for 14 days. This practice is recommended by health experts to anyone who returns from a town or state where Corona virus is confirmed or anyone who suspects they have been in contact with someone confirmed to be infected with corona virus.

Self-isolation entails staying at home, not having visitors and keeping 2 meters away from people inside your home. If the person self-isolating starts having cough, fever, or difficulty breathing within 2-14 days, call the Kaduna State COVID-19 Call Center on the numbers below.

---

**Precautions for Voluntary Community Mobilisers**

- **Wear face mask in public**
- **Avoid sharing messages in large crowds or groups. Always keep a distance of 2 meters when interacting with a few people**
- **Wash your hands regularly with soap and running water for at least 20 seconds or use sanitisers after each house visit**
- **Do not touch your face, eyes, nose or mouth with unwashed hands**
- **Cough or sneeze into your elbow**
- **Do not spit**
- **Stay at home if you are ill**

---

**Contact us via:**

**NCDC Toll-Free Number:** 080097000010  
**SMS:** 08099555577 / WhatsApp: 07087110839 / Mobile: 07036708970  
**Twitter/Facebook:** @NCDCgov  
**www.ncdc.gov.ng**

**Kaduna State COVID-19 Call Center**  
08051217710 09058008251 08118588175 08118588176 09032102632 09087992015