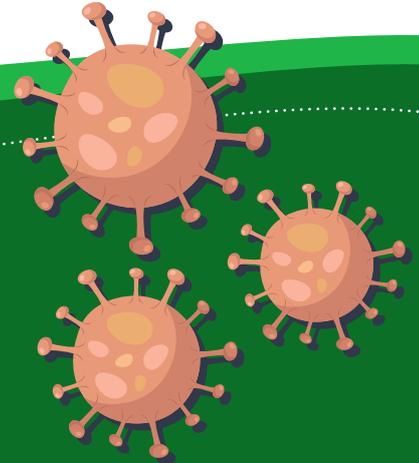


VITAL INFORMATION ON CORONAVIRUS



ABOUT CORONAVIRUS DISEASE (COVID-19)

Coronavirus Disease (COVID-19) is an infectious disease caused by the new corona virus, which was discovered in December 2019. Like other types of coronavirus it causes respiratory illness in humans.



SYMPTOMS OF COVID-19

The main symptoms of COVID-19 are: Fever, Cough and Difficulty in breathing. Other symptoms may include headaches, body pains, sore throat, diarrhoea, abdominal pain, tiredness, etc. However, people (with no history of contact with an infected person) can also have these symptoms and not be suffering from COVID-19.

HOW COVID-19 IS SPREAD

COVID-19 is spread from person to person through small droplets from the nose or mouth of an infected person when he/she coughs, sneezes, talks or exhales. These droplets can land on objects and surfaces around the person or on the face of another person.

So, people can catch COVID-19 if they breathe in these droplets from an infected person or touch objects or surfaces already contaminated by droplets from an infected person, and then touch their eyes, nose, or mouth with the same hand.

WHO IS AT RISK OF CONTRACTING COVID-19?

Anyone who comes in contact with an infected person or lives in a place (country, state, city, or community) where there is an ongoing outbreak of COVID-19 is at risk.

However, persons with pre-existing medical conditions (like hypertension, diabetes, heart disease, lung diseases, or cancers) and people with diseases that lower their immunity are more at risk of developing severe infection. Smokers also have higher risk.



HOW TO KNOW IF SOMEONE HAS COVID-19

We can only know whether someone has COVID-19 when the test has been done by authorized health worker in designated government-approved laboratory and the result comes out POSITIVE.

HOW TO PREVENT COVID-19 INFECTION

COVID-19 can be prevented by ensuring or promoting the following:



RESPIRATORY HYGIENE: Use tissue or your bent elbow to cover your mouth and nose when coughing or sneezing. If you use tissue, dispose of it properly in a covered waste bin.



SELF-ISOLATION: If you just returned from a country, state, city, town or community where there is an ongoing COVID-19 outbreak you must notify medical personnel and stay indoor (in a separate room from others) for 14 days.



HAND HYGIENE: Wash your hands regularly and thoroughly with soap under running water OR use an alcohol-based hand sanitizer if soap and water are not available. Avoid touching your eyes, nose and mouth. Hands touch many surfaces which can be contaminated and easily transfer the virus.



USE OF FACE MASK: Wear face mask if you have to leave your house. However, you should note that wearing of face masks alone will not protect against COVID-19, you must combine it with social distancing, handwashing, respiratory hygiene, cleaning and disinfecting frequently touched surfaces and other preventive advice.



SOCIAL DISTANCING: Practice social distancing by maintaining at least 2 metres (6 feet) distance between yourself and anyone; avoid large gatherings and crowded places including markets, worship places, schools etc.; do not shake hands; limit travel; and limit visiting people/allowing visitors to your house. Stay at home during government lockdowns.

COVID-19 RELATED STIGMA AND DISCRIMINATION

Do not stigmatize or discriminate anyone!

To stigmatize and discriminate is to negatively associate somebody or a group of people with an infectious disease, such as COVID-19, and then begin to treat them differently from others. This means that people suspected of COVID-19 are being labeled, called names, separated, physically attacked and/or made to lose their status in the community.

Stigma will drive people to: hide the illness, refuse to seek treatment early, discourage them from adopting healthy behaviour and expose many other people to the virus.

Anybody, irrespective of his/her status or occupation can be at risk of contracting COVID-19 so nobody should be labeled or treated harshly.

Please note that:

- The only way to confirm that somebody has coronavirus is through a test. Until a test is conducted, you cannot tag a person as COVID-19 case.
- It is your duty and responsibility to encourage and support those showing symptoms of COVID-19 to call the state hotlines below and encourage returnees from areas experiencing COVID-19 outbreak to self-isolate for 14 days.

COVID-19 IS NOT A DEATH SENTENCE ... IT CAN BE MANAGED IF REPORTED EARLY!

For more information or to report suspected cases, please call Kaduna State COVID-19 Call Center on the following lines: **08051217710, 09058008251, 08118588175, 08118588176, 09032102632 and 09087992015.**

Take responsibility to protect yourself and your family from Coronavirus.

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