

NIGERIA CENTRE FOR DISEASE CONTROL

FEDERAL MINISTRY OF HEALTH

# CORONAVIRUS DISEASE (COVID-19) **PREVENTION**



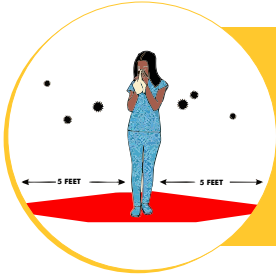
**Regularly and thoroughly wash hands with soap under running water and alcohol-based sanitiser if water is not available**



**Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Dispose of the used tissue immediately**



**Avoid touching your eyes, nose, and mouth with unwashed hands**



**Maintain at least 1 and half metres (5 feet) distance between yourself and anyone who is coughing or sneezing**



**If you have travelled recently to a country with COVID-19 outbreak in the last 14 days and you have a fever, cough, or breathing difficulty call NCDC toll free line before going to the hospital**



**Avoid contact with people if you have travelled recently to a country with COVID-19 outbreak in the last 14 days**

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**0800-970000-10 (Toll Free)**