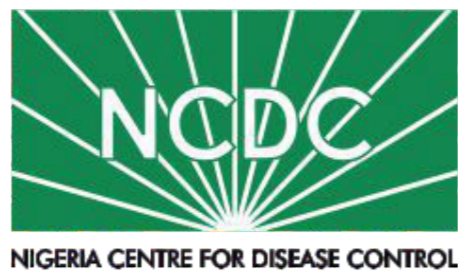




FEDERAL MINISTRY OF HEALTH



NIGERIA CENTRE FOR DISEASE CONTROL

# CORONAVIRUS DISEASE (COVID-19) PREVENTION



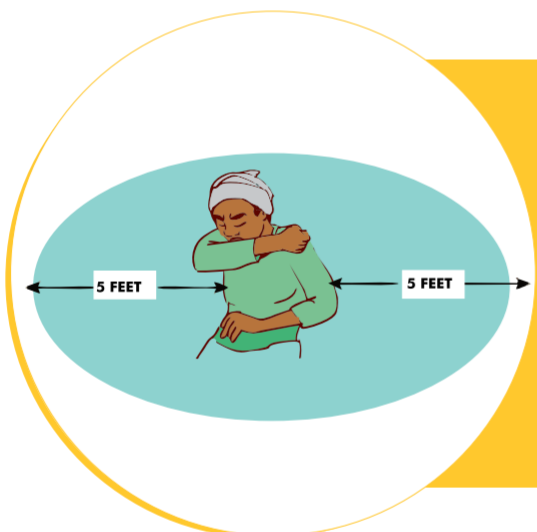
**Regularly and thoroughly wash hands with soap under running water or use alcohol-based sanitiser if water is not available**



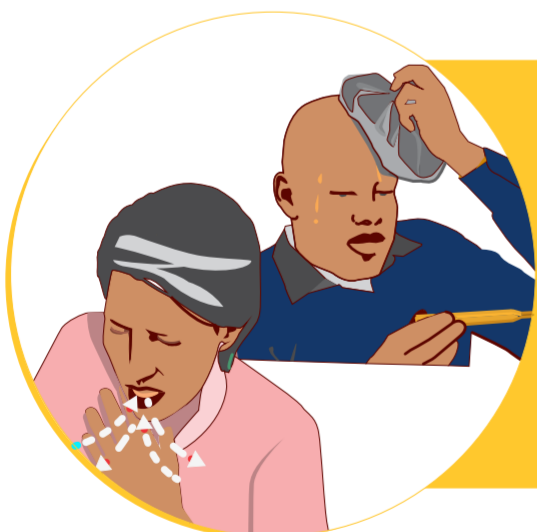
**Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Dispose properly into a dustbin and sanitise your hands**



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



**Maintain at least 2 metres distance between yourself and anyone who is coughing or sneezing around you**



**If you have travelled recently from a country with widespread community transmission of COVID-19 outbreak in the last 14 days, and you have a fever, cough, or breathing difficulty, call NCDC**



**If you have travelled recently from a country with widespread community transmission of COVID-19 outbreak in the last 14 days, stay at home and isolate yourself**

**NCDC Toll-free Number: 080097000010**

**SMS: 08099555577 / Whatsapp: 07087110839 / Mobile: 07036708970**

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