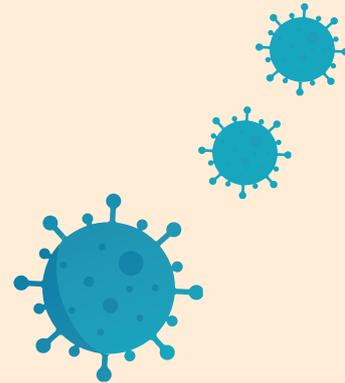


# KEY FACTS ON COVID-19

## About Coronavirus (COVID-19)

There are many types of coronaviruses that cause respiratory diseases in man, ranging from common cold (catarrh) to more serious diseases. These serious diseases are diseases of animals that have now been transmitted to man, and it includes novel coronavirus that causes coronavirus disease of 2019 popularly known as COVID-19.



## How coronavirus spreads



COVID-19 can spread from person to person through small droplets from the nose or mouth, which are spread when a person with COVID-19 coughs, sneezes, talks or exhales.

People can catch COVID-19 if they breathe in these droplets coming from a person with the disease who coughs, sneezes, talks or exhales. This is why it is important to stay at least 2 meters (6 feet) away from an infected person.

The droplets can also land on objects and surfaces around the person with the disease. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose, or mouth with the same hand.

The virus spreads easily in the community. Community spread means people have been infected with the virus in the area, including some who are not sure how or where they became infected.

## People at risk of a serious illness

While we are still learning about COVID-19, older people, persons with pre-existing medical conditions (like hypertension, diabetes, heart disease, lung diseases, or cancers) and people with diseases that lower their immunity are most at risk of developing serious infection. Smokers also have higher risk.



## Symptoms of COVID-19

The main symptoms of COVID-19 are:

- Fever
- Cough
- Difficulty in breathing



While coronavirus is of concern, it is important to remember that most people having these symptoms (with no history of contact) are likely suffering from a cold or other respiratory illness and not COVID-19.

## What to do if you develop symptoms of COVID-19

If you develop symptoms within 14 days of traveling from another country, state or town that has a confirmed case or within 14 days of last contact with a confirmed case(s) or visit to a hospital that is treating COVID-19 patient(s), you must stay at home and call any of the numbers below for a government health care worker to come and assess you to determine the next course of action.

### Kaduna State COVID-19 Call Center:

- 08051217710
- 09058008251
- 08118588175
- 08118588176
- 09032102632
- 09087992015

**PLEASE REMAIN AT HOME UNTIL YOU ARE EVALUATED and advised appropriately by a health worker.**

## How to know if someone has COVID-19

We can only know whether someone has COVID-19 when the test has been done and the result comes out positive. The test is normally carried out by authorized health workers in designated government-approved laboratories.

## Persons to be tested for COVID-19

Only a person that meets the following criteria should be tested:

- Anyone who, in the past 14 days, has returned from overseas or a state with confirmed case(s) and has any of the following symptoms; fever, cough or difficulty in breathing.
- Anyone who, in the past 14 days, has been in contact with a confirmed case and has any of the symptoms listed above.
- Anyone who, in the past 14 days, has been to a hospital where a COVID-19 patient is receiving treatment and has any of the symptoms listed above.

## Severity of COVID-19

Not all cases lead to death. Eight out of ten individuals infected may experience mild or no symptoms but can spread it to other people without knowing. However, a small proportion of those infected may develop serious illness that will require advanced treatment in a well-equipped health facility. The risk of death is higher in this group of people.

## How to treat or manage COVID-19

Once diagnosed with COVID-19 by the authorized health workers, you would be taken to a treatment center where you will be treated. The treatment will include isolation and other appropriate supportive measures until test confirms that you no longer have the virus and you are fit for discharge.



## How to prevent COVID-19

COVID-19 can be prevented by breaking the chain of transmission and making sure that the virus does not get into your mouth, eyes and nose. This can be achieved by ensuring or promoting the following:

- **Hand hygiene** - Wash your hands regularly and thoroughly with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer if soap and water are not available. Avoid touching your eyes, nose and mouth with unwashed hands. Clean frequently touched surfaces using disinfectant. Frequently touched surfaces include doorknobs, cell phones, computer keyboards, kitchen tables etc.
- **Respiratory hygiene** - Cover your nose and mouth with tissue or your bent elbow when coughing or sneezing. If you use tissue, dispose of it in a closed waste bin and wash your hands immediately.
- **Social distancing** - Maintain 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 travels that are not essential; and limit visitors to your house/visitation. Avoid contact with people who are sick; and stay home if you are sick. Self-isolate and seek medical help if you think you have COVID-19. Stay at home when government advises.



## Self-isolation and those that need to self-isolate

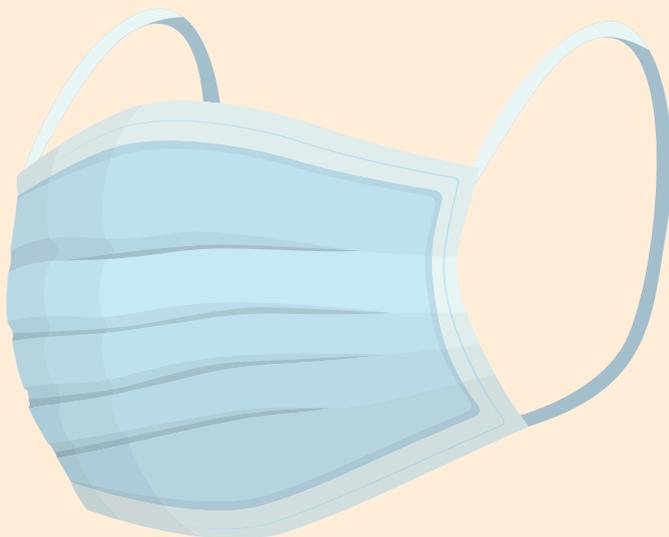
Self-isolation means strictly staying at home or at an identified accommodation. You stay in a designated room and ensure that you do not make contact with anybody in the house. You should have separate toilet, toiletries, feeding utensils etc. and avoid situations where you mix with family members or the general public, for a period of 14 days. Anyone bringing your food or consumables should drop them by the door so that you pick them from there.

No family members or visitors should come into your room during that period.

All people who arrive in Nigeria from overseas or think they may have been in close contact with a confirmed case of COVID-19, are required to self-isolate for 14 days. People with only mild illness are asked to isolate at home to ensure hospitals can maintain the capacity to treat severe cases, if required.



## Persons that should wear a mask to protect themselves



According to the World Health Organization (WHO), medical face masks should be worn primarily by people who show symptoms of COVID-19, health workers and people who are taking care of people with COVID-19 in close settings (at home or in a health care facility).

The Nigeria Centre for Disease Control (NCDC) recommends the use of face masks by members of the public, as an optional additional layer and not as a compulsory measure, in addition to physical distancing, hand and respiratory hygiene measures in Nigeria. The primary rationale for the advice on face masks is to prevent those who are infected but asymptomatic from spreading the virus. However, mask must be used and disposed properly. Disposable face masks can only be used once. Improvised masks are also an option – as long as they are properly washed regularly. They can be made out of cloth or other materials. The following should however be noted:

The usage of face masks is particularly advised while attending large gatherings (where it is absolutely necessary to attend) like shopping outlets, markets, pharmacies, etc.

The wearing of face masks alone will not project against COVID-19, but must be combined with physical distancing, handwashing, respiratory hygiene, cleaning and disinfecting frequently touched surfaces and other advice from NCDC.

## How to Put on, Use, Take off and Dispose a Mask

1. Before touching the mask, wash hands with soap and water or clean with an alcohol-based hand rub.
2. Take the mask and inspect it for tears or holes.
3. Orient which side is the top side (where the metal strip is)
4. Ensure the proper side of the mask faces outwards (the coloured side).
5. Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
6. Pull down the mask's bottom so it covers your mouth and your chin.
7. Avoid touching the outer surface of the mask while using it, and also, pulling the mask on and off while in use.
8. After use, take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes. Do not touch the surface of the mask.
9. Discard the mask in a closed bin immediately after use. Do not drop on a table, in a handbag or anywhere else apart from the bin.
10. Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.

## Availability of drugs or vaccines for the prevention and treatment of COVID-19

There are currently no drugs or vaccines that can prevent or cure the disease. Research is still on-going to discover drugs for the cure of COVID-19 including drugs like Chloroquine. Chloroquine is also under research. Things like palm oil, garlic, shea butter, lemon, hot tea, spices, etc. cannot prevent or cure COVID-19.

Please always get information from credible sources.

## Preventing and Addressing COVID-19 related Stigma

Stigma occurs when somebody or a group of people are negatively associated with an infectious disease, such as COVID-19. In the case of COVID-19, there are increasing reports of stigmatization against people returning from areas affected by the pandemic. Other people who face stigma are people of Asian descent such as Chinese and health workers. Unfortunately, this means that people are being labeled, stereotyped, separated, physically attacked and/or experience loss of status and discrimination because of a potential negative affiliation with the disease.

Stigma negatively affect those with the disease, as well as their caregivers, family, friends and communities which may cause social rejection and physical violence. People who do not have the disease but share similar symptoms of the disease with this group may also suffer from stigma.

Given that COVID-19 is a new disease, it is understandable that its emergence and spread cause confusion, anxiety and fear among the general public. The only way to confirm that somebody has coronavirus is through a test.

Stigma can:

- Drive people to hide the illness to avoid discrimination
- Prevent people from seeking health care immediately
- Discourage them from adopting healthy behaviours
- Affect the emotional or mental health of affected people

Stigma can fuel the transmission of COVID-19 and make it more difficult to contain the outbreak. Due to the mode of transmission, anyone can be at risk so everyone must work together to stop stigma related to COVID-19.

Take action:

- When someone in your community returns from a location (state, city or town) where there is COVID-19 outbreak, he/she should be encouraged and supported to quarantine for 14 days as directed by Government.
- If anyone in your community is suspected to be exposed to the virus and they are having symptoms of fever, cough or difficulty in breathing, support them to call Kaduna State COVID-19 Call Center numbers below for further care and instructions.

## Availability of health services during the lockdown

During this period of restricted movement, all PHC services such as immunization, ANC, delivery, family planning, nutrition and emergency services are available. Please avail yourself of these services.

### For more information

For the latest advice, information and resources, go to [www.kdsg.gov.ng](http://www.kdsg.gov.ng) and [www.ncdc.gov.ng](http://www.ncdc.gov.ng) or call:

#### Kaduna State COVID-19 Call Center

08051217710	09058008251
08118588175	08118588176
09032102632	09087992015

This material was developed by the **Emergency Operation Center (EOC)** of **Kaduna State Ministry of Health** with the support of



#### Appreciation to technical partners

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