CORONAVIRUS DISEASE (COVID-19)
PREVENTION

NCDC NIGERIA CENTRE FOR DISEASE CONTROL

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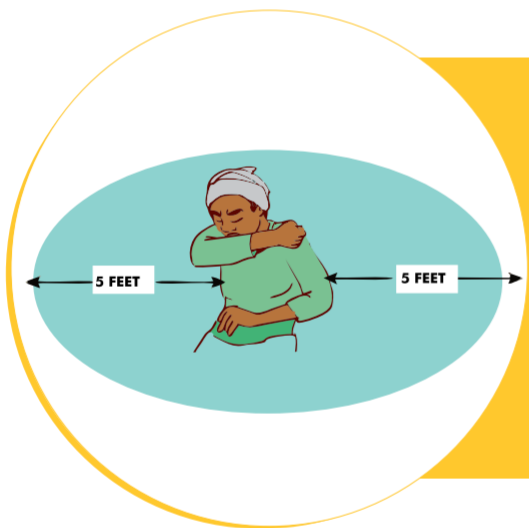
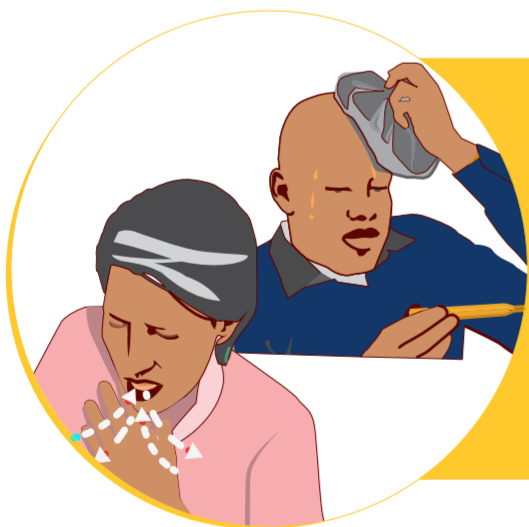Regularly and thoroughly wash hands with soap under running water or use alcohol-based sanitiser if water is not available

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 to a country with COVID-19 outbreak in the last 14 days and you have a fever, cough, or breathing difficulty call NCDC

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

NCDC Toll-free Number: 080097000010
SMS: 08099555577 / Whatsapp: 07087110839 / Mobile: 07036708970
Twitter/Facebook: @NCDCgov   WWW.NCDC.GOV.NG

Borno PHEOC Toll free number
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