



**WORLDWIDE, EVERYONE PROTECTS THEIR UNIQUE IDENTITY.  
WORLDWIDE, EVERYONE'S PROTECTING THEMSELVES FROM  
A UNIQUE CORONAVIRUS.**

**LEARN ABOUT THE COVID-19 CORONAVIRUS**

**STAY SAFE**

## **HEALTH SAFETY TIPS FOR THE COVID-19 OUTBREAK**

- **Wash Your Hands Regularly and Thoroughly**  
You touch a lot of things with your hands all the time and the COVID-19 virus tends to stick to your hands like oil droplets on contact. Just like with washing off oil, you need to regularly wash your hands thoroughly with soap and water or use hand sanitisers, killing the virus.
- **Avoid Exposed Coughing and Sneezing**  
Cover your mouth with your bent elbow or some tissue paper when coughing or sneezing.  
Keep a safe distance away from people coughing and sneezing as the COVID-19 virus can spread through droplets coughed or sneezed out.
- **Try Not to Touch Your Face So Much**  
Take special care not to touch your eyes, nose and mouth with your hands (especially unwashed hands) as contaminated hands can spread the virus into your body this way.
- **Avoid Unnecessary Gatherings of People**  
Do not join tight groups of people crowded in a place as the virus can spread easily from person to person infecting you and others.  
You might also bring the infection back home to your family and friends.
- **Pray for the Best, Be Positive**  
Try to stay calm and don't panic.  
Be wary of false stories and misinformation shared over social media.  
If you or anyone close to you is feeling sick, seek medical assistance appropriately.  
The Nigeria Centre for Disease Control can be alerted by calling 0800 9700 0010.



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