



# THE BIG STORY

A WEEKLY PUBLICATION FROM THE MEDIA DESK

## Coronavirus: How to stay safe

### Protect yourself from getting sick

**Avoiding unprotected contact with sick people** (including spitting in public, touching one's eyes, nose or mouth) and **with live farm or wild animals**



### Reduce your risk of coronavirus infection:

Clean hands with soap and water or alcohol-based hand rub

Cover nose and mouth when coughing and sneezing with tissue or flexed elbow

Avoid close contact with anyone with cold or flu-like symptoms

Thoroughly cook meat and eggs

No unprotected contact with live wild or farm animals



### Wash your hands

Wash your hands with soap and running water when hands are visibly dirty



If your hands are not visibly dirty, wash them with soap and water or use an alcohol-based hand cleanser



## Coronavirus : FAQ

### What are the Symptoms?

- Runny nose
- Sore throat
- Headache
- Fever
- Cough
- Feeling of being unwell

### How is it transmitted?

Human coronaviruses most commonly spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, eyes without washing your hands
- Rarely, fecal contamination

Reported by Dr. Chika Anozie, Head, National Identity Management Commission (NIMC) Clinic



## NIN Enrolment is Free

Don't Give Money



www.ninenrol.gov.ng

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### PUBLIC NOTICE

DIAL \*346# TO RETRIEVE YOUR NATIONAL IDENTIFICATION NUMBER (NIN)

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