

SELF ISOLATION

GUIDE

What to do in 14 Days



#TakeResponsibility

This is supported by *Gatefield*

Self Isolation

Purposely staying at home, away from everybody for a period of 14 days



Do not go closer than 2 metres (5 feet) to anyone.

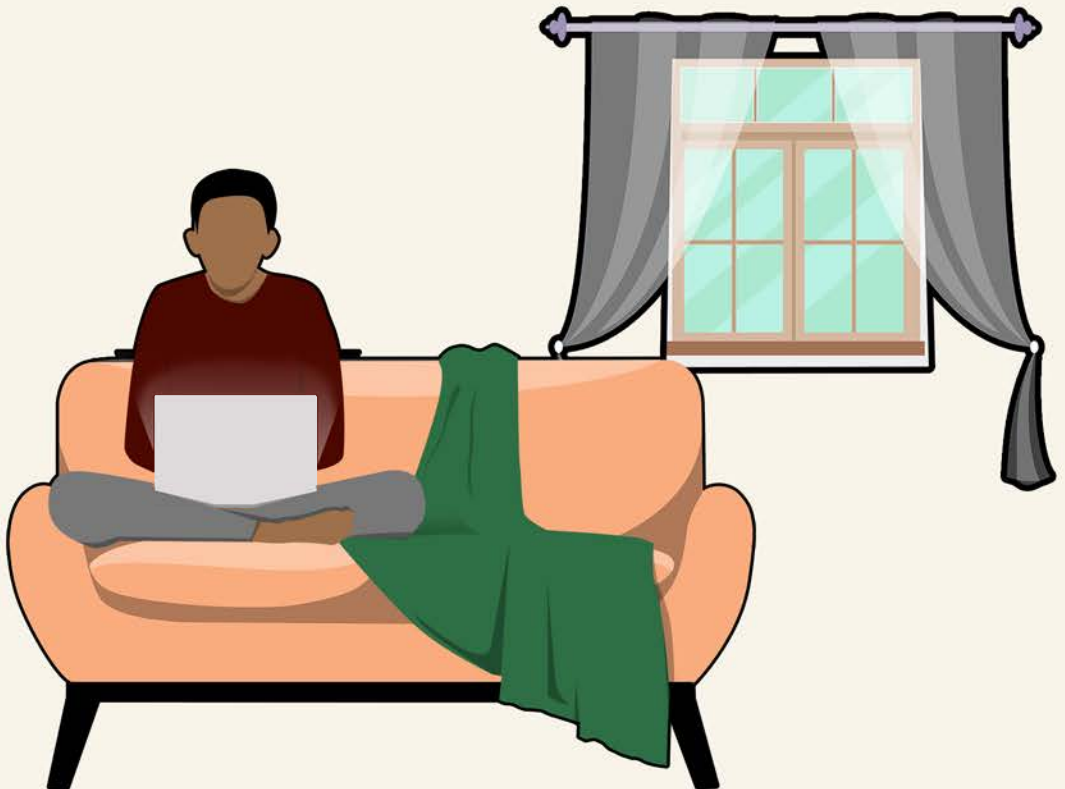
Stay in a well ventilated room alone

Keep away from everyone including family and pets. Do not use commonly shared household items



Ensure you work from home

If you have to work, do so from home during self-isolation



Ensure you have adequate Supplies

Have adequate supply of food, water, toiletries, medication for existing ailment and other necessities



Practice Clean Hygiene regularly

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



Immediately dispose used tissue in a covered bin

Wash your hands with soap and water. If not available, use an alcohol-based hand sanitiser.



Frequently clean & disinfect surfaces

Clean and disinfect frequently touched surfaces such as door handles, furniture, etc using household disinfectants.



Contact Us if you feel sick

If you feel feverish, keep coughing, have a sore throat and difficulty breathing, call on the NCDC for immediate help



0800 9700 0010



08099555577



07087110839



@NCDCgov



info@ncdc.gov.ng

