

COVID-19

WHAT YOU NEED TO KNOW

What is COVID-19?

COVID-19 is the disease caused by the new strain of coronavirus that originated in Wuhan, China in December 2019. By March 2020 it had spread to most countries around the world, including the majority of Africa.

Nigeria reported its first confirmed case on 28 February 2020.



How does it spread?

Once in humans, coronaviruses can spread to other humans through:



Direct contact with an infected person
E.g. shaking hands, then touching your face



Air transmission
Inhaling droplets released from coughing, sneezing, or spitting by an infected person



Infected surfaces
E.g. touching an infected surface and then touching your face

What are the symptoms?

The most common symptoms are a fever, tiredness and a dry cough.

Other symptoms include aches and muscle pains, nasal congestion, a runny nose, sore throat or diarrhoea, and shortness of breath. Symptoms are usually mild and begin gradually, while some people have no symptoms at all.

Most people don't need specialised medical treatment to recover from COVID-19. However, people over 60 and those with underlying (pre-existing) medical conditions are at greater risk of complications.

People with a fever, cough and shortness of breath/difficulty breathing should seek medical attention early.



How can I prevent getting infected and spreading the virus?



Wash your hands often using soap and water or alcohol-based hand rub for 20 seconds.



Stand at least 2 metres away from other people when you are in public.



Avoid touching your face, especially your eyes, nose and mouth.



Clean and disinfect surfaces that are frequently touched, e.g. door handles and table surfaces.



Avoid eating raw or uncooked animal products.



Cover your mouth and nose when coughing and sneezing with a tissue or the inside of your elbow.



Avoid travel if you have a fever or cough.



Throw the tissue away immediately in a closed bin and wash your hands.



Stay at home and self-isolate if you are sick.



USE A FACE MASK

Use a cloth mask in addition to hand washing and social distancing. Medical masks are reserved for health workers due to global shortages. Masks do not necessarily protect the wearer, but protect others if you are infected and not showing symptoms.

How to use a face mask

Fit the mask firmly over your nose and mouth and do not touch it once it's on.

Replace it with a new one once it's damp. Remove it from behind, throw single-use masks in a closed bin and wash your hands well.

Wash cloth masks immediately in warm soapy water. Iron them afterwards for extra sanitisation.

What we are doing at THT

Every one of our members matters to us. We will continue to monitor developments on COVID-19 to provide you with the necessary information to keep you updated.

You can also visit the World Health Organisation (WHO) website for more information:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

If you suspect that you have come into contact with someone infected with COVID-19, feel unwell or have some or all of the symptoms stated above, please contact one of the Nigerian Center for Disease Control (NCDC) numbers below, and remain at home until you receive further instructions from them.

NCDC toll-free number: 0800 9700 0010

SMS number: 0809 955 5577

WhatsApp number: 0708 711 0839

For enquiries and assistance, please contact our call centre via email on thtcallcentre@totalhealthtrust.com or call us on 01 448 2105 or 0708 068 7600.