

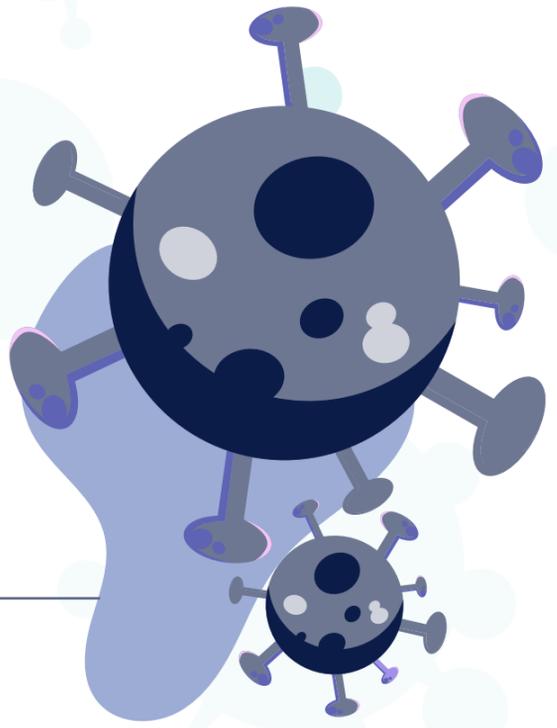
# COVID - 19

## WHAT YOU NEED TO KNOW

### What is it?

COVID - 19 stands for the Coronavirus disease caused by the new strain of coronavirus that originated in Wuhan, China. It has spread to other countries such as South Korea, Italy, France, Spain, Germany, Iran, Kuwait, Brazil, Canada & USA.

Officially, Nigeria reported her first confirmed case on 28 February 2020



### How does it spread?

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



**Direct touch with an infected person**  
E.g by shaking hands



**Air Transmission**  
E.g coughing, sneezing, or spitting

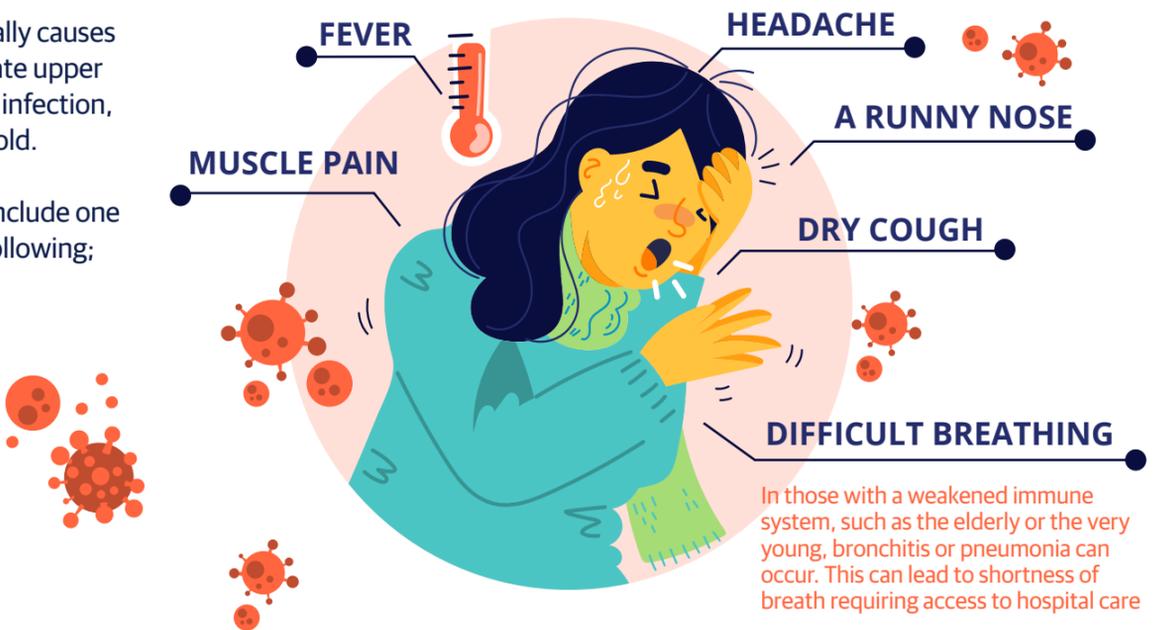


**Infected Surfaces**  
E.g touching an infected surface and then touching your face.

### Symptoms?

The illness typically causes a mild to moderate upper respiratory tract infection, like a common cold.

Symptoms can include one or more of the following:



### Prevention?



**Wash Your hands often**  
Do this thoroughly with soap & water for 20 seconds as often as you can. Consider having alcohol-based hand sanitizers with you.



**Use Face Masks**  
Only use masks if you have symptoms or for taking care of someone who has symptoms. Fit the mask snugly over your nose and mouth and do not touch it once its on. Replace it with a new one as soon as it is damp. Remove the mask from behind, throw it in a closed bin and wash your hands well.



**Avoid close contact**  
Stay at a distance 1m (3 feet) when talking with someone who has a cough.



**Avoid touching your face**  
Avoid touching the T-zone of your face. This includes your eyes, nose & mouth



**Clean & disinfect**  
Clean and disinfect objects that are frequently touched, e.g. door handles, table surfaces, etc.



**Raw animal products**  
Avoid raw or undercooked animal products



**Travel Advisory**  
Avoid travel if you have a fever or cough



**Cover your mouth/ nose**  
When sneezing or coughing, cover your mouth and nose with a tissue or the inside of your elbow. Throw the tissue away immediately and wash your hands

If you suspect that you have come in contact with someone infected with the COVID-19 virus, have returned from any country with a high infection rate in the last 14 days and have some or all of the symptoms stated above or, if you feel unwell and have some or all of the symptoms stated above, please contact any of the Nigerian Center for Disease Control (NCDC) toll free 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

### What we are doing at THT

Every one of our members matter to us. We will continue to monitor developments in this space, and also bring you 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>

**Prevention is better!**  
**#StayHealthy**

For enquiries and assistance, please reach out to our call centre via email on [thtcallcentre@totalhealthtrust.com](mailto:thtcallcentre@totalhealthtrust.com) or call 01 448 2105, 0708 068 7600