

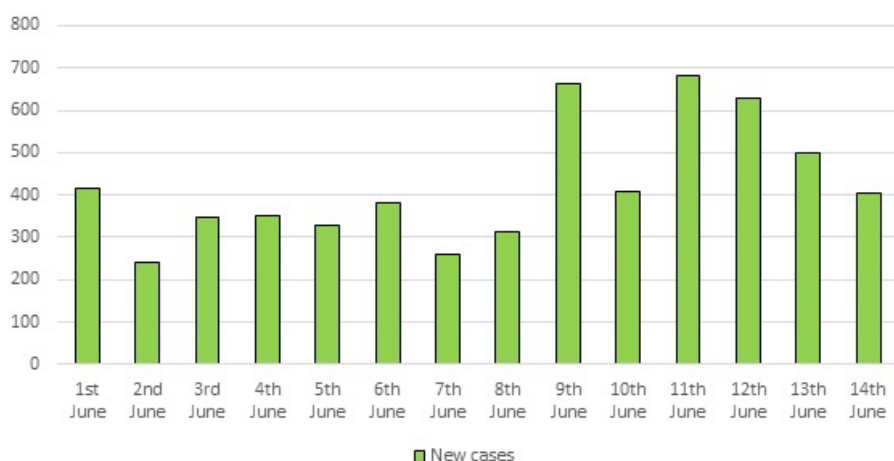
The coronavirus pandemic currently shocking the world gained entry into Nigeria with its first case confirmed on the 27th of February, 2020 in Lagos state. The discovery spiralled into a frenzy of misinformation as the NCDC and Federal Ministry of Health worked to allay citizens' fears and contain the outbreak. It is important that we all play a role in beating the virus by sharing only validated information and promoting effective preventive measures.

The Coronavirus CivActs Campaign (CCC) gathers rumours, concerns and questions from communities across Nigeria to eliminate information gaps between the government, media, NGOs and citizens. By providing the public with facts, the CCC ensures a better understanding of needs regarding the coronavirus and debunks rumours before they can do more harm. Information sharing will be critical to defeating the virus, due to the diverse cultural backgrounds and drawbacks in national education.

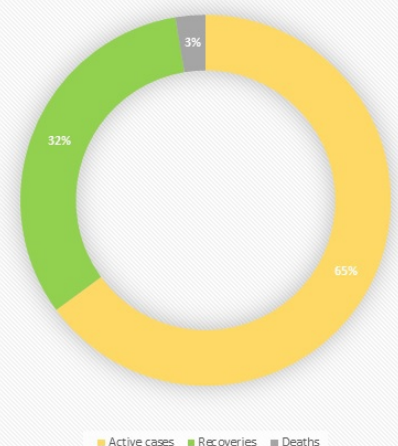
Coronavirus poses a serious threat to Nigeria's population of over 180 million people given the country's weak healthcare system, high level of poverty, crowded living conditions and deep-set corruption in government. Economic and insecurity conditions in Nigeria were already tenuous before this outbreak, and Nigeria already fares badly against any health indicators, with high mortality rates and poor life expectancy. When and if coronavirus hits the highly populated communities of Nigeria's cities, it could be a disaster.

It is absolutely critical that Nigeria deals with this pandemic in forward-thinking, open, transparent ways to ensure the well-being of citizens, build resilience and rapidly curb the potential for social conflict. In Nigeria, this is a huge challenge but also a real opportunity to reimagine public health systems, redefine the relationship between citizens and those in power, and reinvigorate governance.

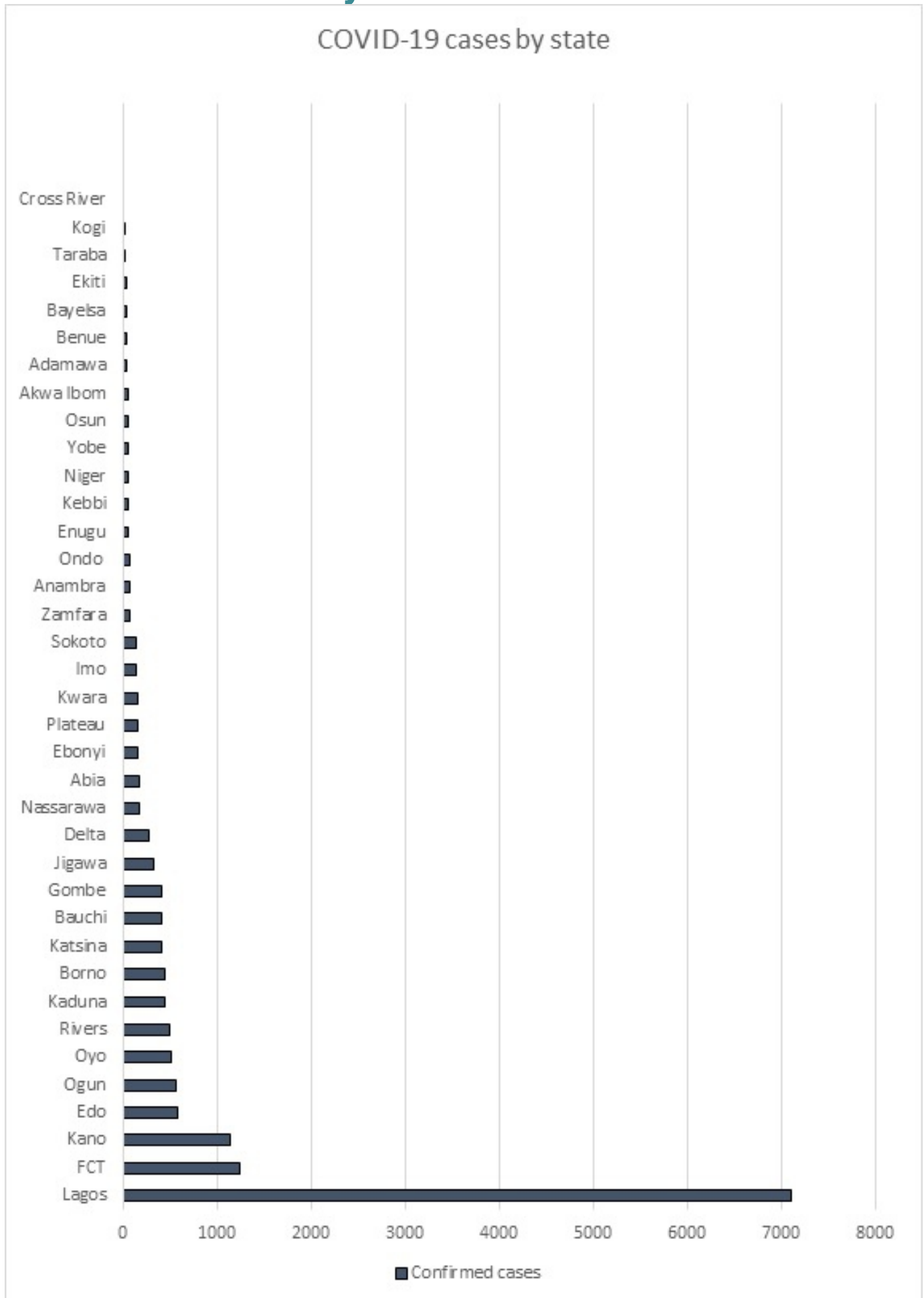
COVID-19 Two-week new case chart



COVID-19 case tracking



COVID-19 cases by state



RUMOURS



COVID-19 is a severe form of malaria that transmits from person to person

A new strain of malaria that causes loss of smell and/or taste is spreading.

COVID-19 can be spread through food

COVID-19 can be spread by mosquito bites

Prolonged use of medical masks causes oxygen deficiency

VS



FACTS

Though the coronavirus presents with symptoms similar to malaria, such as fever and headaches, the diseases are caused by different organisms with different modes of transmission.

Loss of smell or taste has been identified as a symptom of COVID-19. It is advised to self-isolate and contact the NCDC if experiencing such symptoms. Malaria is not known for causing loss of taste or smell in its host.

It is highly unlikely that the coronavirus can be contracted through food or food packaging. COVID-19 is a respiratory illness and the primary transmission route is through person to person contact and through direct contact with respiratory droplets generated when an infected person coughs or sneezes. Coronaviruses cannot multiply in food.

The WHO has said that there is no information or evidence to suggest that the coronavirus can be transmitted by mosquitoes. The CDC has also supported this stance.

Though prolonged use of medical masks can be uncomfortable, it does not lead to oxygen deficiency or Carbon Dioxide intoxication. While wearing a medical mask, it is important to make sure it fits properly and it is tight enough to allow you breathe normally.

COVID-19: Advisory for Pregnant women and nursing mothers

Pregnant women seem to bear equal risk of contracting COVID-19 as other adults, based on available information. However, due to the bodily changes that occur during pregnancy, there may be an increased risk of severe illness when infected with viral respiratory infections. Therefore, it is important that pregnant women should take precautions to avoid COVID-19 infection.

Pregnant women and nursing mothers can protect themselves and their newborns from COVID-19 by taking the following actions:

1. Cover your nose and mouth when coughing or sneezing with a bent elbow or tissue (throw tissue into closed bin immediately after use)
2. Avoid contact with people who are sick or who have been exposed to the virus
3. Maintain the WHO standard of physical distancing with a minimum of 2 metres between you and the next person
4. If physical distance is impossible to achieve, wear a face mask
5. Clean hands often using soap and running water or using an alcohol-based hand sanitizer
6. Clean and disinfect frequently touched surfaces on a daily basis
7. If possible, stay home for the duration of the pregnancy except for ante-natal care hospital visits
8. Eat healthy and nutritious meals
9. Ensure adequate bed rest

In the case of suspected or confirmed coronavirus infection, where you are pregnant and have either a high temperature or a new continuous cough:

1. Do not go to the hospital but contact your doctor and the NCDC via 080097000010 or state epidemiologist immediately. Stay at home for 14 days if possible.
2. Contact your clinic to inform them that you have symptoms suggestive of coronavirus, especially if you have any routine appointments in the next 7 days.
3. The clinic should postpone routine antenatal visits until after the isolation period is over and arrange the right place and time for you to come for your visits.

In limited studies, COVID-19 has not been detected in breast milk; however, it is not known for sure whether mothers with COVID-19 can spread the virus via breast milk.

If you are suspected or confirmed to have COVID-19 and choose to breastfeed, you should:

1. Maintain strict hygiene and wash your hands before each feed
2. Wear a facemask
3. Another option is to use a pump or express the breast milk by hand and have someone who is not sick feed the baby. If you pump or hand express your milk, make sure to wash your hands before doing so.

CORONAVIRUS UPDATE IN NIGERIA AT AS TODAY - 23/06/2020

20,919

CONFIRMED CASES

525

DEATHS

7,109

RECOVERED

115,760

TESTED