

The coronavirus pandemic emerged in Lagos state with its first case confirmed on February 27, 2020. The discovery initiated a frenzy of misinformation and the NCDC and Federal Ministry of Health has worked hard 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 and proven preventive measures.

The Nigeria Coronavirus CivActs Campaign (CCC) gathers rumours, concerns and questions from communities across the country 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.

## DON'T PANIC!

**Follow these steps to help prevent the spread of coronavirus.**

•Wash your hands regularly with soap and lather for at least 20 seconds. Washing and disinfecting your hands with hand sanitizers also deactivates the virus. Avoid touching your face, especially the mucous membranes (eyes, nose and mouth)



•Observe social distancing. Keep a distance of 6 feet away from others to avoid spreading the virus in public. The fewer the people who transmit the virus, the less likely it is for the virus to thrive.



•Cover your nose and mouth with your elbow or a tissue when coughing or sneezing, and throw the tissue away immediately. Avoid handshakes.



•Avoid touching public surfaces as the virus can remain viable outside the body for long periods of time.



# Rumours → Facts



We've heard that the coronavirus is a ruse imagined by the government to steal public funds under the guise of protecting our health. If it was true, why wasn't the first patient's name disclosed?

The COVID-19 virus emerged in Nigeria in February, with 30 cases confirmed as of March 23. Every case is verified in molecular laboratories by the Nigeria Centre for Disease Control (NCDC), according to testing methods recommended by the World Health Organisation (WHO). The confidentiality of patients is respected to avoid distress and panic.

Can the coronavirus be prevented or cured by taking the antimalarial drug Chloroquine?

The National Agency for Food and Drug Administration and Control (NAFDAC) has only approved Chloroquine for clinical trials and it has not been verified as a treatment for the coronavirus. It can cause debilitating side-effects in people who do not have medical prescriptions for the drug.



Is it true that COVID-19 was created in a lab for biological warfare against humans and is an act of aggression by the western world?

COVID-19 was first transmitted from wild animals to humans in Wuhan, China. Scientists believe the virus may have developed in bats, and later pangolins. An analysis of the public genome sequence data of the virus has found no evidence that it is man-made.

Are Nigerians immune to coronavirus as I heard it cannot survive in warm climates?

Social distancing and handwashing remain the best practices for reducing the risk as Africans are not immune to the virus. There is some evidence that warmer weather may slow the spread, but it does not stop the virus.



Can eating garlic and drinking warm water disable coronavirus?

Though it is good to stay hydrated for your overall health, drinking warm water or eating garlic has no effect on infection rates for COVID-19.

SOURCES: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/people-at-higher-risk.html>  
<https://www.sciencedaily.com/releases/2020/03/200317175442.htm>  
<https://amref.org/coronavirus/>  
<https://covid19.ncdc.gov.ng>  
[https://en.wikipedia.org/wiki/2020\\_coronavirus\\_pandemic\\_in\\_Nigeria](https://en.wikipedia.org/wiki/2020_coronavirus_pandemic_in_Nigeria)  
<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Nigeria.html>  
<https://www.iamat.org/country/nigeria/risk/coronaviruses>  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>  
<https://africacheck.org>  
<https://twitter.com/fmohnigeria>

# CORONAVIRUS

It is important to note that the following people are considered high-risk for severe illness from the coronavirus:

- People aged 65 and above;
- People with conditions including chronic lung disease, asthma, heart disease with complications, those who are immunocompromised including those on cancer treatment and anybody with a body mass index greater than 40.

**When to wear a mask:** The WHO recommends that face masks are not necessary except to prevent coughing and transmitting the virus to others. If you must wear a mask, be sure to avoid touching your face while doing so. Masks should not be reused or placed under the chin.

COVID 19 is spread when cough droplets from an infected person make their way to the lungs either through inhalation or through contact with mucous membranes of the face.

If you present with the symptoms of COVID-19, such as a dry cough, fever, fatigue or shortness of breath, remain in isolation and call either of the following numbers 080097000010, 08000267662, 112.

## Where do I get treatment?

Currently, five laboratories in Nigeria can diagnose COVID-19:

- The NCDC National Reference Laboratory
- Virology Laboratory of Lagos University Teaching Hospital
- Irrua Specialist Teaching Hospital
- Nigerian Institute of Medical Research
- African Centre of Excellence for Genomics of Infectious Disease

Cases are being treated at the University of Abuja Teaching Hospital (UATH) in Gwagwalada, while cases in Lagos are being treated at the Infectious Disease Hospital (IDH) in Yaba.

Toll Free Number: 0800 9700 0010

Whatsapp: +234 708 711 0839

SMS Number: +234 809 955 5577

Call: +234 703 670 8970

# Social Distancing 101

**Social distancing measures are steps you can take to reduce social interaction between people. This will help radically to reduce the transmission of the coronavirus.**

## Guidelines

- Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
- Avoid non-essential use of public transport when possible
- Work from home, where possible.
- Avoid large and small gatherings in public spaces, noting that pubs, restaurants, leisure centres and similar venues are currently operating on limited hours as infections spread easily in closed spaces where people gather together.
- Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
- Use telephone or online services to contact your GP or other essential services
- We strongly advise you to follow the above measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible, particularly if you are over 70, have an underlying health condition, or are pregnant.