



# SELF ISOLATION GUIDE

WHAT TO DO IN 14 DAYS.

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#TakeResponsibility

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# 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.



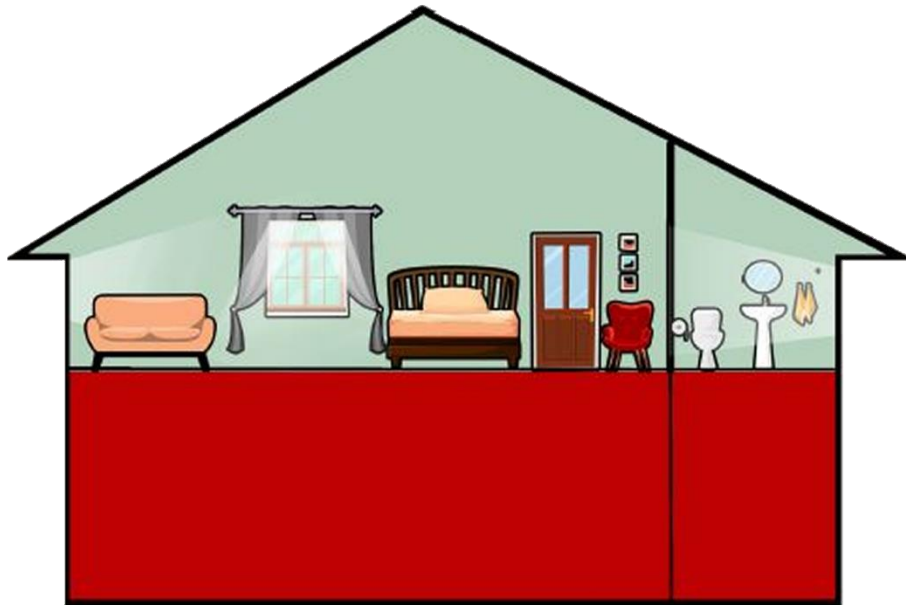
Source: Nigeria Centre for Disease Control (NCDC), 2020

For more updates:

[www.sakinahoutreach.org](http://www.sakinahoutreach.org)

# Stay in a well ventilated room alone

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



Source: Nigeria Centre for Disease Control (NCDC), 2020

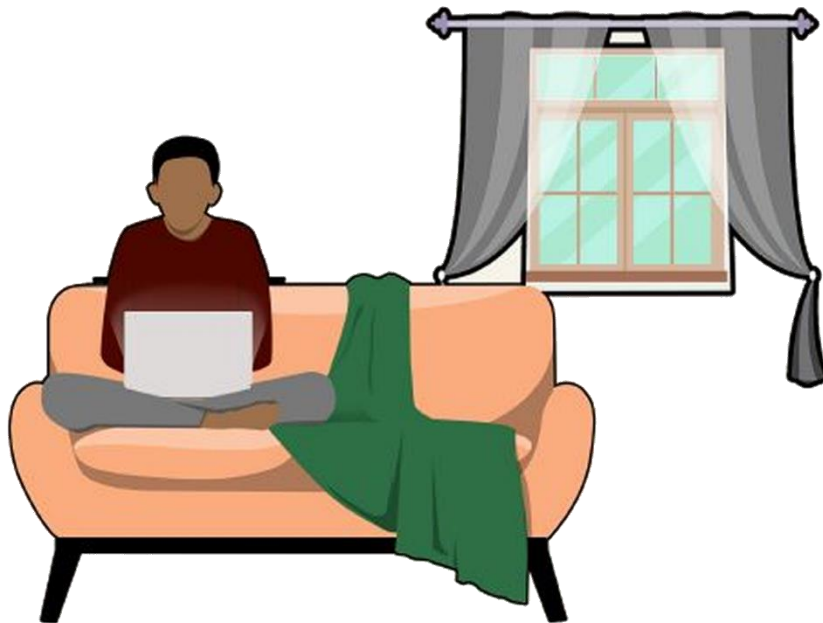
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# Ensure you work from home

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



Source: Nigeria Centre for Disease Control (NCDC), 2020

For more updates:

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# Ensure you have adequate supplies

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



Source: Nigeria Centre for Disease Control (NCDC), 2020

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# Practice clean hygiene regularly

- Wash your hands with soap and water. If not available, use an alcohol-based hand sanitiser.
- Cover your nose and mouth with tissue or elbow when coughing or sneezing
- Immediately dispose used tissue in a covered bin



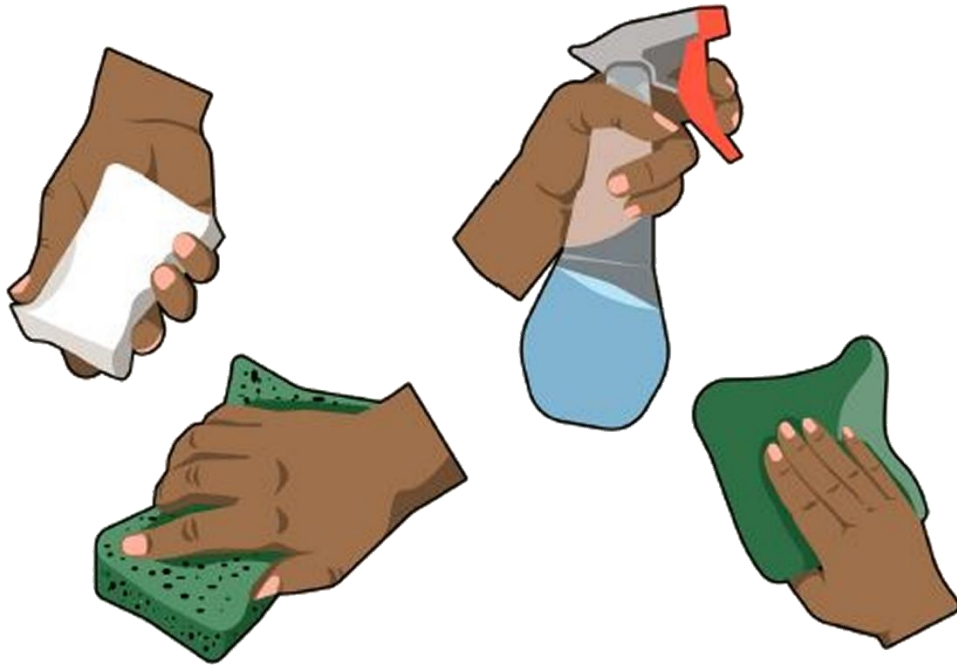
Source: Nigeria Centre for Disease Control (NCDC), 2020

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# Frequently clean & disinfect surfaces

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



Source: Nigeria Centre for Disease Control (NCDC), 2020

For more updates:

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# Contact emergency health centres

If you feel feverish, keep coughing, have a sore throat and difficulty breathing, contact Nigeria Centre for Disease Control (NCDC) for immediate help;



0800 9700 0010



08099555577



07087110839



@NCDCgov



info@ncdc.gov.ng



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