



FEDERAL MINISTRY OF
HEALTH

COVID-19

ADAPTING TO THE NEW NORMAL





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TABLE OF CONTENTS

What Is Coronavirus Disease (COVID-19)?	5
How Is COVID-19 Transmitted?	5
Symptoms of COVID-19	5
Who is at a higher risk of COVID-19	6
How to prevent the spread of COVID-19	6
True and False Statement About COVID-19	7
What to do when in Public	9
Facemasks	9
How to wear and remove a Facemask correctly	10
Don'ts of using Facemasks	10
Testing for coronavirus	11
Adapting to the new normal	11
What you can do to stop stigma associated with COVID-19	12
Dos and Don'ts to Prevent Covid-19 Stigma	13
COVID-19 Vaccine	15
COVID-19 and Gender-Based Violence (GBV)	15
COVID-19 and Mental Health	16
References	16

ACRONYMS

- **COVID-19** – Corona Virus Disease
- **EVA** - Education as a Vaccine
- **FMOH** - Federal Ministry of Health
- **GBV** – Gender Based Violence
- **HIV** – Human Immuno Deficiency Virus
- **NCDC** - Nigeria Centre for Disease Control
- **UNFPA** - United Nations Fund for Population Activities
- **WHO** - World Health Organization

FOREWORD

The COVID-19 pandemic has resulted in collateral side effects such as decreased access to essential health services: for example, Sexual and Reproductive Health Services, school-based education and loss of opportunities for employment.

To address this, the Federal Ministry of Health developed policies, guidelines and standard operating procedures to support capacity building of health care workers in personal, preventive, protective, curative, rehabilitative care, while fostering essential health services such as Reproductive, Maternal New-born, Child, Adolescent and Elderly care, including Nutrition.

This handout on COVID-19 was developed for young persons in collaboration with relevant key stakeholders, UNFPA, other UN agencies, young people led organizations among others, to ensure young persons have some knowledge about care during COVID-19, in a format that they easily understand in both formal and informal settings.

The handout has the following sections: debunking myths and misconceptions, symptoms and signs of COVID-19, gender –based violence, COVID-19 infection preventive measures, vaccines and, useful information that young people will need, to maintain a good mental health.

I therefore recommend the COVID 19 handout to all stakeholders, and most especially Young People led Organizations, Civil Society Organization and Non-Governmental Organizations working on adolescent health and development as a resource tool for protecting young people through the provision of accurate and consistent information to Adolescent and young people in Nigeria.



Dr. E. Osagie Ehanire, MBBS, FWACS
Honourable Minister of Health



WHAT IS CORONAVIRUS DISEASE (COVID-19?)

Coronavirus disease (COVID-19) is an infectious disease caused by the newly discovered corona virus (SARS-CoV-2).

Coronaviruses are a type of viruses which belong to a family known to cause illnesses both in humans and animals. These viruses can cause common cold, Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). In 2019, a new strain of coronavirus that has not been previously identified in humans ever Acute Respiratory Syndrome Coronavirus 2 (SARS CoV-2), was discovered to be the cause of the coronavirus disease. The COVID-19 outbreak has affected countries worldwide including Nigeria

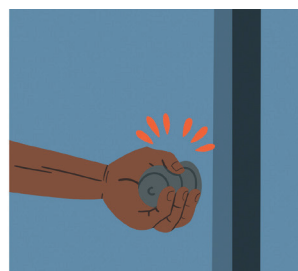
HOW IS COVID-19 TRANSMITTED?

COVID-19 can spread from person to person through the following ways;

1. Through small droplets from the nose or mouth of an infected person which transmits the virus when the infected person coughs, sneezes, talks or sings. Anyone who is in close contact (within 1 meter) can get infected.



2. When a person touches objects or surfaces that an infected person has coughed or sneezed on, and then touches their mouth, nose or eyes.



SYMPTOMS OF COVID-19

COVID-19 symptoms include

- a. Cough
- b. Fever or chills
- c. Shortness of breath or difficulty inbreathing
- d. Sore throat
- e. Muscle or body aches
- f. Fatigue
- g. Loss of taste or smell
- h. Diarrhea
- i. Headache
- j. Nausea or vomiting and
- k. Congested or runny nose.

Note: Not all persons infected with COVID-19 will show symptoms. This means the virus can be transmitted from persons who do not know they have been infected to other people.



COVID-19 symptoms include



WHO IS AT A HIGHER RISK OF COVID-19

COVID-19 can be severe, and in some cases have caused death. People with higher risk are:

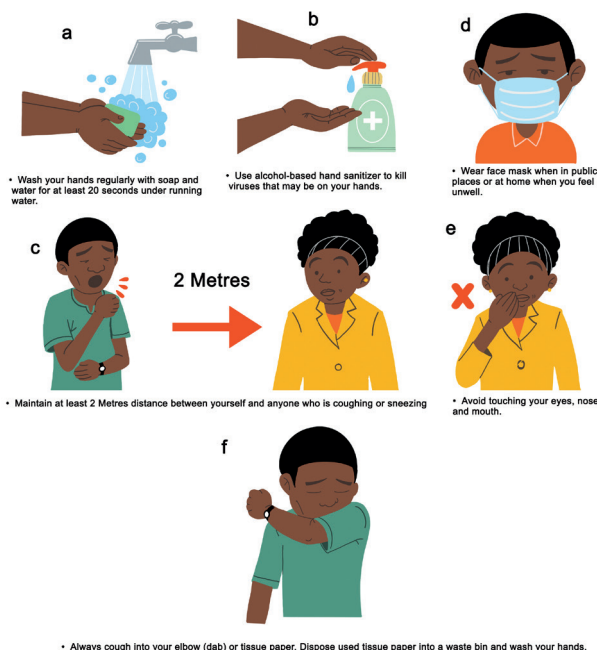
1. Older people - the risk of developing severe symptoms increases with age.
2. Those with underlying medical problems like high blood pressure, heart problems or diabetes, down syndrome and people with weakened immune systems such as HIV, organ transplant etc. are more likely to develop serious illness.

People with fever, cough and difficulty breathing should seek medical attention.

Knowing the facts is vital to being properly prepared to protect yourself and your loved ones.

HOW TO PREVENT THE SPREAD OF COVID-19

- a. Wash your hands regularly with soap and water for at least 20 seconds under running water.
- b. Use alcohol-based hand sanitizer to kill viruses that may be on your hands.
- c. Wear face mask when in public places or at home when you feel unwell.
- d. Maintain at least 2 metres distance between yourself and anyone who is coughing or sneezing.
- e. Avoid touching your eyes, nose and mouth.
- f. Always cough into your elbow (dab) or tissue paper. Dispose used tissue paper into a waste bin and wash your hands.



Stay at home if you feel unwell. If you have a fever, cough or experiencing difficulty in breathing, seek medical attention by calling the NCDC toll free number which is available 24hours, for guidance- 0800-970000-10.

TRUE AND FALSE STATEMENT ABOUT COVID-19

False	True
Black people are immune to the coronavirus.	Coronavirus can affect people of all ages and race. Everyone must take precautions.
Children and adolescents cannot contract COVID-19. Only older people can get infected with COVID-19	
Coronavirus is airborne	There is no conclusive evidence that coronavirus is airborne. However the virus is spread between people who are in close contact with each other typically 1 metre apart (close range). Also in poorly ventilated and crowded indoor settings
You can prevent coronavirus by boosting your immunity	You cannot prevent coronavirus by boosting your immunity. However, it is important to maintain a healthy life style for your general well-being.
Drinking alcohol protects you from the Coronavirus	Drinking alcohol does not protect from getting infected with the Coronavirus. Alcohol intoxication may impair reasoning and affect adherence to COVID-19 precautionary measures.
Gargling water and salt can prevent the coronavirus.	There is no evidence that regularly gargling with salt and warm water has protected people from COVID-19 infection.



Coronavirus cannot be transmitted in areas with hot and humid climates	Coronavirus can be transmitted in all areas including places with hot and humid climates.
Taking hot baths prevent coronavirus	Taking hot baths does not prevent coronavirus. Extremely hot baths can cause burns on the skin.
Coronavirus can be transmitted through mosquito bites	Coronavirus cannot be transmitted through mosquito bites.
Hot lemon tea kills coronavirus	There is no evidence that drinking lemon tea, using spices such as garlic and turmeric or increasing uptake of Vitamin C rich foods can prevent COVID-19.
'Special oils' kills coronavirus	'Special oils' do not kill coronavirus.
Drinking palm oil eliminates coronavirus	Drinking palm oil does not eliminate coronavirus.



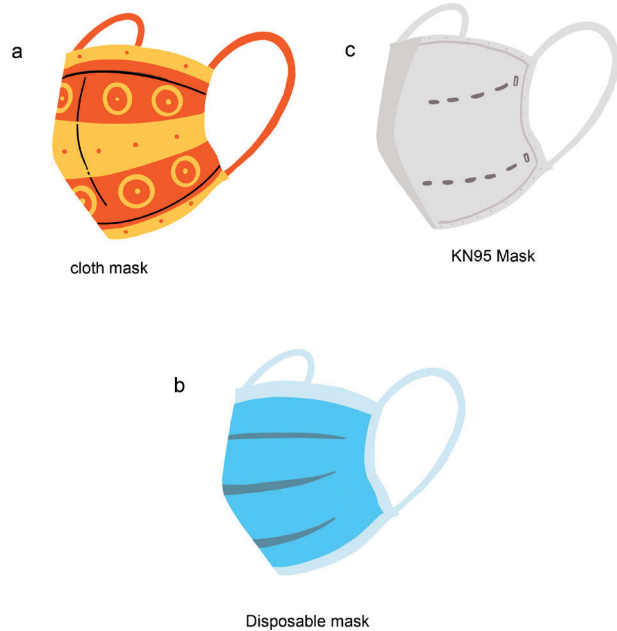
WHAT TO DO WHEN IN PUBLIC

- Stay up-to-date by checking with local authorities such as Nigeria Centre for Disease Control (NCDC) for the latest information on COVID-19
- Avoid touching surfaces and if you must touch these surfaces, as soon as you can, wash your hands for 20 seconds with soap and running water or rub your hands with sanitizer containing 60% alcohol.
- Practice physical distancing and avoid crowded places.
- Wear face mask regularly and correctly to cover your nose and chin.
- Practice hand hygiene such that, after you leave the bus stop, use hand sanitizer containing at least 60% alcohol. And when you arrive at your destination, wash your hands with soap and running water for at least 20 seconds.
- Improve ventilation by asking the driver to open the windows or setting the air ventilation/air conditioning on non-recirculation mode.

FACEMASKS

Facemasks are of different types. The most commonly used facemask are:

- a. Cloth Mask: should be 3 layers of breathable fabric.
- b. Disposable mask: are widely available and should not be used more than once
- c. KN95 Mask: Is a type of filtering face piece respirator. This is mostly recommended for health workers.



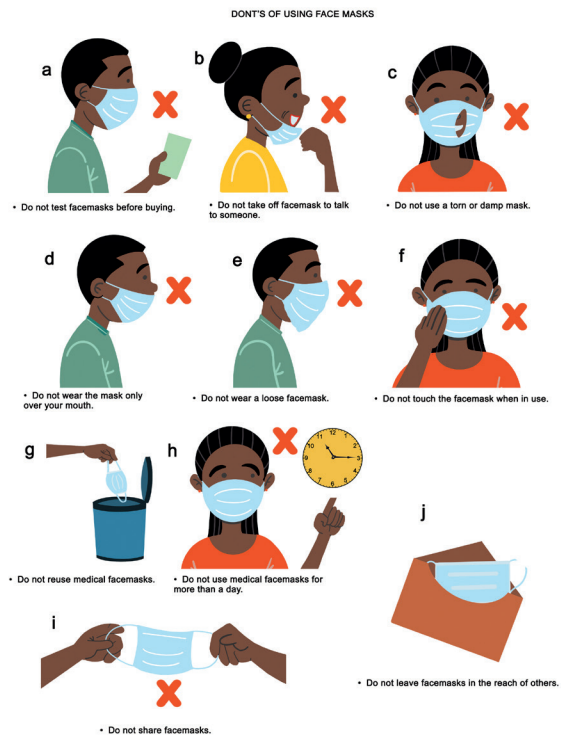
HOW TO SAFELY WEAR AND REMOVE A FACE MASK CORRECTLY



- a. Wash your hands with soap and running water or sanitize your hands before touching the mask.
- b. Check for tears and holes.
- c. Determine the top and bottom of disposable mask
- d. For medical disposable masks, ensure that the colored side faces outward.
- e. Adjust the mask to cover your nose, mouth and chin.
- f. Hold the mask by the ear loops. Place a loop around each ear.
- g. Always remove mask by the straps behind the ears.
- h. Wash fabric masks daily and dispose medical masks in a waste bin.

- i. You can store your mask temporarily in a clean plastic bag to reuse later, if you are taking off your mask to eat or drink outside of your home.
- j. Wash your hands with soap and water after discarding face masks.

DONT'S OF USING FACE MASKS



- a. Do not test facemasks before buying.
- b. Do not take off facemask to talk to someone.
- c. Do not use a torn or damp mask.
- d. Do not wear the mask only over your mouth.
- e. Do not wear a loose facemask.
- f. Do not touch the facemask when in use.
- g. Do not reuse medical facemasks.
- h. Do not use medical facemasks for

more than a day.

- i. Do not share facemasks.
- j. Do not leave facemasks in the reach of others.

TESTING FOR CORONA VIRUS

If your test results for Corona virus disease comes out positive, it means you've been infected with the virus and whether you have symptoms or not, you can spread it to other people.

To prevent the spread, you need to self-isolate and take steps to stay healthy even if your symptoms are mild.

If symptoms are severe, you will be treated and monitored at the Nigeria Centre for Disease Control isolation center nearest to you.

Call the NCDC toll free number which is available 24hours, for guidance- 0800-970000-10

ADAPTING TO THE NEW NORMAL

- a. Stop using your teeth to tear open sachet water “pure water”, biscuit wraps and other packaged snacks because the different hands must have touched it.
- b. Don't buy already peeled and separated groundnuts. Remember, corona virus thrives in droplets from the nose and mouth which may rest on objects and surfaces.
- c. Substitute hugs and handshakes for fist and elbow bumps.
- d. Wash your hands or use a hand sanitizer after receiving currency from the bank, given as change by conductors, and snack vendors.
- e. Don't share reusable mugs and cups including water bottles.
- f. Regular cleaning of surfaces with disinfectants (especially in public areas) should be adopted.
- g. Carry your bag(s) yourself.
- h. When you get home, take off your clothes for washing, have a shower or wash your hands before any physical interaction with others in the house.



ADAPTING TO THE NEW NORMAL



• Stop using your teeth to open sachet water "pure water", biscuit wraps and other packaged snacks because the vendor's hands must have touched it



• Don't buy already de-shelled and winnowed groundnuts. Remember, corona virus thrives in droplets from the nose and mouth which may rest on objects and surfaces.



• Substitute hugs and handshakes for fist and elbow bumps.



• Wash your hands or use a hand sanitizer after receiving currency from the bank.



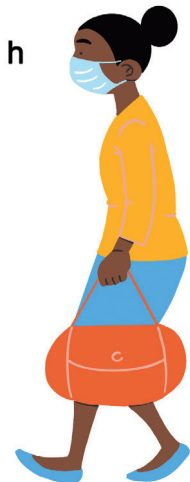
• Substitute reusable mugs and cups for disposable cups.



• Don't share water bottles



• Regular cleaning of surfaces with disinfectants (especially in public areas) should be adopted.



• Carry Your Bag(s) yourself.

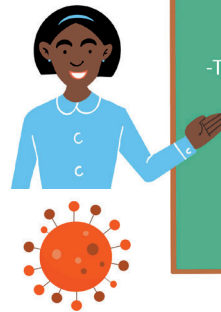


• When you get home, take off your clothes for washing, have a shower or wash your hands before any physical interaction with others in the house.

WHAT YOU CAN DO TO PREVENT STIGMA ASSOCIATED WITH COVID-19

Stigma associated with a disease can contribute to its spread as it may push people to hide the illness and delay seeking health care.

Here is a dos and don'ts list on how you can join the fight against the stigma associated with COVID-19!



- Talk about the new coronavirus.
- Talk about people who have or may have COVID-19.
- Talk about people acquiring or contracting COVID-19.
- Share only accurate information about the COVID-19 and associated risks.
- Talk positively and emphasize on the effectiveness of preventive measures.
- Use social media to spread facts and solidarity.

DOS AND DON'TS TO PREVENT COVID-19 STIGMA

Do's	Don'ts
Talk about the new coronavirus disease (COVID-19) such as the how the virus spreads and how the virus can be prevented	Do not attach locations or ethnicity to the disease. Remember, viruses can't target people from specific populations, ethnicities, or racial backgrounds.
Talk about or say "people who have COVID-19", "people who are being treated for COVID-19", "people who are recovering from COVID-19" or "people who died after contracting COVID-19"	Do not refer to people with the disease as "COVID-19 cases" or "victims"
Talk about people "acquiring" or "contracting" COVID-19	Do not talk about people "transmitting COVID-19" "infecting others" or "spreading the virus" as it implies intentional transmission and assigns blame.
Speak accurately about the risk from COVID-19, based on scientific data and latest official health advice. Get reliable information from the NCDC or FMOH	Do not repeat or share unconfirmed rumors, and avoid using hyperbolic language designed to generate fear like "plague", "apocalypse" etc.



<p>Talk positively and emphasize the importance of effective prevention measures, including good tips on hygiene and on handwashing. These are simple steps we can all take to keep ourselves, our loved ones and the most vulnerable safe.</p>	<p>Do not emphasize or dwell on the negative, or messages of threat. We need to work together to help keep those who are most vulnerable safe.</p>
<p>Speak up if you hear or see inaccurate statements about COVID-19 and certain people or groups.</p>	
<p>Reach out to people who may feel stigmatized. Ask how you can help. Listen to them and show that you understand and support them.</p>	



COVID-19 VACCINE

Vaccination is a simple, safe, and effective way of protecting people against harmful diseases, before they come into contact with them.

With the increased number of corona virus infections and deaths reported globally, Vaccination remains an important tool to help prevent further illness, death and to control the pandemic.

However, being vaccinated does not mean we can throw caution to the wind and put ourselves and others at risk, particularly because it is still not clear to which degree to which the vaccines can protect not only against disease but also against infection and transmission.

Visit the nearest Primary Health Centre to get vaccinated or call the NCDC toll free number which is available 24hours, for guidance-0800-970000-10

COVID19 AND GENDER BASED VIOLENCE (GBV)

Gender Based Violence is violence directed against someone because of their gender or sex which results in physical, sexual or psychological harm.

The COVID-19 pandemic increased the rate of gender based violence globally. The COVID-19 precautionary measures such as lockdown increased the vulnerability of women and girls to violence. This is because women and girls are stuck at home with their abusers, with little or no access counselling services or safe shelter.

If you or your friends are experiencing any form of violence, here are some ways you can stay safe and or find help.

1. Identify the safest place in the house, away from objects that may be weaponized, like the kitchen and bathroom.
2. Prepare for a situation where an abuser might hide essential supplies, like soap and toilet paper.
3. Contact safe shelters, therapists and counselors on their hotlines.
4. Share your concerns with a trusted friend or family member, if available, who can make a call to a hotline on your behalf during an emergency, in case you are not able to do so yourself.



5. Report to your local police stations and health facilities closest to you.

COVID-19 AND MENTAL HEALTH

The world is facing an uncertain time due to COVID-19. As a young person it is understandable to experience fear, worry and anxiety during this period. However, it is important to make positive mental health choices.

Here are some tips to reduce stress, anxiety and protect your mental health:



• Reduce the amount of time you spend reading or watching things that are not making you feel better



• Take breaks from social media.



• Stay connected with your family and friends. Social distancing is not emotional distancing!



• Take out time for fun activities.



• Ask for help! It is okay.

- a. Reduce the amount of time you spend reading or watching things that are not making you feel better.
- b. Take breaks from social media.
- c. Stay connected with your family and friends. Physical distancing is not emotional distancing!
- d. Take out time for fun activities.
- e. Ask for help! It is okay.
- f. Keep to a healthy routine, exercise regularly, get some sleep and eat healthy balanced diet.

Remember, we are all in this together!

REFERENCES

- WHO 2020 updates and report on Coronavirus Disease (COVID19).
- <https://covid19.ncdc.gov.ng/resource/>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick>

UNFPA - www.unfpa.org
EVA - www.evanigeria.org
NCDC - www.ncdc.gov.ng

GASHE Division
www.health.gov.ng
www.hpd.health.gov

**For more information and questions on
SRH (Sexual and Reproductive Health),
COVID-19, Gender Based Violence,**

Send an SMS to 38120
(free only on MTN and Airtel networks)

OR

Call 08006978378466
(free from all mobile networks)

0800Myquestion

WhatsApp08027192781

You can also email:

myq@myquestion.org.

