



HEDGE & PEMBROOK LIMITED

COVID-19 Guidelines

#StopTheSpread
#TakeResponsibility

Do you have these symptoms?

- Fever
- Cough
- Colds
- Headache
- Diarrhea
- Shortness of breath
- Sore throat
- Joint and Muscle Pain



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Have you had these Exposures?

- Traveled to **other states** and cities across Nigeria in the past **14 days**?
- Exposure to a **confirmed** COVID-19 patients?
- Traveled to, reside, or work in **local areas** with **reported** COVID-19 cases?
- Exposure to a **Person Under Investigation (PUI)** for COVID-19?



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With Exposure + With Symptoms:

- **If young (<60 years old)**, with no other illnesses and mild symptoms: Conduct home quarantine.
- **If elderly (>60 years old)**, with other illnesses and/or severe symptoms: Call the NCDC Toll Free Number: 0800 9700 0010 at once; Or SMS +234809 955 5577; Whatsapp +234708 711 0839



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With Exposure + No Symptoms:

- Conduct **home quarantine** for 14 days and monitor symptoms.
- Should symptoms start to develop, proceed to The State Ministry of Health supported by the Nigeria Centre for Disease Control (NCDC) who will arrange for sample collection and communicate your result. While awaiting your results, you must continue to self-isolate.



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No Exposure + With Symptoms:

- Manage symptoms accordingly.
- Contact The State Ministry of Health supported by the Nigeria Centre for Disease Control (NCDC) who will arrange for sample collection and communicate your result. While awaiting your results, you must continue to self-isolate.



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For further assistance, please contact:

The Nigeria Centre for Disease Control (NCDC),
Plot 801, Ebitu Ukiwe Street, Jabi, Abuja, Nigeria,

0800-970000-10 (Toll-Free Call Centre)

info@ncdc.gov.ng



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