

COVID-19



GUIDELINE ON

SOCIAL

DISTANCING

NCDC Toll-free Number: 080097000010



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## What is social distancing?

It is a strategy to reduce physical contact between people with the aim of slowing down and reducing the spread of COVID-19 in a community.

This measure involves strict adherence to;

- **Non-physical greetings** (avoiding hand shaking or hugs)
- **Maintaining at least 2 metres (6 feet) physical distance** between yourself and individuals and;
- **Closure of activities that will cause any form of gathering** including schools, places of worship, sporting and social events.

## Who should be involved in social distancing?

Individuals and the entire communities

## How will social distancing be implemented?

State governments, at all levels, are taking proactive measures to shut down schools, offices, large gatherings for an initial period of time. Individuals and communities are advised strongly to **#TakeResponsibility** and observe social distancing directives, limiting contact with others.

## What measures are in place for effective social distancing?

The Federal Government has issued a compulsory stay at home directive for non-essential public servants on Grade 12 and below.

The Nigeria Centre for Disease Control (NCDC) has intensified risk communication with various target audiences such as religious leaders to ensure information on social distancing

and other preventive measures is widely disseminated.

The NCDC has also launched a communications campaign themed #TakeResponsibility. This is a call to all Nigerians and residents in the country, to join forces and to be proactive in taking greater individual and collective responsibility in preventing and controlling the spread of COVID-19 in Nigeria. Nationwide closure of schools has been ordered and some state governors have ordered the closure of markets and those selling non-essential life-saving items, with the exception of those selling food, water and medication.

## Why should I adhere to social distancing measures?

Through social distancing, you can protect yourself, loved ones and society at large. This is an effective way to limit the chances of catching the virus, slowing down the transmission and reducing the spread of COVID-19 in Nigeria. If we can adhere to this, we will be able to quickly and effectively halt the spread of the disease, resume our routine daily activities and be with our loved ones.

## How do I effectively practice social distancing?

1. Use of non-physical greetings
2. Maintain at least 2 metres (6 feet) physical distance between yourself and anyone who is coughing or sneezing
3. Stay home if you feel unwell with symptoms like fever, cough and difficulty in breathing. Immediately call NCDC's 24/7 toll-free number **0800 970 000 0010**. Do not self-medicate
4. Persons with a persistent cough or sneezing, should also stay at home until they recover
5. Obey national and state directives requesting the cancellation and avoidance of large gatherings, including places of worship, social and sporting events



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6. Avoid crowded spaces such as open markets, crowded supermarkets and pharmacies
7. Wash your hands regularly with soap and water or use an alcohol-based sanitiser if no water and soap is available