



Recommendations on How to Reduce the Spread of Covid 19 in Nigeria

- On the Public: The citizens need to be conscious of their environment and should be able to put up some preventive measures in the reduction of Covid-19 spread within their environment. The citizen should put these measures:
- 1. Washing of hands properly and often
- 2. Avoid touching common areas
- 3. Avoid touching the face
- 4. Put nose mask
- 5. The use of hand sanitizer
- 6. Cleaning of their environment
- 7. Avoid public gathering
- 8. Social distancing

The above listed measures and more will help the citizens of Nigeria to reduce the spread of the coronal virus within themselves.

- On Health Worker: Workers in the medical line should be enlightened enough as to handle cases of the virus and as such put preventive measures in other to reduce the spread of the virus to their colleagues, family, friends and loved ones. Health works should put these measures:
- 1. Avoid using the same gloves for different patients
- 2. Kit themselves properly before attending to the infected person
- 3. Wash and clean themselves after the attending to infected patients
- 4. Their environment must be constantly cleaned and sanitized
- On the Government: One of the roles of Government to it Citizens is to provide basic amenities. Government is meant to provide its citizens with the necessary amenities such as:
- 1. Nose Mask and Gloves
- 2. Overall suit for medical teams
- 3. Hand sanitizer
- 4. Public sensitization program to rural and urban areas
- 5. Sanitization of the general public
- 6. Centers for patients infected
- 7. Palliatives and lots more