



POST
LOCKDOWN
COVID-19
CONTAINMENT
GUIDELINES

OYO STATE COVID-19 DECONTAMINATION AND CONTAINMENT TEAM

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Businesses/ religious organizations/Non-governmental organizations, etc with land use facilities in Oyo State should liaise with Oyo State COVID-19 containment team (08053506599, 08135882288) for monitoring of compliance with standard decontamination protocol. The decontamination protocol can be download-

ed at

https://covid19.oyostate.gov.ng/,
While the stepwise procedure fliers are downloadable as follows:
 English (https://covid19.oyostate.gov.ng/English.pdf)
 Yoruba (https://covid19.oyostate.gov.ng/Yoruba.pdf)

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POST LOCKDOWN GUIDELINES ON THE CONTAINMENT OF COVID-19 IN OYO STATE

Introduction

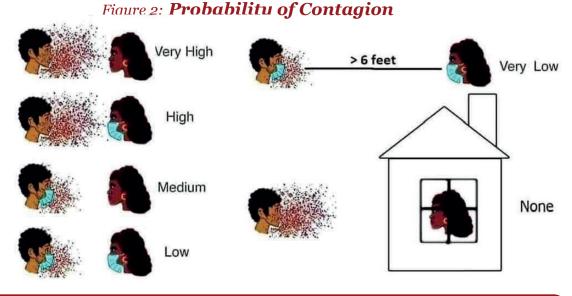
COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze. It is believed that the virus may spread to hands from a contaminated surface and then to the nose or mouth, causing infection. Therefore, personal prevention practices such as hand-washing, staying at home, wearing facemask and environmental cleaning and disinfection are important principles. It is most important to Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing. The more and the longer an individual interact with others, the higher the risk of COVID-19 spread. Generally, the following existing guidelines are valid:

- Always stay home when sick or if you do not have any important business to transact.
- Temperature screening must be conscientiously implemented at the entrance of every premise.
- Maintain a physical distance of 2 meter from anyone and wear a facemask.
- Always cover your mouth with your flexed elbow or tissue when coughing and sneezing. The tissue must be disposed off in a waste bin or a designated area where it can be burnt daily.
- Wash your hands with soap and water and/or use an alcohol-based hand sanitizer frequently throughout the day.
- Avoid touching your eyes, nose, and mouth at all times.
- As much as possible, use POS for transactions to avoid handling money.
- Avoid handshakes, hugging and other forms of physical contacts at all times.
- DO NOT SPIT in public. Spit into sinks or toilets and wash your hands immediately with soap and water.
- If you have COVID-19 or suspect any person has developed signs and symptoms of COV-ID-19, please call the Oyo State Emergency Operations Centre on 08095394000, 08095863000, 08078288999, 08078288800.
- The decontamination protocol can be downloaded at https://covid19.oyostate.gov.ng/, While the stepwise procedure fliers are downloadable in English (https://covid19.oyostate.gov.ng/English.pdf) and Yoruba (https://covid19.oyostate.gov.ng/Yoruba.pdf)

This advisory booklet has been prepared to provide information, practical measures and guidance required for reducing the possibility of spread of COVID-19 in the process of engaging in daily activities in Oyo State. For emphasis, it is important to re-iterate that in line with WHO recommendations, meticulous temperature screening, physical distancing (Figure 1), proper hand hygiene, use of face masks (Figure 2), hygienic disposal of wastes are the starting point to containing the spread of COVID-19. The amenities to ensure these are properly implemented should mandatorily be in place at all premises. Advocacy, including placement of signage on how to prevent the spread of COVID-19 in English and the three (3) major Nigerian languages (Yoruba, Igbo and Hausa) at strategic locations in every premise is also a cross-cutting necessity. It is also important to ensure that there is adequate ventilation in every enclosed space (schools, churches, mosques, offices, banks, malls, and so on).

Figure 1: Always Maintain Physical Distance

Source: https://www.hs-magdeburg.de/en/the-university/international/news-corona-virus.html



(Picture credited to Peggy Hanna, Public Health and Risk Communication Consultant, WHO, Egypt)

OPERATION OF AND INTERACTIONS IN AREAS OF HEAVY HUMAN TRAFFIC

Scientists have discovered traces of the coronavirus on uncleaned surfaces up to 17 days after human occupation. But these were inactive, non-viable transmitters of the disease. The latest studies appear to suggest that the virus can remain stable for up to 72 hours on plastic or steel, 24 hours on cardboard, and just four (4) hours on copper. These results come from testing under lab conditions and might not be compatible with how the virus acts under different environmental conditions. There is evidence that pandemics come in waves and recontamination often occurs after the lockdown period is lifted.

The 'new normal' is one of the latest terms in the Covid-19 phrasebook that we are all using as we start to consider life after lockdown. Operation of and interaction in public access premises like banks, schools, offices, shopping malls, restaurants, markets, churches and mosques with heavy human traffic and crowding will require careful management to ensure that a new wave of infection is not triggered. Additionally, highly congested and unsanitary slums, displacement settlements and other population dense areas pose high risk to the larger society and would require some interventions to ensure compliance with well-established COVID-19 prevention and containment guidelines. The following are therefore what each sector should be thinking about in preparation for the return to 'normal'.

Schools

The protection of children and educational facilities is particularly important. Precautions are necessary to prevent the potential spread of COVID-19. The least risk of exposure to COVID-19 will be achieved by continuing virtual learning till a vaccine or cure is found for COVID-19. Since this is not feasible on the long term, school management should therefore ensure:

- Sick staff and students should stay at home.
- Hand wash facilities with soap and clean water should be strategically mounted at several spots on the school's premise, while alcohol-based hand sanitizers should also be mounted at the main entrance to each classroom. Individuals students should also be encouraged to have alcohol-based hand sanitizers for personal use.
- Staff and Students should use facemasks on school premise and on the bus. Seating in buses, should be re-configured to ensure physical distancing is enforced.
- Assemblies and other forms of activities requiring congregation should be discontinued or limited. When considered necessary, it should be held in a well-ventilated venue where 2-meters physical distancing must be maintained using physical guides, such as tape on floors.
- Classrooms should be well-ventilated and class size reduced to ensure that seating are placed 2 meters apart or leave an empty desk in-between each student (Figure 3). Plastic barriers should be mounted if students must face each other, for example, in the library type seating.

- As much as possible sharing of supplies should be discontinued or limited. Where there are supplies (e.g. gym or physical education equipment, art supplies, toys, games) which are shared, these should be disinfected between use.
- Cafeteria service must also be re-imagined or discontinued, and students required to bring in their food, snacks, and drinks.
- To provide the opportunity for students to go outdoors for exercise while ensuring the maintenance of physical distancing, schools should re-imagine break times and playground dynamics.
- School or daycare pick-up procedure should be re-imagined to prevent crowding. Breaks and pick-up periods may also be structured to ensure that students do not gather and socialize when leaving the school and during their free time.
- Daily after school, classrooms, facilities, and frequently touched surfaces (e.g. playground equipment, door handles, sink handles, tables, and desk) within the school and in school buses must be decontaminated and wiped down with alcohol-based sanitizers, respectively.

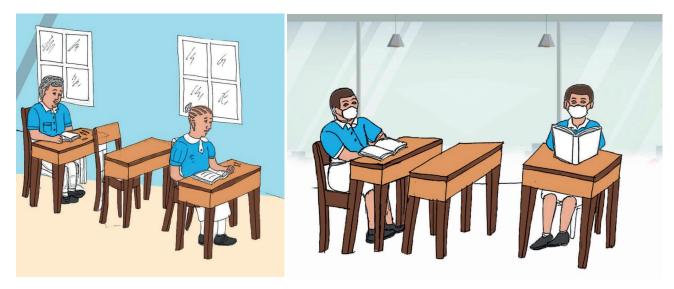


Figure 3: School Seating to Maintain Physical Distance

Offices and Workspaces

The least risk of exposure to COVID-19 will be achieved by working from home as much as possible, eliminating seating areas at reception especially if the space is small and it is impossible to maintain physical distancing or insisting that visits be strictly by timed appointments.

To curtail the spread of COVID-19, employers, managers, and owners of premises must adhere to the following:

- Employees who are sick should stay at home.
- Hand wash facilities with soap and clean water should be strategically mounted at several spots within the premise, while alcohol-based hand sanitizers should also be mounted at the main entrance and entrance to each office space. Individuals also have the responsibility of having alcohol-based hand sanitizers for personal use.

- Work should be re-imagined, and workplace policies reviewed to enable employees work from home in the event of a COVID-19 outbreak.
- Review floor plans and remove or reconfigure seats, furniture, and workstations/workspaces (so that employees do not face each other or establish partitions if facing each other cannot be avoided) including the enforcement of the recommended physical distancing (Figure 4).
- Always enforce the use of face masks by staff and visitors/guests while on the premise. Exceptions can be made for those who are sole occupant of an office.
- Discontinue the use of non-essential amenities that are handled with high contact frequency such as water coolers, coffee makers, etc. They can be replaced with single use water bottles or employees should bring in their own water bottles/coffee flasks.
- Virtual meeting tools, phone and teleconferencing (Zoom, Skype, Microsoft Teams etc.) should be the first option in lieu of in-person meetings.
- If in-person meeting is required, attendance should be limited to essential individuals (20 or less) and consciously have the meeting in a room large enough to ensure that physical distancing (of at least 2meters apart) is maintained.
- Premises should be cleaned and mopped (with combination of JIK and IZAL) every day and all surfaces wiped down with alcohol-based sanitizers at the end of each day.
- Quarterly (every 3 months) decontamination of premise and surrounding is recommended.



Figure 4: Workstations and Seating At Meetings Should Be Re-Structured To Ensure Physical Distancing

Religious Centres

- Sick members should stay at home.
- The temperature of every individual entering the premise should be checked with infra-red thermometers.
- Hand wash facilities with soap and clean water should be strategically mounted at several spots on the premise, while alcohol-based hand sanitizers should also be mounted at each entrance.
- Worshippers are to always adorn facemasks during service and/or prayers.
- Muslim worshippers should be encouraged to perform ablution at home.
- The 2-meter physical distance should be maintained during prayers in mosques (Figure 5).
- Sitting arrangement in churches should also accommodate 2-meter physical distancing or at least leave a space in-between two (2) worshippers and/or increase numbers of service to accommodate this rule (Figure 6).
- The underage, elderly and other vulnerable group of people should perform their prayers at home.
- Ideally, on account of the high traffic, the interior of churches and mosques should be decontaminated after every service while equipment (microphones, speakers, etc), surfaces, floors, rails, chairs etc. should be wiped down with alcohol-based sanitizer at the end of every service.
- Religious organizations should re-imagine dispersal procedure in a manner that would ensure that members do not socialize and/or are able to maintain physical distancing (avoid handshake, hugging and other physical contacts).

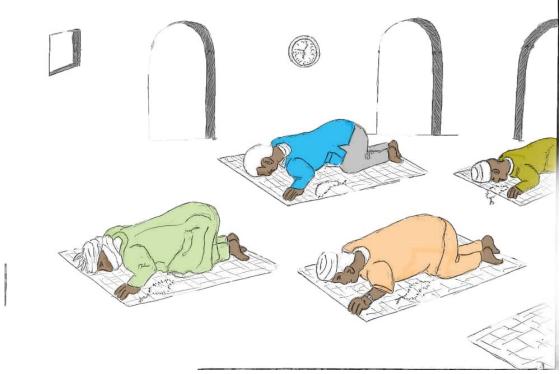


Figure 5: The 2-meter physical distance should be maintained during prayers in mosques



Figure 6: Sitting arrangement in churches should ensure that at least a space is left in-between two (2) worshippers

Conference/Large Gatherings/Event Centres

The least risk of exposure to COVID-19 will be achieved by opting for virtual conferences, symposia, etc. by taking advantage of virtual meeting tools, phone and teleconferencing (Zoom, Skype, etc) should be the first option in lieu of in-person meetings. However, for social events like weddings, naming and funeral ceremonies, and other parties peculiar to our society, the following should be adhered to strictly in addition to the general requirements listed in introduction:

- Entrance and dispersal must be well coordinated with appropriate physical distancing maintained by floor markings.
- As much as possible well aerated open fields are preferable to closed-in spaces to prevent congregation at the entrance and/or to ensure that physical distancing is always maintained.
- Hand wash facilities with soap and clean water should be strategically mounted at several spots on the premise, while alcohol-based hand sanitizers should also be mounted at each entrance.
- Service providers (ushers, catering etc) and guests must always have facemasks on except when they are eating).
- Organizers must ensure that attendance is strictly by invitation for adequate planning and to avoid crowd control issues.
- Tables and chairs must be spaced at least 2 meters apart (Figure 7) and tagged to ensure

that those seating at each table are members of the same group/family.

- Dancing in clusters and spraying of money is no advisable; provision must therefore be made for a manned stand where attendees can drop off gifts in an orderly manner table by table.
- Buffet catering is also not advisable to avoid passing serving spoons from hand to hand and because of the stampede which might make physical distancing difficult.
- For enclosed event and conference centres, premise should be decontaminated after every event. All surfaces and equipment (e.g. mouse, keyboard, head/earpiece, speakers, doorknobs etc.) should be wiped down with alcohol-based sanitizer surfaces. On regular days, offices, reception and other facilities within event and conference centres should be treated as indicated for offices and workspaces.



Figure 7: Chairs must be spaced at least 2 meters apart at large gatherings

Restaurant/Cafeteria/Bukateria

The least risk of exposure to COVID-19 is when food service is limited to drive-through, delivery, take-out and pick up. As much as possible, these should be the preferred means of operation. For eat-in service, management of restaurants, cafeterias, bukaterias, etc, should ensure:

- The temperature of every individual entering the premise should be checked with infra-red thermometers.
- Hand wash facilities with soap and clean water should be strategically mounted at several spots on the premise, while alcohol-based hand sanitizers should also be mounted at each entrance.
- Customers are advised to call in to reserve tables to ensure crowd control and to avoid the need for long waits.

- The reduction of seating capacity to allow tables to be spaced at least 2 meters apart. Additionally, those seating at each table should only be members of the same party.
- Provision of adequate hand washing facilities with soap and water, and alcohol-based hand sanitizers strategically located (security checks, entrances, bathrooms, toilets, kitchens, payment points, and ATMs) and used frequently by staff and customers before accessing premises and at when due within and when leaving.
- Mandatory use of facemasks by employees at all times and customers (except when eating).
- Physical distancing (using demarcations and floor indicators to ensure that customers remain at least 2 meters apart) while waiting to be served or in case of a queue (Figure 8).
- On every table, management should provide alcohol-based hand sanitizer and paper towels.
- Decontamination of premises, including wiping down of all surfaces with alcohol-based sanitizers at the end of each day.

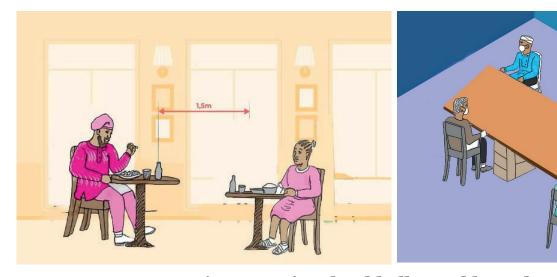


Figure 8: Seating capacity should allow tables to be spaced at least 2 meters apart or structured, so people are not face-to-face

Banks/Malls/Supermarkets/Hotels and Similar Premises

- The temperature of every individual entering premises should be checked with infra-red thermometers.
- Hand wash facilities with soap and clean water should be strategically mounted at several spots on the premise, while alcohol-based hand sanitizers should be mounted at every entrance and made available at receptions and in all hotel rooms.
- All staff, customers and guests should wear facemasks on premise. An exception can be made for hotel guests while in their rooms.

- Seating arrangements within hotels, banks and mall premises should be re-configured to ensure physical distancing (Figure 9).
- Should a queue be required; physical distancing should be enforced with appropriate floor markings.
- In enclosed spaces, e.g. supermarkets, only a predetermined number of customers should be allowed in at a given time.
- Surfaces in high traffic areas (reception, restaurant, bars, eatery, etc.) should be wiped down with alcohol-based sanitizers intermittently throughout the day.
- Guest should be encouraged to order room service catering, while reservations should be made for restaurant dining to avoid overcrowding.
- Ideally, on account of the high traffic, banks and malls should be decontaminated while surfaces, floors, rails, chairs etc. should be wiped down with alcohol-based sanitizer at the end of every workday.
- Hotel rooms should be decontaminated after each guest leaves, and all surfaces wiped down with alcohol-based sanitizer before being re-allocated to a new guest.
- Offices, reception and other facilities within hotels, banks, and malls, etc. should be treated as indicated for offices and workspaces.

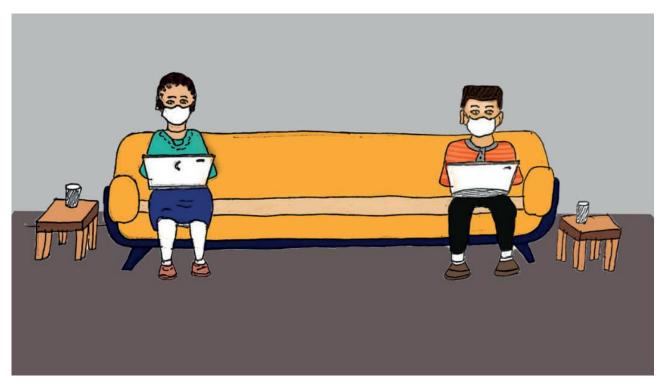


Figure 9: Seating arrangements within hotels, banks and mall premises should be re-configured to ensure physical distancing

Commercial Transportation

- Sick drivers should stay at home.
- Drivers of commercial vehicles and passengers should always adorn facemasks.
- Hand wash facilities including clean water and soap must be mounted at strategic locations in motor parks. Commercial drivers should also provide hand sanitizers to passengers on boarding and wipe down frequently touched surfaces (doorknobs, handles) with alcohol-based sanitizers intermittently throughout the day.
- Individual commuters should also have hand sanitizer with them at all times.
- Taxis (Micra) should not carry more than one (1) passenger in the front seat and two (2) passengers at the back.
- Buses should not carry more than three (3) passengers per row and one (1) passenger at the front seat
- Motorcycle should not carry more than one (1) passenger while Tricycle should not carry more than two (2) passengers at the back and no passenger beside the rider
- Airplane travel processes should be re-imagined in its entirety. For example, an empty seat should be left in-between passengers, amongst other adaptations.

Motor-parks/Markets/Abattoir

- High level of hygiene and appropriate waste management protocol should be in place at motor-parks/markets/abattoir.
- Hand wash facilities with soap and clean water should be strategically mounted at several spots in parks/markets/abattoir.
- Customers, butchers, drivers, traders, etc. should always wear facemasks while maintaining physical distancing as much as possible.
- Customers should opt to visit markets during light human traffic periods, such as early mornings and late evenings.
- Motor-parks should be restructured to make provision for physical distancing on queues (Figure 10).
- Handling of products by customers should be discouraged at markets and abattoir.
- Customers should have alcohol-based hand sanitizers with them for intermittent use while shopping.
- Customers should launder clothing and as much as feasible take a shower after every market visit
- Re-useable market kits such as baskets should be wiped down with alcohol-based sanitizers.

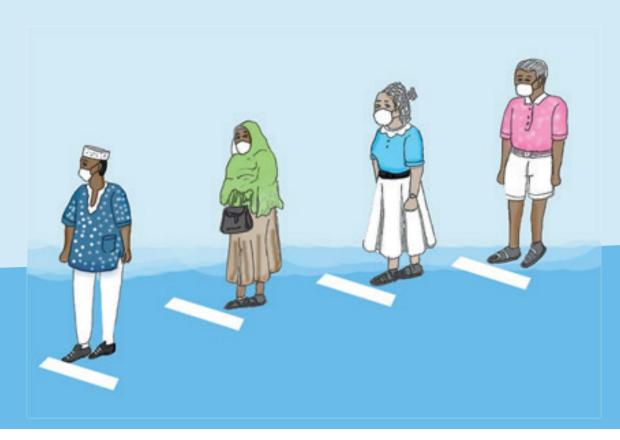


Figure 10: Motor-parks should be restructured to make provision for physical distancing on queues

Other General COVID-19 Prevention and Containment Strategy:

- Have a process of reporting suspected case (s) of COVID-19 infection and stay abreast of Oyo State Emergency Operations Centre's procedure and contact details (08095394000, 08095863000, 08078288999, 08078288800).
- Ensure a procedure for isolating sick individuals in your premises and ensure humane re-integration devoid of stigmatization.
- Promote information sharing with stakeholders in the premises under your supervision by providing updated information on COVID-19 situation, including prevention and control and efforts to prevent rumour-mongering, which will be counter-productive.
- Re-imagine and adapt policies and plan for eventualities in the case of massive sick leave or temporary closure of premises by identifying critical job functions and positions, and planning for alternative coverage by cross-training staff.

Conclusion

This guideline does not cover every imaginable scenario; it is meant to point out critical control points for the different categories of premises covered and domesticated to factor in the peculiarities of our society. It is important that the competent authorities (manager, principal, business owners, Pastors, Imams, etc) take time to identify and analyze COVID-19 transmission hazards/pathways on their premises and those peculiar to their operational processes in order to devise critical control points to contain and prevent the spread of COV-ID-19 on their premises. For instance, amusement parks, farms, factories, plants etc. would have to re-structure their operational procedures to suit their peculiarities; an example is for factories to increase shifts to ensure there are fewer people on site at any given time; while amusement park visits could be strictly scheduled for crowd control.

Hospitals and other healthcare facilities would have more stringent and detailed protocols for prevention and containment of COVID-19 because of the higher transmission risk associated with such an environment. Every individual is also expected to be responsible and responsive enough in protecting themselves as well as protecting others from contracting COVID-19 while going about daily activities. For example, everyone is expected to wear a facemask and also have alcohol-based hand sanitizers with them for intermittent use while out in public.

Finally, care must also be taken to avoid stigmatizing people who may have been exposed to the virus. COVID-19 has been shown not to differentiate among ethnicities, disability status, age, gender, etc. Every setting should continue to be welcoming, respectful, inclusive, and supportive environments to all. Measures should be taken by land use premise managers to prevent the entry and spread of COVID-19, while minimizing disruption of activities and protecting people who may have been exposed to the virus from discrimination.

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DECONTAMINATION PROTOCOL FOR THE CONTAINMENT OF COVID-19 IN OYO STATE

This document provides step-wise guidance for decontamination of community facilities such as banks, malls, pharmacy, churches, mosques, schools, institutions of higher learning, offices, daycare centers, businesses, and community centers, residence etc, with the aim of limiting the survival of SARS-CoV-2.

NOTE: DECONTAMINATED PREMISES SHOULD BE DEVOID OF PEOPLE FOR AT LEAST 8 HOURS BEFORE IT CAN BE RE-ACCESSED.

PREPARATION OF CHEMICAL TO BE DISPENSED FOR DECONTAMINATION

2-Litre Hand Sprayers: are usually used for door knobs, crevices and hidden points in the house: Mix 25 mls (2½ tablespoons) of Hypochloride with 11 mls (1 tablespoon) of Germicide (Izal, Dettol, Septol, Savlon) and add water to make 2 litres of preparation.



2-Litre Hand Sprayers

8 Litres Handheld Sprayer: Might be used for rooms (Bungalows, Self-Contains): mix 105 mls (10½ tablespoons) of Hypochloride with 45 mls (4½ tablespoons) of Germicide (Izal, Dettol, Septol, Savlon) and add water to make 8 litres of preparation.



8 Litres Handheld Sprayer

16 Litres Knapsack Sprayer: preferable for decontaminating Flats and premises, Decontamination solution should be prepared by mixing 210 mls (21 tablespoons) of Hypochloride with 90 mls (9 tablespoons) of Germicide (Izal, Dettol, Septol, Savlon) and add water to make 16 litres of preparation.



8 Litres Knapsack Sprayer

DECONTAMINATION OF COMMUNITY FACILITIES

400 Litres Capacity tank: Mix 5.3 litres of Hypochloride with 2.1 litres of Germicide (Izal, Dettol, Septol, Savlon) and add water to make 400 litres of preparation.



400 Litres Capacity Tank

1000 Litres Capacity Tank: Mix 13 litres of Hypochloride with 5.5 litres of Germicide (Izal, Dettol, Septol, Savlon) and add water to make 1000 litres of preparation.



1000 Litres Capacity Tank PRECAUTIONS

- 1. Operators of the sprayers MUST use Primary Protective Equipment (PPE) such as Coverall, Nose Cover, Hand gloves and Safety goggles.
- 2. The decontaminated premises must be devoid of people for at least 8 hours before it can be re-accessed.
- 3. Operator of the sprayers must take a bath or shower after decontamination. Hands must be properly and thoroughly washed immediately after decontamination.
- 4. Operator MUST avoid eating and/or drinking during the decontamination process.
- 5. Decontaminated places must be thoroughly mopped with clean water before using such places.

Some common NAFDAC Approved cleaning agents used in Nigeria

Common	Chemical Name	Chemical composition
Name		_
Нуротм	Sodium hypochlorite	Sodium hypochlorite 3.5% w/v
Jik™	Sodium hypochlorite	Sodium hypochlorite
Dettol™	Chloroxylenol	Chloroxylenol BPC 4.8%w/v; oleum piniaromaticum, 8.38%w/w, Isopropyl alcohol 9.43%w/w, Sapo vegetable oil 5.60%w/w, saccharum ustumqs, aqual
Izal™	Saponated cresol	7% Tara Acid Phenol 2% Cresylic Creosote
Septol™	5-chloro-2- hydroxydiphenyl methane	2.3% pine oils and 1.1% 5-chloro-2- hdroxy diphenyl methane
Savlon™	Chlorhexidine gluconate	Chlorhexidine gluconate (0.3 g) Cetrimide (3.0 g), n-propyl alcohol as preservative (2.84% m/v)

For further enquiries on decontamination protocol and technical expertise, contact Oyo State Decontamination/Containment Team on 08053506599 OR 08135882288, or you can send an e-mail to covid-19containment@mail.oyostate.gov.ng/

THE MEMBERS OF OYO STATE COVID-19 DECONTAMINATION AND CONTAINMENT TEAM ARE GRATEFUL TO

HIS EXCELLENCY, GOVERNOR OLUSEYI MAKINDE FOR THE PRIVILEGE TO SERVE IN THIS CAPACITY

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