



Committee to Protect Journalists

*Defending Journalists Worldwide*



## CPJ advise for safety: How to report de Coronavirus disease

*We update am on April 28*

World Health Organization (WHO); de join-body of sabi pipo wey dey torchlight all de health mater for dis world don declare say COVID-19 (novel coronavirus) disease na world-wide [pandemic](#). Na him be say de disease dey nearly everywhere for dis world. WHO talk dis tin on March 11, 2020; and dem talk say de number of pipo wey de disease catch, dey [increase for all de world](#).

Journalists dem, everywhere for dis world dey do better work to give pipo de informate wey dem need, to know wetin dey happen about dis virus and wetin govement dey do to fight de virus, despite de plenty bad bad tins wey govement for different kontris dey do to reduce independent reports and how to get de informate for de reports [as CPJ don write down](#). Media pipo dey face plenty hardship and stress and dem fit dey exposed to sickness as dem dey travel to go interview pipo and because of de kind place wey dem dey work sometimes [as CPJ gather for interviews with journalists](#).

As de mater dey continu and fresh informate dey commot; de sabi pipo wey dey handle health mater go dey bring new advice and fresh news wey concern de virus. For journalist dem wey wan know de latest advise wey sabi pipo for health mater dey give, including de blockade wey fit affect dia work; make dem follow [informate from de WHO](#) and other public health pipo wey dey around dem for dia kontri.

To stay ontop de informate as de latest torry for dis mater dey break, de [Johns Hopkins University Coronavirus Resource Center](#) go help wit correct news wey persin fit trust

## HOW TO STAY SAFE WEN YOU DEY WORK FOR OUTSIDE

Because of de plenty blockade wey dem don put to stop travel wey go cross one kontri enter another one, many of de assignment wey media pipo go dey do dis period, na for dia area dem go dey do am. **All de assignments fit easily change or dem fit cancel am; wit chikini informate or even without any informate, because of de sharp-sharp way wey tins take dey change and new tins dey happen everywhere for de world.**

Pipo wey wan report about dis COVID-19 disease make dem reason dis informate wey fit kip dem safe:

### **Before-Assignment**

- To reduce de chance wey dis virus fit take catch persin and if e possible, make pipo dey do interview wit phone and ontop internet, instead of face-to-face.
- De join-body of sabi pipo wey dey torchlight dis health mater for USA; [Centers for Disease Control and Prevention](#) (CDC), talk say pipo wey “don old” and pipo wey “been get some kind sickness for bodi” dey ‘high risk’, meaning say; na dem di sickness dey quick catch pass. **If you dey any of dis category, make you no join any assignment or work wey fit carry you go touch pipo or near dem for outside.** Workers wey [get belle](#) join pipo wey dem suppose consider too. Wen dem dey select workers wey go report about dis COVID-19 disease, management suppose put for mind say sometimes some pipo dey attack other pipo from some kontris because of de color of dia skin; wey oyibo dey call-racism, [as BuzzFeed take talk am](#) and de embassy of U.S.A. for Addis Ababa, wey [give warning](#) for March about bad bad tins wey dey happen to only pipo wey come from another kontri. Dis kind bad-bad tins fit increase as di sickness dey continue.
- Journalists suppose talk wit dia management make dem know de kind plan wey de management get for dem, if dem begin sick as dem dey work; dem suppose consider say dem fit need to separate demselves from other pipo and/or dem fit dey locked up for one place tay. Na dat kind tin oyibo dey call quarantine.

### **How to make sure say you and your pipo no think too much come sick**

- Even Journalists wey don tay for dis work still fit think too much wen dem dey report COVI-19 mater. Management suppose dey ask of dia journalists from time to time to know as e dey be dem and so dat de management fit advise dem and support de Journalists wen dem need help.
- De family members of pipo wey dey report COVID-19 fit come dey worry well well about dia persin. E go good make you talk wit dem about de problem wey fit happen and about dia worry. You fit even arrange for your family members to talk wit de pipo wey sabi health mater for your office.

- Journalists dem don tell CPJ say wen dem dey cover COVID-19, even dia family pipo and dia friends dey worry well well about de gbege wen dey involved and dia worry fit discourage persin.
- Make you reason as you fit take dey affected, if you dey report from place wey de COVID-19 plenty well well, especially if you dey report from hospital, health centre or quarantine zone
- Correct informate for media pipo wey dey cover dis kind hard situation dey [DART Center for Journalism and Trauma](#) Make you check [CPJ emercy page](#) for safety materials wey come from outside: professional guidelines to help journalists wey dey report COVID-19 manage their level of thinking join

### **How to avoid make you no infect yourself and make you no infect other pipo**

Plenty kontris don dey teach dia pipo how to stay far from each other; meaning say dem don dey practise [social/physical distancing](#) now. If una dey report about places wey get emergency services, or una wan visit any of dis places; make una find out well well about de steps wey dem dey use to take stay clean. **If una no sure about dis steps, make una no go der.**

- Hospital or health centre.
- Place wey dem dey take care of old pipo.
- Place wey sick persin dey stay, persin wey hin health system get problem, or persin wey fit get belle.
- mortuary, any place wey dem dey keep dead body or where dem wan burry who don die
- Place wey dem don separate from society- dat is quarantine area.
- Ghetto or town wey pipo too plenty.
- Place wey pipo wey run from dia houses because of war or crisis dey manage.
- prison wey pipo wit COVID-19 dey

**De Ogbonge steps wey sabi pipo dem recommend to avoid dis sickness na dem be dis:**

- Make you stay at least 2 meters far from everybody, and dey very careful wen you dey near pipo wey dey show say dem fit get de sickness wey cold dey cause, like cough and sneeze. Stop dey shake hands, hug and/or kiss pipo.
- Try stay for de side or angle area of de persin wey you wan interview, instead of to face am and always stay up to at least 2 metres or more, from de persin, as dem don recommend for you.
- Journalists suppose dey careful well well, to stay far enough for dia safety, wen dem dey interview old pipo, those wey don dey sick before, anybody wey dey close to persin wey don dey show sign of de sickness, even pipo wey dey work for hospital where dem dey take care of COVID-19 pipo, or pipo wey dey work for place wey de sickness plenty.
- **Make sure say you wash your hands all de time and wash am well well for at least 20 seconds at once, wit hot water and soap.** Make sure say you dry your hands as you suppose dry am. Very important steps wey fit help you wash your hand and dry am well well [dey for WHO website](#).
- Make you use gel wey get anti-bacterial or wipes if hot water and soap no dey, but as soon as e possible, still wash your hand wit soap and hot water. ([CDC recommend](#) say make pipo dey use hand sanitizer; wey get alcohol inside wit more than 60% of chemical wey dem call ethanol or 70% of chemical wey dem call isopropanol to clean dia hand.) **Make sure say you no replace regular washing of your hand wit de work wey dis hand sanitizer or hand cleaner dey do.**
- Cover your mouth and nose anytime wen you dey sneeze or cough. If you use tissue cover mouth or nose wen you dey cough or sneeze, make you throw-way de tissue immediately for de right place wey dey safe. And no forget to wash your hand after you finish.
- Try no dey touch your face, nose, mouth, ears, and other places as dem talk am for [de BBC](#)
- Make you no drink or eat from cup, plate or spoon and fork wey other pipo don touch or use.
- Cover all your hair. If you get long hair make you tie am and make sure say all de parts dey inside your head tie
- Remove any jewellery and wrist-watch wey you wear before you start work, because COVID-19 virus fit dey ontop [different types of surface](#) for different periods of time.
- If you dey wear eye-glass, try clean am gently from time to time wit hot water and soap.

- No dey wear contact lens wen you dey go for assignment if you fit avoid am because of the way wen e fit make you [touch your eyes](#) come make am easy for de sickness to catch you.
- Make you think well before you choose clot wey you go wear because some clothes easy to wash pass others. You suppose wash all de cloths wey you use work inside hot water and plenty detergent after de work.
- If you fit, try make sure say you no use physical cash wen you dey do assignment. And make sure say you clean your ATM card and your purse from time to time.
- Try make sure say na for open places you dey interview pipi all de time. If you must do de interview for place like room, choose area wen fresh air fit enter (like where get open window).
- Reason as you go take go work, come back; which kind transport you go use. No enter motto for public, wen pipi dey rush and make you use your hand cleaner or sanitizer take clean your hand wen you come down from de motto. If na your motto you dey take waka, remember say if any persin wen get de virus dey inside de motto, de persin fit give others.
- Make you pause, take break from time-to-time make you for no lose strength, because persin wey don tire fit make mistake wit de steps wey e suppose take to stay clean. Remember say persin fit need to drive far before and after dem finish dia work.
- **Make sure say you wash your hands well well, wit hot water and soap all de time, before you enter area wey de virus dey, as you dey de area and after you leave de area wey de virus dey.**
- If you notice say you dey get signs of de sickness like fever or e dey hard you to breath; reason as you go take get treatment. Plenty pipi wey dey work wit govement ontop health mater don suggest say e better pass, for persin wey get de sign to lock himself for house, so dat e no go spread de sickness give others. If you dey for place where pipi wey get dis virus plenty, e possible say you fit meet other pipi wey get COVID-19 for health centre wey sick pipi plenty and dat wan mean say you sef fit catch de sickness easily.
- Make sure say na only cooked meat and egg you dey eat.

## How to prevent infection from things wey you dey take work

- De possibility say COVID-19 fit spread through equipment wey don contaminate na sure tin. Serious steps on how to clean and use chemical wey fit destroy de infection suppose don dey in place wey you go follow all de time.

- Make sure say na microphone wey get long hand like 'fishpole' na him you dey use, instead of de short one wey dem dey call clip mics
- Make you wash de cover of your microphone with hot water and use chemical remove any virus wey fit dey am after you finish any assignment. **Find who fit guide or teach you to remove de cover safely, make you for fit avoid cross contamination.** Make sure say you no use de type of cover wey dem call "wind muff" if you fit, because e hard to clean.
- If e possible, use cheap earphone especially for visitors and make you throw-way am. Make you wipe all your earphone and use chemical remove de infection, before and after you use am.
- Use de type of eye-glass wey you fit take see from far so dat you fit stay for safe distance if you enter work area.
- If e possible, use equipment wey you fit carry waka, instead of those ones wey get cable.
- Reason as you go take store your equipment wen you dey assignment. No scatter things everywhere. Put everything back for hin house and close dem. (dat is: use one kind strong flight case wey dem dey use move equipment. De type wey you fit wipe and clean very easily).
- If e possible and you fit try am, use some kind plastic take wrap or protect your equipment round, wen you dey use am. Dat one go reduce de part of de equipment wey fit contaminate and e go dey easier to clean am and remove de infection wit chemical.
- Make you carry extra battery wey don charge full, as you dey go for assignment so dat you no go wan charge your things for work area, because dis na another tin wey fit join dose wey go contaminate.
- Make you decontaminate de equipment all de time, wit wipe wey get sharp-sharp chemical wey dem call antimicrobial wipes. Example of dat kind of wipe na Meliseptol, after which you go do proper cleaning, plus wit phones, tablets, leads, plugs, earphones, laptops, hard drives, cameras, press passes, lanyards and any other tin wey you dey take work.
- Make sure say you decontaminate or you remove contamination from de equipment again wen you dey put am back for hin house and those wey suppose take care of de equipment know on time and dem don learn how to safely clean de equipment. Make sure say dem no just dump any of de equipment carelessly come leave am, wen dem never hand am over to de person wey suppose take care of am.

- If na motto you dey use waka, make sure say de sabi pipo wey dem don train clean de inside of de motto, well well after you finish any assignment. Dem suppose focus more on de motto door, steering wheel, gear stick, hand break lever, wing mirrors, head rests, seat belts, dashboard, and window winder/catches/buttons.

## How to clean your electrical equipments

follow dis steps to guide yourself in case you dey clean your electrical equipment. **Make sure say you read de steps from de producers of de equipment to guide you before you try start dey clean any of dem.**

- Make you always remove de device and cables from socket
- No let water touch your equipment and make you no use aerosol spray, bleach and abrasive- dis tins go certainly damage your equipment.
- No ever spray any tin wey get water directly inside your device .
- Use only clothes wey no dey hard: dat is soft, lint-free cloth.
- make you add small water to damp de cloth or make am moist, but make de cloth no dey completely wet. Rub soap for de cloth, den use your hand make sure say de soap touch all de parts of de cloth
- Make you wipe de devise well well; wipe am downwards.
- No let any kind water touch anywhere wey open for your device (like de socket of de device, earphone socket, keyboard)
- Use cloth wey clean and dry to take remove water from your devise.
- Some producers suggest say wipes wey get 70 % isopropyl alcohol better to clean any hard surface or surface wey water or air no fit pass through.
- If you wan remove infection from your equipment make sure say you first check to know wetin de producers suggest, because some of dis chemicals wey dey remove infection fit spoil your device.

Some more steps to guide you dey [dis write up](#)

## Equipment for Personal Protection (EPP) wey medical or health pipo dey use.

Na only if you follow correct safety steps na him you fit safely wear or remove your medical EPP, (like hand-gloves wey you fit throw-way, face masks, aprons/overalls/bodysuits, and even shoe covers wey you fit throw-way among other tins) [I beg click here for general guidance from de CDC](#). **De possibility for contamination to happen from one tin to another wey dem call cross-contamination sure well well, so no take all dis steps play.**

- Put am for mind say many kontris no too get dis medical EPP for market, so if you come join those wey dey use am, to get am for market fit hard.
- Use de brand of medical EPP wey you trust and concentrate on de smallest important safety steps. Notice equipment wey don spoil, [as Aljazeera talk am](#), wit

fake ones, [wey Interpol talk for dia report](#). Some of de top brands wey dem trust pass [dey here](#).

- Make you use protective hand-gloves if you wan visit or you dey work for place wey de infection dey like hospital or health centre. Notice say Nitrile gloves dey protect pass latex. To wear two pairs go increase your safety.
- If you dey report from place wey de infection fit plenty like health centre or medical treatment centre more medical EPP like complete bodysuits go dey almost necessary, for sure.
- Based on de assignment, you fit need shoes wey you go throw-way after use or you go use nylon cover your shoes. You must wipe de two of dem and rinse dem as soon as you leave de affected area. If you dey use nylon ontop your shoes, you suppose throw-way am safely before you comot from de area.
- Dem don recommend say de removal of medical EPP suppose happen wit de help of pipi wey dem train, because dat time fit be de period wen persin fit catch de disease. Dis [video](#) wey come from de Irish health service fit help you. But de video no suppose replace training and supervision.
- **No ever repeat de use of hand-gloves, bodysuits, aprons or shoe covers. You suppose sanitize any equipment well-well before you use am again.** Make sure say you throw-way all de contaminated medical EPP as e suppose BEFORE you leave de affected area.

## Face Masks

General agreement never dey yet about whether pipi wey no dey sick suppose wear face mask. De [CDC](#) done recommend say make pipi wear **cloth wey dey cover face-but dis cloth no suppose be mask wey sabi popo for health mater dey use wey no dey plenty for market**-to take cover dia nose and dia mouth for area. But [WHO](#) talk say e no need make pipi wey no get de signs cover dia face, unless govement for your kontri tell you to cover am; you dey place wey you fit catch de sickness sharp-sharp, like hospital, or you dey look after persin wey fit get COVID-19 infection.

Unless e be say who use mask use am well, de possibility say mask fit join cause de infection don worry pipi. One [new research](#) wey *Lancet* do show say de quantity of de virus wey plenty reach level wey dem fit notice still dey for mask wey dem dey use for operation, seven days after de mask touch de virus. Sake of dis study, to remove your mask, use am again or touch your face wen you wear de mask fit mean say your chance of catching de infection don increase.

If e be say you wear mask make you follow dis advise.

- If e dey necessary, de type of mask wey dem dey call N95 mask (or FFp3) na hin dem [recommend](#) pass de normal mask wey dem dey use for operation.
- Make sure say de mask stay well for de bridge of your nose and chin, make gap reduce well-well for de way wey e take balance. Make sure say you shave any hair for your face all de time so dat de mask fit cover your face tight.
- E dey very important make you follow de steps wey go keep you safe wit your face mask. **Try make sure say you no touch de front of de mask**, wen you wan remove am; use only de band and no try adjust de mask once you don wear am unless e dey very very necessary. wash your hands if you use am touch de mask.
- To use one mask two times, dey dangerous. Always throw-way de mask wey you use immediately, inside bag wey you go close.
- Use hot water and soap take wash your hand all de time, ([more dan 60% of chemical wey dem call ethanol or 70% of de one wey dem call isopropanol](#)) after you remove de mask.
- Make you replace de mask wit another new mask wey dey clean and dry, immediately de one wey you wear don wet or sweat don soak am.
- Remember say dat face mask wey you dey use na only one part of de steps to protect yourself. E dey very important to make sure say you no touch your face, eyes and mouth and you wash your hand wit soap and hot water all de time.
- Put am for mind say face mask fit [no dey market](#), and/or de [price fit increase](#) sharply, based on de area.

## **Internet Security**

- Put am for mind say journalist fit experience more attack for internet, sake of dia report about COVID-19 mater. Check CPJ [professional steps](#) to take protect yourself from attacks.
- Govments and technology companies dey use more ways to take check and track how de COVID-19 dey spread. de [NSO Group](#), wey create [Pegasus](#), join dem. Dis Pegasus na something for internet wey oyibo call, spyware. Dem don use am [target journalists](#), as Citizen Lab talk am. Groups wey dia work na ontop civil liberties don dey worry about how dem fit use dis surveillance techniques take catch pipo after COVID-19 finish. Even Transparency International don dey follow dis mater for dia [website](#)
- Make you pause think, first before you click links or before you download any document wey carry informate about COVID-19. Thieves don dey take advantage of de health problem and fear to take target pipo and organisations wit different

types of plenty phishing attacks wey fit cause make malware enter your system as [Electronic Frontier Foundation](#) talk am.

- Dey careful anytime wen you dey click any link wey involve COVID-19 mater for [social media](#) or for apps wey dey send messages. Some of dis tins fit direct you to websites wen go let malware enter your system.
- Take note of bad apps wey dem dey take target pipo for ransomware, like [COVID-19 Tracker](#)
- Dem don report say maps wey dey show latest informate about COVID-19 mater from correct sources like WHO, fit get malware wey dem fit take steal [passwords](#)
- Dey careful about some wrong informate wey govement sponsor as dem don report for [The Guardian](#), wit de wrong informate wey dey other places. WHO don give special [warning](#) about dis tins and [BBC sef don talk am](#). For WHO website you go get [myth buster guide](#) wey you fit take check all dis tins.
- Dey careful about informate ontop COVID-19 wey dem share as [massages for apps](#) wey fit contain fake news and tricks to deceive you.
- Make you notice say dem don dey moderate COVID-19 write up for Facebook [wit artificial intelligence](#) (AI) instead of human beings wey dey check dat kind write-up. Dis one don cause make dem remove correct write up about de disease by [mistake](#)
- Make you read about conferences and [privacy issues](#) ontop internet so dat you go know wetin dis services dey do wit informate wey dem collect about you; de level of dat informate wey dem fit collect and de level of [security](#) wey dem get. Notice say as de number of pipo wey dey work from dia houses dey increase, [hackers](#) don target services.
- Make you dey alert about de problems wey fit come if you dey report on/or from kontris wey get authoritarian govements, wey fit dey monitor as de report about COVID-19 dey waka. Some govement fit wan [hide](#) de level wey de sickness don reach and/or [suppress](#) media pipo, as [CPJ take talk am](#)

### **How to Physically secure yourself from criminals wen you dey assignment**

As economic situation for all de world [dey drop](#) and more pipo dey lose dia job, [come enter poverty](#), de possibility say criminals go dey operate more dey very sure.

- Plenty towns don dey empty and police no get enough equipment to take work. E possible say criminals fit take advantage of dis situation. Some journalists don report say dem use mouth harass dem and target dem wit criminal activities; [dem even attack some](#) so no joke wit your safety.

- Dey very careful if you dey report from places like villages, pipo fit dey suspect and/or dey vex wit “outsiders” because of de fear say you fit carry COVID-19 come.
- Dey careful about de possibility of hard answers from police about dia method of COVID-19 lockdown, like de [physical attacks](#) and de use of [tear gas](#) and [rubber bullets](#)
- If you dey report from prison or place wey dem dey hold pipo, journalists dem suppose dey alert about de kind danger wey fit come from inmates wey dey protest and/or de riot wey fit happen ontop dis COVID-19 sickness, as de thing take happen for [Italy](#), [Nigeria](#), [Colombia](#), and [India](#)
- Put am for your mind say crimes fit increase dis period and notice say kontris like [U.S.](#), [Ireland](#), [Indonesia](#), [Ethiopia](#), [Palestine](#), [Somaliland](#) and [Iran](#) don release some prisoners to create space for prison dis period of COVID-19 outbreak.
- Notice say supplies fit reduce for dis period, wey fit increase de possibility of pipo to dey [loot](#) and [rob](#).
- Journalists wey dey kontris wey get authoritarian govment suppose dey alert about de threat say dem fit arrest, detain and/or deport dem as dem dey report dis COVID-19 mater, as [CPJ take talk am](#)
- If you fit travel commot for your kontri for assignment, ([check down](#)), search for de latest security situation for de kontri wey you dey go. Up till now, e get get some violent tins and protests wey pipo no too know about for some places for [Russia](#) [France](#) [Brazil](#), [USA](#), [Niger](#), [Bolivia](#), [Israel](#), [Pakistan](#), [Cyprus](#), [Reunion](#), and [Ukraine](#). De protest wey dey happen now for [Iraq](#) and [Hong Kong](#) don increase because of de COVID-19 mater.
- **Travel wey dey cross one kontri to another for Assignments**

Because of de world-wide blockade wey dem don put for traveling, to travel from one kontri to de other now don dey very hard to achieve. If you fit travel go abroad for your assignment, you suppose reason dis steps:

- Find out all de hopsitals or health centre for de area wey you go work. Notice say health workers fit go strike wit small informate or even wit no informate at all, as e take happen for kontris like [India](#), [Zimbabwe](#), [Ivory Coast](#) and [Papua New Guinea](#). Medical equipment wey you fit use for EPP fit no plenty or e no go even dey at all.
- Make sure say all de necessary vaccines and tins wen you fit take prevent de disease for [where you dey go](#) dey up-to-date and on time. Reason how to get de flu vaccine so dat you fit avoid possible confusion ontop any sign of de sickness wey you fit get.

- Make you check de insurance plan wey you get for traveling. Many govement don give different types of advice about traveling, wit warning about traveling to abroad. De [British Foreign and Commonwealth Office, de U.S. State Department](#), and [de French Affaires Etrangeres](#) join dem. **Notice say to get some of dis protection package to travel for COVID-19 mater fit no dey possible**
- Always dey check de status of any event wey you wan attend, sake of **say plenty kontris don ban gatherings for public places kpata-kpata, or any kind gathering wey pass some number of pipo**
- Make you check any travel ban wey dey in place or de one wey dem wan start for de kontri wey you dey go. Again, bans and/or blockade against foreigners fit increase everywhere for de world from now.
- Make sure say you get extra plan wey you put in place because township, specific arears and/or de whole kontri fit enter lockdown and quarantine wit small notice or no notice at all. Some companies and dia owners don increase de level wey dem go take plan to move any of dia workers wey base for any part of de world.
- Many of de land borders don close everywhere for de world. Again more of dis kind of closure fit happen. Dis na sometin wey you suppose consider as you dey arrange your extra plan.
- No travel if you dey sick. Most of de airports wey dem dey take travel go abroad or regional airports don introduce strong plans to check health status. De fact say travellers go face testing and/or by force quarantine/self-isolation as dem land dey almost certain.
- De choice of where to travel go, all over de world don reduce drastically because of airline wey dey cancel dia flights to/from various places.
- You suppose buy flight ticket wey dem fit return all your money back, if de need arise. COVID-19 don cause serious money issue for plenty airlines [as dem talk am for news](#).
- Consider de tins wey you suppose buy carry follow body. Dem don report say some tins dey scarce for market as pipo dey [panic dey go buy plenty tins](#). Face masks, hand sanitizers, soap, packaged food, and toilet paper join de tins. Notice say situation for kontri wey you dey go, fit come worse because of [strike](#) and/or shortage of workers sake of de COVID-19 infections.
- Make you put am for mind say some kontris wey been dey get small water supply [like Jordan](#) fit begin experience more demand shortage.
- Make you check de latest situation ontop visa mater for de kontri wey you dey go because plenty kontris don stop dey give visas and dem don suspend de ones wey dem been give.

- Check if de kontri wey you dey go, need medical certificate to prove say you no get COVID-19. Some examples dey [here](#)
- Make sure say de plan wey you dey make to travel dey flexible and allow yourself spend more time for airport, sake of de steps wey involve [health screening](#) and temperature check points. Dis same advise dey necessary for railway stations, ports/docks, even long distance bus stations too.
- Make sure say you dey ontop any informate wey fit change for de place wey you wan follow enter de kontri, because some kontris dey only allow foreigners enter dia kontri from some kind airports and terminals.
- Continue to dey monitor sources inside your kontri, for any news about blockade wey fit affect movement inside de kontri wey you wan travel go.

## **After-Work**

- Continue dey check your body for any signs of de sickness wey you fit notice.
- E go dey almost certain say you need to isolate yourself, as a matter of fact, after any assignment wey dey very risky. I beg check all de necessary advise wey govement dey give.
- Make you monitor all de latest informate ontop COVID-19 mater, wit any quarantine and isolation steps wey dey in place, both for your kontri and where you dey travel go.
- based on de level of infection wey dey de kontri where you been dey, you suppose consider say e need make you keep journal of names/contacts of pipo wey you come close to for 14 days after you return. Dis one go help dem trace all your contacts in case wey you start dey show de symptoms.

## **--If you get de symptoms**

- If you begin notice say you dey get de [symptoms of COVID-19](#), **no matter as e small reach**, tell your management pipo so dat dem go help you get de right motto wey go carry you from de place wey you dey finish your assignment to your house. **No just enter any taxi**
- Follow de advice wey [WHO](#), [CDC](#), or any other sabi pipo ontop health mater for your kontri dey give to take protect yourself and your area.
- No comot from house for **at least 7 days** from de time wey your symptoms start dey show. If you do like dat, e go help to protect other pipo for your area as you get de infection.
- Make you plan early and ask pipo for help. If you wan buy anything, ask your employer, your friends and your family to help you buy am and make dem leave de tin for front of your door.

- Make sure say you stay at least 2 meters far from other pipo for your house anytime wen e possible.
- Make you sleep only you, if e possible.
- If you dey live wit other pipo, you suppose isolate or separate yourself from dem for 14 days. One important guide ontop dis mater dey [here](#). You suppose take special care when you dey use bathroom, toilet and kitchen items, so dat you no go infect other pipo.
- Wash your hands every time and wash am well for at least 20 seconds, wit soap and hot water.
- As far as e possible, stay away from pipo wey de sickness fit easily catch like; old pipo and pipo wey don dey sick before.
- You no need to call de sabi pipo for health mater for your country if you wan start to isolate yourself, unless if your symptoms increase as you dey de isolation.

CPJ get online [Safety Kit](#) we dey provide journalists and dia newsrooms wit de basic safety informate ontop physical, [digital](#), and psychological safety resources and tools, even informate wey cover [civil unrest](#) and [elections](#) join.

**[Editors' note:** *De first time wen dem publish dis safety advise na on February 10, 2020, and since then, dem don dey revise am from time-to-time. De date wey dey ontop now dey show wen dem last update am.]*