COVID-19: 20 QUESTIONS

DR. ABIODUN ALUKO

CO-FOUNDER, PREMIER SPECIALISTS’ MEDICAL CENTRE, LAGOS, NIGERIA
These are perilous times because a virus that can shut down the world cannot be taken lightly! The Corona Virus COVID 19 is so big an elephant that we can’t even talk, think of anything else but its presence! Though said to have the same symptoms as flu, it is certainly more deadly... so much so that it has taken so many lives within short span of its existence... barely three months. Needless to say, the fear of the disease is worse than the disease itself. We have heard of guidelines to prevent this disease, washing of hands, safe distancing, self-isolation and usage of hand sanitizers etc. Every single human being on earth now knows the wash-your-hands mantra... including my five year old niece! But regardless of all these warnings, some streets are still littered with people and extreme measures are being taken to keep them off it.

This situation is the reason for our COVID 19 series where we interview various people from different sectors of the economy to give us deeper insights into the effect of COVID 19 in our society and economy. I personally feel things can never be the same again after this plague is over. When the pressure is on, that’s when you see all the strength and weaknesses of people. Now, more than ever, we need to demonstrate responsibility and love for life. We must show respect for ourselves, our family and loved ones. We must appreciate the people in the medical field who have put their lives on the line to fight this virus. People should also do everything they can in their own personal way, to ‘reach out’ to those most affected by this virus. It can be creating awareness, offering solutions, donating money, food etc. Whatever it is, be part of the game changing. After the storm is over, it will be a change for the better. which is why God shut the earth to call us to order!

Stay Home. Stay Safe.
THE BEGINNING

STAGGERING ICON

HRH (DR.) S.K ADETONA

STABLE & SOLID PRINCIPALITY FOR SIX DECADES AND BEYOND

HRH (DR.) S.K ADETONA

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**CORONA VIRUS**

**Beauty and Social Distancing**

**BY KONYE CHELSEA AWADOGOR**

Chances are your beauty routine is going through some changes. Self-isolation has thrown every appointment with a hair stylist, manicurist, and dermatologist into disarray. But what do you when you’re stuck at home with a pressing beauty question? Should I be wearing sunscreen? Are those long showers drying out my skin? How can I take off my gel manicure at home? Find below some answers.

**Should I be wearing sunscreen in the house?**

Yes, absolutely. UVA light penetrates through window glass, so you’re not off the hook for wearing sunscreen even if you’re inside. If you’re in the windows then you’re still at risk for sun damage that causes premature aging and even skin cancers. You also need to make sure your sunscreen is labeled broad-spectrum, meaning it protects your skin against both UVB and UVA rays. 

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**Why?**

Because cancer. You also need to make sure your sunscreen is labeled broad-spectrum, meaning it protects your skin against both UVB and UVA rays.

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**What do you do when you’re stuck at home with a pressing beauty question?**

Should I be wearing sunscreen? Are those long showers drying out my skin? How can I take off my gel manicure at home? Find below some answers.

**How can I take off my gel manicure at home?**

Find below some answers.

Find below some answers.

**Should I invest in a cuticle cream with all the excessive washing?**

It’s time to take it out. The tension from some protective styles can actually cause hair breakage and damage to the scalp. Flash, detangle, condition and weave into a simple neat plait for the time being.

**I’ve had my protective style in for too long. What do I do?**

**Maintain social distancing.**

Maintain at least one metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

**If you have fever, cough and difficulty breathing, seek medical care early.**

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

**Stay informed and follow advice given by your healthcare provider.**

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

**Learn how to take photos like a pro.**

This skill shouldn’t take you two weeks to learn, but it’s definitely one you can perfect over two weeks being stuck at home. It is also recommended to get you the handiest guide to photography ever. Your book should be about photography techniques in a wide range of lighting environments, and there are plenty of resources to help you reach your peak.

**Learn how to remove red wine stains.**

This skill won’t take you two weeks to learn, but it definitely one you can perfect over two weeks being stuck at home. It is also recommended to get you the handiest guide to photography ever. Your book should be about photography techniques in a wide range of lighting environments, and there are plenty of resources to help you reach your peak.

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**Learn new language.**

Learn a new language the easy way with uTalk, which takes the headaches out of language-learning by offering short and fun exercises you can complete on all of your devices on the go. You’ll be able to choose from over 140 languages, and there are plenty of engaging games and tools to keep you on track.

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How Fashion and Beauty Brands are helping during the Coronavirus Pandemic

By Ruby Salako

In the last few weeks, there has been a drastic change globally. One world is no longer as we know it. Thanks to the Pandemic that is Coronavirus, the fashion and beauty industries have felt the effects of this global pandemic. In a matter of weeks, from factory closures to event cancellations to general economic uncertainty, China and Italy, two of the hardest-hit countries, are overseeing a large portion of the world’s product manufacturing, creating a ripple effect that echoes across the whole industry.

In these troubling times, one that has continued to inspire me is how fashion and beauty brands are playing their part and helping to create necessary equipment and donate funds to hospital workers and charitable organizations that need help. Even when the industry’s future is at large uncertainty, these companies are putting the needs of their communities first.

In addition to maintaining current supply deals, Gap Inc., attached with hospitals in California to produce protective face masks, and medical gowns for healthcare workers in the United States and hospitals and medical centers in Canada. This is also repurposing facilities to manufacture single-use medical gloves, humidifiers, and medical gowns. The company was using its factory in Pittsburgh to produce 150,000 face masks daily for local hospitals.

The Body Shop donated 30,000 surgical masks and 75,000 medical gowns to hospitals around the United Kingdom. The Body Shop also created and distributed care packages to local hospital workers.

Gucci

The Italian label is providing 1,300,000 surgical masks and 55,000 medical gowns to hospital workers and helping to fundraise for hospitals around the world. The brand has also committed to not laying off any employees until May.

Prada

Prada, S.p.A is reconfiguring its factory in Perugia to produce protective facemasks for medical workers in Milan. The Italian company has also launched a crowdfunding campaigns that will develop protective facemasks for medical workers. Because dresses---medical workers who are in direct contact with sick patients---are not considered protective, Prada has launched a new product category under the Moncler Genius brand that will sell face masks for $10 each. Prada also plans on donating to the Emergency Assistance Foundation, which will use the funds to buy protective equipment for hospital workers.

Inditex

The Spanish luxury company has donated up to 250,000 surgical gowns and 250,000 face masks to hospitals in Europe. The company is also starting supply chains to distribute face masks and face shields to healthcare professionals in the United States and Spain, and will also plan on manufacturing hospital gowns in its factories.

Calvin Klein

CK one donated 1 million face masks for consumers to wear outside. The proceeds from each sale will go to the World Health Organization's initiative, along with giving fans the opportunity to make a donation to the #GucciCommunity, it is asking fashion and beauty brands have pledged to donate $500,000 to the COVID-19 Solidarity Response Fund. L’Oreal hopes to provide 50,000 face masks for medical workers. Because dresses---medical workers who are in direct contact with sick patients—are not considered protective, L’Oreal has launched a new product category under the Moncler Genius brand that will sell face masks for $10 each. L’Oreal also plans on donating to the Emergency Assistance Foundation, which will use the funds to buy protective equipment for hospital workers.

Michael Kors, the American fashion brand under Capri Holdings, has pledged 1 million, with the Michael Kors Design Studio in New York leading the effort. The effort will go to the National Health Service in the United Kingdom.

Jimmy Choo

The London-based accessories label has pledged $50,000 to organizations in the United Kingdom and $50,000 to go to the National Health Service in the United Kingdom.

Vera Wang

The beauty corporation donated $2 million to 135 non-profits to support donations and funding to the front lines of the coronavirus pandemic, with some of the recipients being the New York City Coronavirus Response Fund, Boston Children’s Hospital, and the Oregon Health Sciences University.

M excessive use of amplifiers can lead to hearing loss. The American noise control association recommends that individuals use earplugs if they plan to be exposed to loud noise for more than 15 minutes. The use of earplugs can help reduce the noise exposure and help prevent hearing loss.
As unique as your personal style may be, chances are, you’re not the first to wear the go-to items in your closet—not even close. And, you don’t need to wait for your grandmother to tell you so. We have traced some of today’s most popular wardrobe must-haves back to their origins.

**SCARVES**
From Queen Nefertiti in ancient Egypt to Grace Kelly touring the French Riviera to present day fashionistas, the scarf has remained a constant signifier of style.

**FLARED PANTS**
Shifting gears from functionality to, well, funk, the flared pants of the 60s and 70s are an archetypal silhouette of the hippie movement as well as the disco era.

**CHERE & SADIE JIMOHUO**

**TURTLENECKS**
Made an appearance in the late 1800s, but served a much more high-fashion purpose. Women wore the garment with exaggerated sleeves in a form-fitting silhouette. But in the 50s and 60s, the simple black turtleneck became a signifier of the Beat Generation, a radical group of artists, writers, and nonconformists.

**ABHI KOLA, DAD & TWIGGY**

**PUSSY BOWS**
The pussy-bow blouse was an incredibly popular item for over 100 years. Though these feminine tops were often made in uncomfortable synthetic materials, the latest versions can be found in more comfortable cottons, linens, and silks and will look great with a slim pencil skirt or wide-leg trouser for work.

**PRICILLA AKOGYERAM & JANE FONDA**

**MINI SKIRTS**
In the 1960s, Miniskirts were everywhere, but the style was rarely worn over bare legs. Instead, women often styled short skirts with colorful tights, fishnets, and other hosiery.

**ABI KOLA & DAISI & TWIGGY**

**CROP TOPS**
Designers have been reinventing the crop top ever since it became popular as part of two-piece matching sets in the 1930s and 40s. Crop tops have since come back every single decade in new and different iterations.

**NAOMI NONYANE & MADONNA**

**THE VIBE OF**
It’s an evergreen combination that’s incredibly versatile: ripped jeans and blazers. If you think this pairing is just for a casual look, think again. With so many types of ripped jeans, this combo style fits almost every occasion. You can opt for the ultra feminine look or semi-formal look. You can choose skinny, flare or even print ripped jeans. By mixing and matching your separates, you can create any of the looks you like.

**SHADE OLA makes ripped jeans internship-appropriate by pairing them with a well-tailored blazer. The white camisole worn with pink accessories, pulls the look together to give it a more polished vibe and an instant update.**

**90’S VIBE**
JENNIE JENKINS gives us a throwback 90’s vibe with ripped jeans, a bra top and blazer. When looking for ripped jeans, opt for a pair with just a few slits so you can show the perfect amount of skin. This relaxed look is still flirty with a hint of skin.

**JUILLIET FOXX**

**CASUAL UPDATE**
ORANGE OR A black blazer makes ripped jeans internship-appropriate by pairing them with a well-tailored blazer. The white camisole worn with pink accessories, pulls the look together to give it a more polished vibe and an instant update.

**CLASSIC COMBO**
A military-style buttoned blazer makes a perfect match for a high-waist ripped jeans. This makes a simple yet stylish combination, especially when you add a touch of color with a vibrant smile.

**POP OF COLOUR**
Skin-tight jeans with fashionable rips worn with a white shirt and a single buttoned pink blazer with black sandal to finish the look is a classic which can take you from an informal meeting to an outdoor party.
THE POWER OF SOCIAL DISTANCING

In order to stem the spread of coronavirus (COVID-19), social interactions have been restricted around the world.

What is social distancing?
Social distancing is the deliberate act of increasing the physical space between people to decrease the likelihood of spreading an illness. Staying at least six feet away from other people lessens your chances of contracting or spreading COVID-19.

How can you practice social distancing?

- Work from home instead of the office
- Keep children indoors
- Interact with loved ones through electronic devices instead of visiting
- Cancel or postpone events
- Restrict travel
- Allow a distance of six feet between non-household members

Why is Social Distancing Important?
- COVID-19 can spread from person to person even if the infected person exhibits no symptoms
- While many of those infected with COVID-19 recover, those with underlying health conditions and over the age of 60, may develop more severe cases that could lead to death
- Social distancing is an effective way to reduce the spread of COVID-19 from relatively healthy people, to a population more ‘at-risk’ of developing serious complications
- If an infected person is walking around unaware they have the virus, through their network, they could potentially spread the virus to 406 people within 30 days
- In contrast, an infected person that reduced their social activity by 50% by staying at home, would only spread the virus to 15 people within the same 30 days
- The most compelling figure is, if an infected person increased their social distancing by 75%, they would potentially only infect 2.5 people in 30 days

Facts on Social Distancing

How a reduction in social contact can reduce the spread of the coronavirus

<table>
<thead>
<tr>
<th>Normal behaviour</th>
<th>In 5 days</th>
<th>In 30 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Person infects</td>
<td>2.5 people</td>
<td>406 people</td>
</tr>
<tr>
<td>50% less contact</td>
<td>1.25 people</td>
<td>15 people</td>
</tr>
<tr>
<td>75% less contact</td>
<td>0.625 people</td>
<td>2.5 people</td>
</tr>
</tbody>
</table>

Source: Statista

You can help slow down the spread of COVID-19. Practice social distancing.
Dr. Abiodun Eke-Aluko is a leading pediatrician and co-founder of The Premier Specialist’s Medical Centre where she combines administrative duties with clinical duties effectively. She is a passionate advocate for the well being of the child, with a particular interest in the premature low-birth-weight infant (neonatology) and the special needs child (autism). She is also a promoter of an integrative approach to child health care, i.e the holistic approach.

After obtaining her MBBS degree in 1982 at the University of Lagos, Aluko proceeded to the US in 1983 where she obtained a Fellowship in Pediatrics, graduating at the top of her class. She returned to Nigeria in 1988, to contribute to the health delivery system of her beloved country, Nigeria. Since September 1992, she has been at The Premier Specialists’ Medical Centre, combining administrative duties with clinical duties effectively.

THISDAY STYLE is doing a COVID 19 SERIES to reflect the pulse of the world now and Dr Aluko’s interview is the first of this series from a medical stand point. She gives us a proper insight into this virus and offers professional advise on how best to prevent or handle it if contacted with the disease. EXECUTIVE EDITOR, THISDAY STYLE, RUTH OSIME reports...
Cover

1. What preventive measures are private hospitals like yours taking to better prepare you on how to handle patients with COVID-19?

Our role as a Private hospital is to promptly identify patients at risk of being infected with SARS-CoV-2 and isolate them from other people then refer them to the appropriate authorities for testing and possible treatment. We are not expected to treat patients who test positive to the SARZ Corona Virus without government accreditation.

2. To be able to fulfill our role we are screening all patients prior to entry into the premises.

All patients with a travel history in the past 14 days or close contact with a known positive case who is found to have a fever, a cough, or difficulty breathing, is placed in our isolation bay, then contact is made via the LSHMO or NCDC hot lines.

3. What if the patient is asymptomatic and shows no signs of carrying the virus when they come?

We are also prepared for the fact that asymptomatic carriers (patients who have the virus but show no symptoms) may come so we take extra precautions when we see a patient with a possible travel history, to protect our staff by providing PPE for that consultation.

4. If the patient is found to be positive then we will have to disinfect the unit, have all contacts tested and shut down the unit. We are prepared to close down the hospital if necessary.

5. It has been said that the virus only kills elderly people or those with underlying ailments. But we have heard of cases where young healthy people and even babies, have died from the virus. Why is that?

When one is infected with a virus there is actually a spectrum of presentation. The incubation period, which is usually a time between infection and the onset of symptoms (During this time, especially at the end of the incubation, the patients can be infectious). For COVID-19, the incubation period is between 2-12 days but commonly around 1-3 days.

6. Some people believe the world will never be the same again after this pandemic. They believe that enforced self-isolation will make people less團結, not as crowded together as they used to be. Do you, as a medical Doctor, envisage such anxieties?

I predict a world that is more hygiene conscious, with less physical contact and more digitally connected. I would like to end this interview by incorporating that

7. Why are the elderly more vulnerable in terms of survival rate to this disease?

It is because the elderly in general, have a weakened immune system compared with younger individuals and especially babies so they often succumb to the illness. We must protect our older ones from contact with SARS-CoV-2. They must stay home. Children have a far more active immune system hence they have very mild infections and recover quickly.

8. Is it of utmost importance even for Doctors to kit themselves with PPE now when they attend to all patients?

At the present time it is not indicated that doctors fully kit themselves to see every patient, the incidence rate at present is low and there are adequate screening procedures in place to identify high risk patients requiring isolation and full Hazmat gear.

9. How involved should the government be in provision of PPE and other necessary kits to clinical practitioners?

One of the most important facts that we must all remember is that COVID-19 is a brand new disease with a name that sounds like two months old, we are learning things about this disease on a daily basis.

10. Which organizations in government are ensuring clinicians are updated with new developments?

The FMOH, NCDC and LSMHO are doing their best to keep us informed of every new development.

11. What challenges will clinicians most likely face during this pandemic?

As clinical practitioners, it is frustrating to be unable to test for COVID-19 whenever it is that we feel it is indicated and so far, it puts an element of doubt in our work.

12. What will you like the government to address most urgently now?

I would like the government to approve and recommend a rapid test kit for the clinicians to use as soon as possible if it is possible that a rapid test kit is acceptable range of certainty.

13. The common surgical masks are for single use; homemade masks are very innovative especially now that there is a global shortage of masks but unfortunately their effectiveness have not been validated. The good thing about any mask at all is that it prevents touching one’s face.

14. If you suspect you have symptoms, is 14 days the test mark to know whether or not you have contacted the virus?

Most people who come in contact with the SARS CoV become symptomatic within 2-12 days. Though a few cases of incubation periods as long as 21 days have been documented. It is safe to assume that if one remains asymptomatic on DAY 15 after a possible exposure, that you have not contracted the virus.

15. We have also been told that holding your breath for 10 seconds without feeling any discomfort is one of the first signs of confirming you don’t have it. Is this enough to assure people’s fears?

It is a myth that holding your breath for 10 seconds can be diagnostic, simply not true.

16. I agree every cough, sneeze ache is feared to be COVID-19 today. I would like to emphasize that having COVID-19 is NOT a death sentence. The majority of people that are infected globally have only mild/moderate symptoms and this has been the case here in Nigeria too. Fear is unhelpful you need to be serene to fight the virus.

17. Needles to say, the fear of the virus for someone the virus itself where any symptoms whatsoever is seen as a confirmation of the disease.

I agree every cough, sneeze, ache is feared to be COVID-19 today. I would like to emphasize that having COVID-19 is NOT a death sentence. The majorit of people that are infected globally have only mild/moderate symptoms and this has been the case here in Nigeria too. Fear is unhelpful you need to be serene to fight the virus.

18. The symptoms are, Constitutional (fever, headache, muscle pains, Respiratory (Runny nose, Sore throat, Cough, Chest pains), Difficulty breathing and Anosmia -absence of smell.) Other symptoms like vomiting or diarrhoea may also be associated with covid 19.

19. Please call any of the hot lines if you are at risk of contact and experience these symptoms.

20. Some people believe the world will never be the same again after this pandemic. They believe that enforced self-isolation will make people less團結, not as crowded together as they used to be. Do you, as a medical Doctor, envisage such anxieties?

I predict a world that is more hygiene conscious, with less physical contact and more digitally connected. I would like to end this interview by incorporating that

FMOH, NCDC and LSMHO are doing their best to keep us informed of every new development. The majority of people that are infected globally have only mild/moderate symptoms and this has been the case here in Nigeria too. Fear is unhelpful you need to be serene to fight the virus.
It's been a veritable outpouring of broadcasts and information these past few weeks due to the pandemic that has hit the world. So much going on at the same time, it's overwhelming. As COVID-19 continues to spread across the nation, pregnant women and breastfeeding women are advised to take certain precautions. This week we had a chat with Dr Tony Adegoke, Public Health Physician, Lagos State University Teaching Hospital, Badagry/FunSHI HO. Association of public health physicians of Nigeria on Coronavirus and pregnancy.

**CORONAVIRUS INFECTION AND PREGNANCY**

Are pregnant women more at risk of COVID-19?

Research is currently underway to understand the impacts of COVID-19 infection on pregnant women. At present there is no evidence that they are at higher risk of severe illness than the general population. However, due to changes in their bodies and immune systems, we know that pregnant women can be more affected by some respiratory infections. It is therefore important that they take precautions to protect themselves against COVID-19, and report possible symptoms (including fever, cough or difficulty breathing) to their healthcare provider.

I'm pregnant. How can I protect myself against COVID-19?

Pregnant women should take the same precautions to avoid COVID-19 infection as other people. You can help protect yourself by:

- Washing your hands frequently with soap and water or an alcohol-based hand sanitizer to get rid of any virus you might have had contact with on surfaces.
- Wash your hands before eating, after using the toilet.
- After blowing your nose, coughing or sneezing. After being in public places. After touching surfaces in public places. After touching other people as basically as often as possible.

Maintain social distancing i.e. keeping space of at least 1 meter (3 feet) between you and others and avoiding crowded places.

Avoid crowds, especially in confined and poorly ventilated spaces. Do your grocery shopping at off peak hours. Avoid using public transport during rush hours. Exercise outdoors instead of indoor settings. Reduce your exposure to others as much as possible.

Avoid touching your eyes, nose and mouth to avoid infection with contaminated hands.

Practice respiratory hygiene. This means covering your mouth and nose with your arm or sleeve when you cough or sneeze. Then dispose of the used tissue immediately.

Seek medical care early. If you feel unwell with fever, cough or difficulty in breathing, stay at home and seek for medical care by calling the designated numbers (5-8000-CORDIVA)

Can COVID-19 be passed from a woman to her foetus or baby during pregnancy or delivery?

Yes, Women with COVID-19 can breastfeed if they wish to do so. The virus can be found in samples of amniotic fluid or breastmilk.

Can COVID-19 be passed from a woman to her foetus or baby during pregnancy or delivery? To date, the virus has not been shown to be able to pass into the fetus or baby. The virus can however be transmitted from mother to baby through the placenta. Pregnancy or delivery. To date, the virus has not been shown to be able to pass into the fetus or baby. The virus can however be transmitted from mother to baby through the placenta.

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When you cough or sneeze. Then dispose of the used tissue immediately. Avoid touching your eyes, nose and mouth to avoid infection with contaminated hands.

Practice respiratory hygiene during feeding, wearing a mask where available.

They should:

- Practice respiratory hygiene during feeding, wearing a mask where available.
- Wash hands before and after touching the baby. Routinely clean and disinfect surfaces they have touched.
- Educate yourself on COVID-19 from trusted sources. Call your antenatal care provider to ask for specific guidance on how to proceed with antenatal appointments and your delivery plan, including if you should be tested for COVID-19.
- Have over-the-counter medicines and medical supplies (e.g. ibuprofen, thermometer, face masks) to treat minor conditions in pregnancy. If taking any prescription medicines, ensure you consult your antenatal care provider.

**How to adequately prepare for birth as a pregnant woman**

Educate yourself on COVID-19 from trusted sources. Call your antenatal care provider to ask for specific guidance on how to proceed with antenatal appointments and your delivery plan, including if you should be tested for COVID-19.

Have over-the-counter medicines and medical supplies (e.g. ibuprofen, thermometer, face masks) to treat minor conditions in pregnancy. If taking any prescription medicines, ensure you consult your antenatal care provider.

How much can COVID-19 affect a pregnant woman?

Are pregnant women more at risk of COVID-19? It's still not certain if a pregnant woman with COVID-19 can pass the virus to her fetus or baby during pregnancy or delivery. To date, the virus has not been shown to be able to pass into the fetus or baby. The virus can however be transmitted from mother to baby through the placenta.
A Guide For Every Body Shape

PEAR/TriANGLE BODY TYPE

You may be this body type if...
• Your waist is wider than your bust
• You consider yourself to have fuller hips
• You have narrower shoulders in comparison to your hips
• You have a fuller rear

The advantage of this body type is that you can create an illusion of an hourglass figure if styled correctly. Your shoulders are narrow, and hips are wide. All you have to do is to strike a balance or wear outfits that enhance your lower body. Either way, works well. Dress with patterned or ruffled tops that add definition to the upper body, look great and work perfectly highlighting the smallest part of your waist. Structured jackets and a-line skirts also look great on this shape.

HOURGLASS SHAPE BODY TYPE

You may be this body type if...
• You describe your body as curvy
• You have a well-defined waist
• Your bust and hip measurements are roughly even
• You may have fuller bust, hips and thighs.

In order to dress for the hourglass body shape curvy with a smallest waist, your goal should be highlighting your curves. Don’t hide them. Feel clothing that accentuates your body. Try jumpsuits, wrap dresses perfectly enhancing that. It’s like the hourglass figure minus the defined waistline.

ATHLETIC/RECTANGLE SHAPE BODY TYPE

You may be this body type if...
• Your waist isn’t very small or well-defined, but rather straight up and down
• Your bust and hip measurements are nearly the same

The rectangle-shaped body is usually well-balanced from the shoulders to the hips. So, there is not too much of a definition to your silhouette, and it’s fairly straightforward. Your arms and legs are the assets. So, focus on enhancing that. It’s like the hourglass figure minus the defined waistline.

APPLE shaped BODY TYPE

You may be this body type if...
• You have fuller bust, hips and waistline.
• You may have fuller bust, hips and waistline.
• You may have fuller bust, hips and waistline.
• You’d describe your body as curvy

In order to dress for the apple body shape where you have a slim lower body and carry weight around your middle, you should focus on highlighting your shoulders and legs. Steer away from form-fitting tops and try more flowy styles. Shift dresses will be your go-to silhouette.

The Louis Vuitton’s Iconic Trunk

1. Patrick Louis Vuitton, great-great-grandson of the brand’s founder, is responsible for the maison’s special orders and commissions. He once said in an interview that he always travels the world with his Vuitton trunk. PATRICK LOUIS VUITTON WITH THE LOUIS VUITTON TRUNK

2. At the historical workshop in Asnières – which dates back 150 years and is also where the brand’s family home and travel museum are all handled by the craftsmen. PATRICK LOUIS VUITTON WITH THE LOUIS VUITTON TRUNK

3. The components are part of the WatercolourBox (Boîte à Aquarelle), a special order for Patrick Louis Vuitton. While the brand offers "made-to-measure" creations, which allow clients to choose from existing styles, materials and colours, "custom-made" creations such as this box – are unique pieces that cater to clients’ specific needs, be in a jewellery trunk for heirlooms or wine trunks for memorabilia.

4. First and foremost, a trunk is meant to safely transport your precious belongings. The craftsman must choose the materials carefully and precision in every aspect of the trunk’s construction, from the wooden structure, coating, slats and corners that contribute to shock absorption, as well as the zinc sheeting for bottom insulation.

5. For the trunk’s wooden frames, Louis Vuitton predominantly chooses 100-year-old poplar wood that has been dried for a minimum of four years. The brand also uses oak, mahogany and beech, known for their supple, light and resistant properties. The craftsman covers the wood with either canvas or leather, but not before signing the trunk with a handwritten stamp.

6. Craftsman use the popular saddle stitch when crafting many of their leather goods. The stitch, which has been executed identically for more than a century, is known for its lasting strength and is done using two needles and a wax thread coated with beeswax.

7. The corners and edges of hard-frame luggage – the parts most susceptible to wear and tear – are protected by a strong vulcanised fibre exclusive to Louis Vuitton known as joiner. Here, a craftsman hammers a nail into the joiner to reinforce it. The production of a single trunk can require several thousand nails.

8. While machines are used for the more mundane tasks, the steps that require creativity and savoir-faire are all handled by the craftsmen. The brass lock is designed to be invisible, to be opened only by a hand-made key created for the client, which allows them to only use one key for all of their trunks. The craftsman flies the seven-point lock on the trunk.

9. Age-old techniques and tools are still used to this day. Here, a craftsman ensures the finishing is perfect with a device that smoothes the leather without damaging it. The whole process from start to finish can take up to six months due to the amount of care and effort put into it.
MYTH About CORONA VIRUS

FACT: Cold weather and snow CANNOT kill the new coronavirus

There is no reason to believe that cold weather can kill the new coronavirus or other diseases.

The normal human body temperature remains around 36.5°C and 37°C, regardless of the external temperature or weather.

The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

#Coronavirus

FACT: Taking a hot bath does not prevent the new coronavirus disease

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C-37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can irritate your skin.

The best way to protect yourself against COVID-19 is to regularly wash your hands, properly dry them, and not touch your eyes, nose, or mouth.

#Coronavirus #COVID19

Thermal scanners are effective in detecting people who have been exposed to the virus (i.e. have a higher than normal body temperature) because of infection with the new coronavirus.

However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 14 days before people who are infected become sick and develop a fever.

#2019nCoV

How effective are thermal scanners in detecting people infected with the new coronavirus?

People of all ages can be infected by the new coronavirus (2019-nCoV).

Older people, and people with pre-existing medical conditions such as underlying diabetes, heart disease or respiratory disease, appear to be more vulnerable to becoming severely ill with the virus.

With others, people of all ages take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

#Coronavirus

FACT: The new coronavirus CANNOT be transmitted through mosquito bites

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive specific supportive care. Some specific treatments are under investigation, and will be tested through clinical trials.

WHO is working with manufacturers and academic partners on vaccine development efforts with a range of partners.

#Coronavirus

Are there any specific medicines to prevent or treat the new coronavirus?

No. Hand dryers are not effective in killing the 2019-nCoV.

To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

#2019nCoV

Are hand dryers effective in killing the new coronavirus?

No. Spraying alcohol or chloride all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e., eyes, mouth).

Be aware that both alcohol and chloride can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

#Coronavirus

Can spraying alcohol or chloride all over your body kill the new coronavirus?

#2019nCoV

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