COMMUNITY HEALTH WORKERS POCKET GUIDE

'Stay Healthy: Protect yourself, your family and community from Coronavirus'

Do you know that:

- Coronavirus disease (COVID-19) is an infectious disease caused by a new virus (SARS-CoV-2).
- The disease causes respiratory illness with symptoms such as a fever, dry cough, difficulty breathing and tiredness.
- The disease is spread from person to person through small droplets from the noses or mouth, when a person with COVID-19 coughs or sneezes. Infection can also happen when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth.

As a community mobiliser your role is to provide accurate information on coronavirus to the community but taking protective measures to protect you and your community.

Important steps to observe as you carry out Community awareness/mobilization:

How to interact with families during coronavirus house to house response:

1 Greet with local salutation and state purpose of your visit. Be respectful, polite and empathetic.

2 In case you meet a family with coronavirus suspected case/s, the family members may be stressed or afraid. So, the most important thing you can do is to listen carefully to questions and concerns but keep your distance.

3 Gather accurate information from the person: their name, date of birth, travel history, list of symptoms, record and communicate as per the surveillance format. Write the information clearly

4 You may not have an answer for every question: a lot is still unknown about COVID-19 and it is okay to admit that.

5 If available, share information using posters or flyers and discuss their questions to enable better understanding and motivate them to share the CORRECT information with others.
During house to house visit:

- Greet the people you find at home, Do not discriminate or be rude if people insist on shaking your hands but explain why handshaking is not recommended.
- Introduce the purpose of your visit.
- Keep a good distance from the home
- Use a megaphone and provide the key messages including signs and symptoms of coronavirus disease, transmission, and prevention.
- Ensure that you keeping a safe distance from others of at least 1 meter or 3 feet and avoid close contact with people coughing and sneezing.
- Wash your hands frequently, avoid touching your face,

Precautions to take during community visits

Maintain distance of 1 meter from people and avoid close physical contact when you are communicating.
Use a megaphone as appropriate. You can also use pre-recorded messages and play them through the megaphone.
Wash your hands with soap and water frequently or use a 70% alcohol based hand rub.
Avoid touching your face (eyes, nose, mouth) at all times.

- Avoid touching high touch points like door knobs , support rails and handles, hand rails etc.

Guidelines for Mass Gatherings

- Gatherings refer to any event that brings people together. However during this coronavirus response period when the risk of transmission is high, it is advisable to avoid meetings that bring more than 10 people together.

- Mass gatherings are characterized by the concentration of people at a specific location for a specific purpose over a set period of time. Such gatherings can increase the risk of transmission of infectious diseases such as Coronavirus.

- When using the megaphone people might want to listen you closely. Avoid getting close to the people and encourage them to stay where they are especially if it is in a community setting. They can sit under a tree but well-spaced out and listen to your education session.

Key messages

What is Coronavirus Disease?
Coronavirus disease is caused by the new Coronavirus. It is respiratory disease which is highly infectious and in severe cases leads to Pneumonia. The virus was identified in China in 2019 and has since spread to other countries around the world.

Common Signs and Symptoms of the Coronavirus Disease
- Dry cough
- Fever
- Tiredness
- Difficulty breathing

How is it spread?
The disease is spreads from person to person particularly by people who are suffering from the disease infecting others. A person can get the disease through the following ways:-
- Close contact with a person who has the disease.
- Contact with small droplets dispersed by an infected person who is coughing and sneezing.
- A health worker providing care to an infected patient without following infection prevention measures.
- Touching an object or surface contaminated with the virus and then touching the eye, mouth or nose.

How long does it take for one to get sick after getting infected with the new Coronavirus?
It takes between 1-14 days for a person to get sick following infection with the new coronavirus.

Who is at risk of contracting the Coronavirus Disease?
- Everyone is at risk of getting the virus; however others are more at risk, particularly.
- Anybody in close contact with a person infected with the virus.
- Health care workers.
- Travelers.
- Airline workers and those working at border posts.

Prevention measures for coronavirus disease
- Wash your hands frequently with soap and water.
- Avoid close contact with anyone showing signs and symptoms of respiratory illness such as coughing and/or sneezing.
- Avoid touching your Mouth, Eyes, and Nose.
- When coughing or sneezing cover your mouth and nose with flexed elbow, handkerchief or tissue.
- Don't shake hands while greeting.
- Avoid crowded places.
- Stay at home and avoid traveling when you have flu-like symptoms.
- Health Care Workers must practice standard Infection Prevention measures.

Is there treatment available for coronavirus disease?
- There is no specific treatment for coronavirus disease.
- People showing signs and symptoms of the disease should stay at home and call 6666 for more information.

Is there a vaccine?
- There is currently no vaccine to protect against the new corona virus. The best way to prevent infection is to follow the recommended prevention measures.

What should you do if you or any member of your family has signs and symptoms of the coronavirus disease?

- If you, a member of your family or anybody has the coronavirus like symptoms, stay at home and immediately call Ministry of Health toll free 6666 for more information.

What should I do if I recently travelled to a country affected by Coronavirus disease?

- If you were in a country affected by coronavirus within the past 14 days and feel sick with Fever, Cough, Difficulty in breathing and Tiredness.
- Immediately go to the nearest health facility for medical attention.
- Inform the health workers about your travel to the affected country.
- While sick, avoid contact with people and follow prevention measures to reduce the possibility of spreading the illness to others.

For more information call the Ministry of Health Toll Free 6666

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