

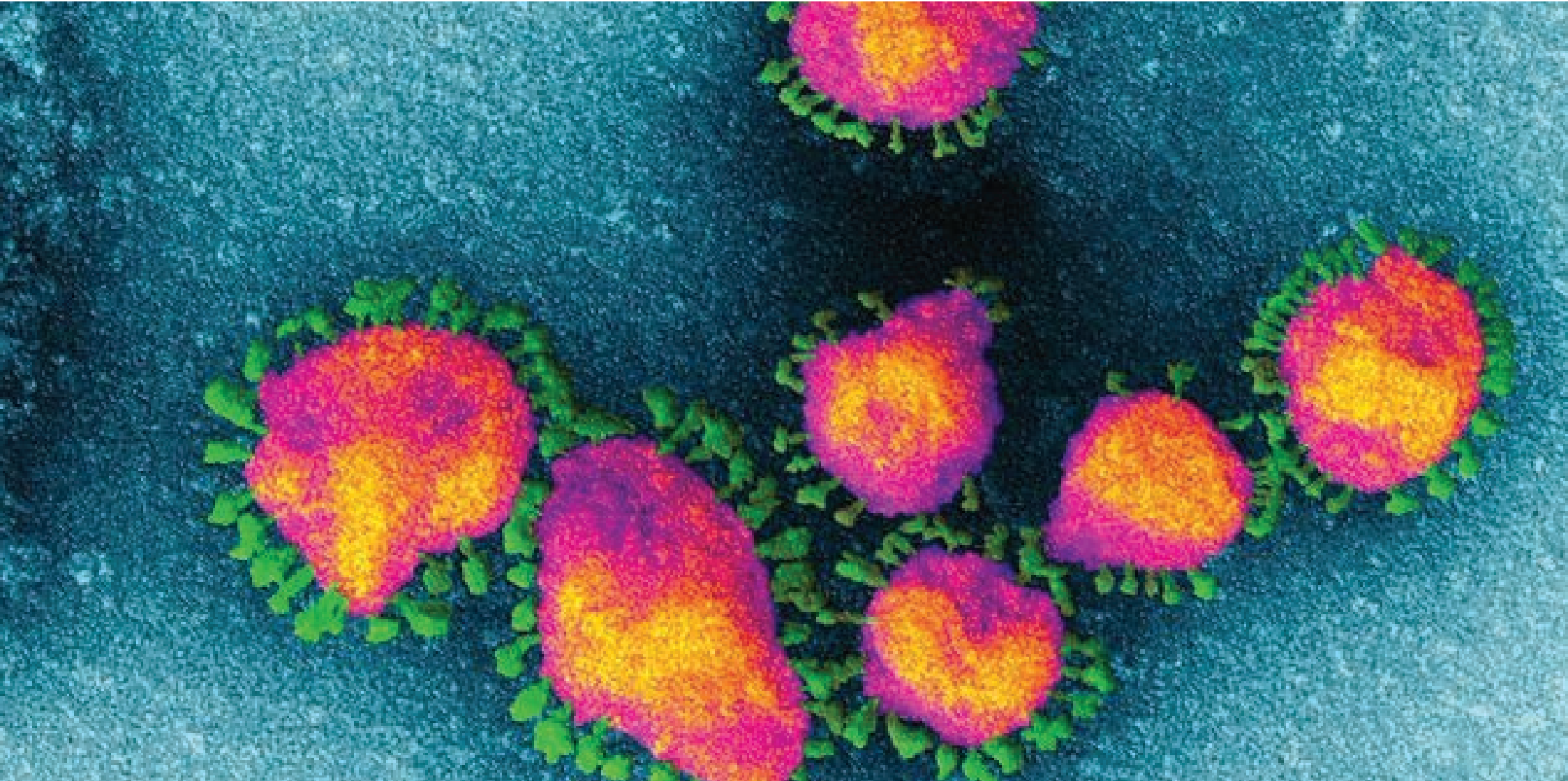


Health Pooled Fund Boma Health Worker Coronavirus Job Aid





WHAT IS CORONAVIRUS?



What is coronavirus and why is it important we discuss it?

- a) Coronavirus is a new virus that causes people to be sick.
- b) Knowing about it can help you protect yourself, your family and your community.

Notes for Boma Health Worker

- a. Stay at least 2 metres away from people.
- b. Do not enter people's homes, share information outside.
- c. Do not bring groups of people together.



SYMPTOMS



Fever



Dry Cough



Difficulty in Breathing



Tiredness



Explain the signs and symptoms

- a) Fever
- b) Dry cough
- c) Difficulty in breathing
- d) Tiredness



HOW TO PROTECT YOURSELF



How to protect yourself against the coronavirus.



WASH HANDS REGULARLY WITH SOAP AND WATER.



Explain why - 1. Wash hands regularly with soap and water.

- a) Coronavirus is spread when people with the infection cough and pass it on through droplets. These can get on your hands or into your eyes, nose and mouth.

- b) Washing your hands regularly removes the virus from your hands and helps stop you from infecting yourself.

- c) Washing hands also stops you from passing it on to others.

- d) Wash your hands for 20 seconds – count to 20!



DO NOT SHAKE HANDS



Explain why - 2. DO NOT shake hands

- a) Shaking hands can pass the virus from one person to another.
- b) Stopping shaking hands helps stop you from infecting another person with the coronavirus, or others infecting you.
- c) Imagine if a person with the virus coughs covering their mouth with their hand by accident. Their hand is covered with the virus. If they shake your hand, you now have the invisible virus on your hand.
- d) If you touch your mouth, eyes or nose you may get infected.
- e) It is the same situation if you cough on your hands.



SOCIAL DISTANCING



2 Metres



Explain why - 3. Avoid close contact with anyone.

- a) The virus spreads from person to person.
- b) Keeping distance between us helps slow the spread.
- c) If someone next to you has a cough and forgets to cover their mouth, droplets from the cough can travel quite far.
- d) It is important to stay at least 2 metres away from someone else.



COVER YOUR MOUTH



Explain why - 4. Cover your mouth and nose with tissue or cough and sneeze

a) The virus is spread through droplets. These are usually passed on when someone coughs. It is important to cover your mouth when you cough to stop the droplets – which will help stop the virus spreading to someone else.

b) The best way to cover your mouth while coughing is with a tissue, or cough into your elbow.



STAY AT HOME



Explain why - 5. Stay at home and avoid travel when you have flu like symptoms.

- a) The virus passes from person to person. You pass on the virus most when you are sick.
- b) Don't take chances if you have flu like symptoms.
- c) Stay at home and avoid crowded public places, to help stop the spread of this virus.



5 WAYS

TO PROTECT YOURSELF FROM CORONAVIRUS



1



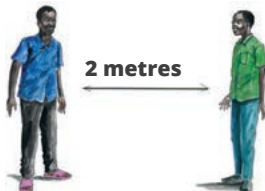
Wash hands regularly with soap and water.

2



DO NOT shake hands.

3



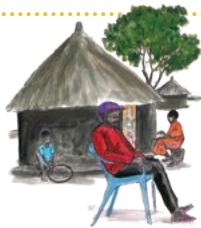
Avoid close contact with anyone.

4



Cover your mouth and nose with tissue or cough and sneeze into your flexed elbow.

5



Stay at home and avoid travel when you have flu like symptoms.

PROTECT YOURSELF, YOUR FAMILY AND COMMUNITY FROM CORONAVIRUS

For more information, Call Ministry Of Health South Sudan

Through Toll Free Number 6666

