FutureLife-Now!

COVID-19 RESPONSE



LET US BE COVID-19 LEADERS:

If we know the Coronavirus, we can beat it!

INFORMATION AND GOLDEN RULES FOR YOUTHS, PARENTS AND COMMUNITIES

SADC SOUTHERN AFRICAN DEVELOPMENT COMMUNITY · TOWARDS A COMMON FUTURE

Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra
Swiss Agency for Development and Cooperation SDC

MIET AFRICA

CSTL
CARE AND SUPPORT FOR TEACHING AND LEARNING

This booklet is part of the **FutureLife-Now! COVID-19 Emergency Support Project**, a humanitarian relief project intended to strengthen the Southern African Development Community's (SADC's) response to the COVID-19 pandemic. In particular, it strengthens the response of four FutureLife-Now! Member States – Malawi, Zambia, Zimbabwe and Lesotho.

FutureLife-Now! is a SADC programme, implemented by Member States with technical assistance from MIET AFRICA and funding from the Swiss Agency for Development and Cooperation (SDC).

With the specific goal of reducing new HIV infections and increasing Antiretroviral Therapy (ART) adherence amongst young people in the region, FutureLife-Now! aims to ensure that the most vulnerable youth benefit directly from development gains made in terms of the global Sustainable Development Goals (SDGs).

The regional **school-based** programme invests in the future of vulnerable youth in 40 FutureLife-Now! school communities. It aims to develop youths' CAPACITY, SELF-CONFIDENCE AND HOPE FOR THE PRESENT AND THE FUTURE, giving them power to be positive leaders within their communities and societies.

In line with the programme goals, the COVID-19 Response focuses on giving youth the knowledge, skills, confidence and support from parents, caregivers, teachers and others, so that they can become leaders in protecting themselves, their friends, families and communities from the pandemic.

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TO LEARNERS, PARENTS AND CAREGIVERS:

This booklet gives you information and suggests ways in which you can protect yourself and others against the COVID-19 disease and the challenges that it brings.

In a very short time, the Coronavirus and COVID-19 have changed how we live in ways that we could never have expected or prepared for.

None of us knows what will come next, and it is natural to worry about our safety now and about the future.

At the same time, a crisis can make us stronger and bring us together as families, friends, schools and communities. Every one of us can be a COVID-19 LEADER in protecting ourselves and our families; and helping others to understand more about the Coronavirus and COVID-19 disease.

This booklet aims to give you knowledge and skills so that you can be a confident COVID-19 leader.

- **AS A LEARNER/YOUNG PERSON**, you can use this information to keep safe and protected, and to help others around you to stay safe. In this way, you can develop your capacity to be a leader and secure your own bright future.
- **AS A PARENT/CAREGIVER**, you can protect yourself and your family, and give your children the love, support and guidance that they need now.
- **AS COMMUNITY LEADERS**, you can use this time to bring your community closer together and help ensure that the basic needs of families are met, to lessen the burden of the pandemic so that you can come out strong and united.

On the next pages, you will find the following:

- Five facts that you should know about the Coronavirus and COVID-19 disease
- Five 'Golden Rules' for protecting yourself against the Coronavirus
- Five tips for staying positive and healthy as families and communities
- Messages for adolescent learners and other youth
- Messages for parents and caregivers
- Messages for community leaders

Stand together now as young people, families and communities, and you will be stronger after the pandemic than when it started.

5 THINGS WE SHOULD KNOW ABOUT COVID-19

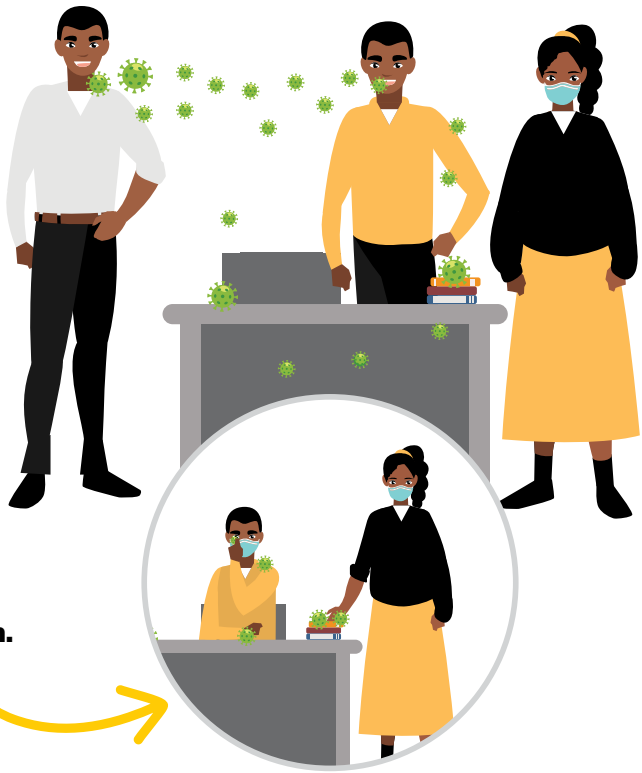
1 WHAT IT IS

COVID-19 is a respiratory or breathing disease. It is caused by a Coronavirus, which can attack your lungs when you are infected.

2 HOW IT IS SPREAD

The virus spreads very easily. When people who are infected talk, cough, sing or sneeze, they spread the virus in droplets which travel in the air or land on surfaces around the infected person.

You can be infected if you are close enough to the infected person and breathe in droplets which contain the virus, or if you touch surfaces on which droplets have landed, and then touch your eyes, nose or mouth.



3 THE SYMPTOMS

Common symptoms include fever, cough, fatigue (tiredness) and loss of taste and/or smell.

Most people who get infected (about 80% to 90%) do not get very sick at all, or have mild symptoms that are similar to flu. They get well quickly.

If you think you may be infected and have a fever and difficulty breathing, call the national helpline.

4 CHILDREN AND YOUNG PEOPLE

Young children and young people under 20 seldom get sick. If children do, then their symptoms can be different from those of adults: Diarrhoea, vomiting and a loss of taste or smell.

STAY SAFE
STAY PROTECTED
SECURE OUR FUTURE

5 PEOPLE AT RISK

Older people over 60, and people who have other chronic (long-term) diseases like diabetes, HIV, TB, high blood pressure or heart disease are in greater danger of getting very sick from the disease, and possibly dying. They need to be protected.

5 WAYS TO STAY HEALTHY: PROTECTING YOURSELF AND OTHERS AGAINST COVID-19

1 WASH YOUR HANDS WITH SOAP AND WATER

Wash them often, and wash them well.


Wet hands


Apply soap


Rub hands together palm to palm


Lather the back of both hands and wash between fingers


Clean nails on the opposite palm and then swap over

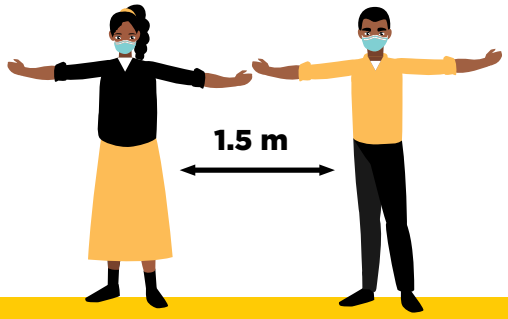

Clean thumb on the opposite palm and then swap over


Rinse hands


Air dry

2 KEEP YOUR DISTANCE

Stretch out your arms and turn all around. That's your safe bubble. Keep others out.

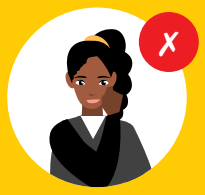


3 COVER YOUR FACE AND DON'T TOUCH IT



Wear a mask when you go out.

Cover your mouth when you cough or sneeze.



Don't touch your eyes, nose or mouth with unwashed hands.

4 CLEAN THE SURFACES AND HOUSEHOLD OBJECTS WHICH YOU AND YOUR FAMILY TOUCH OFTEN


Buttons or switches


Cups, plates, cutlery etc.


Cellphones


Door handles or knobs


Books and stationery


Food containers


Kitchen counters


Tables, desks and chairs


Bags, purses and wallets

5 FEEL SICK? STAY AT HOME



MY CHOICE
MY ACTION
MY FUTURE

5 WAYS TO KEEP YOURSELF AND OTHERS STRONG AND WELL DURING THE COVID-19 PANDEMIC

1 TELL THE TRUTH



Get and share news and information that is correct and true (about COVID-19 or other topics that affect your community)

- Share correct health information and don't spread 'misinformation' (fake news). Check the facts.
- Fight stigma: Explain that anyone can get sick, anywhere and anytime.

2 BE A HEALTH HERO

Protect yourself, family and community against other illnesses

- If you are on medication, keep taking it.
- If you get sick, go to a clinic.
- If you are pregnant, go for check-ups.
- Get children immunised.
- Don't stop regular clinic visits to attend to health issues.





3 SPREAD POSITIVE ENERGY

Stay positive and active. Be kind and reach out to others

- Stay positive, and talk to others if you feel down or sad.
- Don't listen too much to negative news or people.
- Do something you enjoy every day, and get others to join in.
- Be kind to others. Listen to family members or friends who seem down. Help where you can.

4 STAY STRONG AND WELL

Promote healthy living and eating

- Exercise often and urge others to do the same. Go for walks with family members.
- Eat healthy food. Encourage others to do the same.
- Grow vegetables.
- Drink enough clean water.
- If you don't have enough clean water, speak to community leaders and help to solve the problem.



5 BE A GUARDIAN ANGEL FOR THE ELDERLY

Look after older family members, who are more at risk.

- People over 60 are most at risk of getting very sick from COVID-19, especially if they have chronic (long-term) diseases.
- Help older family or community members to protect themselves.
- Listen and talk to them, to help keep their spirits up.
- Check that they take medication, stay active and positive, and eat healthy foods.
- If they need to go to a clinic, help them to get there.

FOR LEARNERS AND OUT-OF-SCHOOL YOUTH

Be a COVID-19 leader now and develop your leadership skills



USE YOUR KNOWLEDGE ABOUT THE CORONAVIRUS AND COVID-19 DISEASE TO PROTECT YOURSELF AND THOSE AROUND YOU. ASK FOR SUPPORT WHEN YOU NEED IT.

GET HELP

It is normal to feel sad, worried, confused, scared or angry. You are not alone. Talk to someone you trust.

SPREAD CORRECT AND TRUE INFORMATION

Check the facts when you hear news about the Coronavirus. And do not share messages if you know or suspect that they are false.

BE KIND

Don't stigmatise or tease anyone about having COVID-19. The Coronavirus can infect anyone. Stop others when they do that. Stand up to bullies. Assist people who need help, especially older people who are most at risk of getting very sick from COVID-19.

SHARE KNOWLEDGE

Share what you learnt about preventing infection, especially with younger children.

BE A ROLE MODEL

Set an example through good health practices, such as washing your hands regularly, sneezing or coughing into your elbow, keeping your distance from others, and wearing a mask when you go out. Teach younger family members to do the same.

SICK? STAY AT HOME

Tell your parents, a family member or a caregiver if you feel sick and ask to stay home. Wear a mask all the time.

PROTECT YOURSELF

- Avoid high-risk behaviour.
- Keep away from places where you can be at risk.
- If you cannot solve a problem yourself, ask for help from someone you trust.



HELP YOUR FAMILY TO STAY HEALTHY

- Create a tippy-tap wash-station where you can all wash your hands with soapy water.
- Plant your own vegetables.
- Talk to and listen to parents, siblings, family and community members who are feeling sad.
- Plan fun activities to keep family members busy.

Above all, remember that you are special and protect your bright future.

FOR PARENTS AND CAREGIVERS

Keep yourself, your family and your children safe and healthy

As a parent or caregiver, you can protect yourself and your family against infection from the Coronavirus. You can also help your adolescent children to remain positive and healthy, and to develop into confident and successful future adults.

- Make sure that there is a place in your home where your family can wash their hands regularly with soap and clean water.
- Monitor your children's health and keep them home from school if they are ill.
- Make time for you and your children to talk to one another, tell stories or share fun activities.
- Encourage your children to ask questions, and to share their feelings with you and their teachers.
- Teach good hygiene practices to your children.
- Ensure that safe drinking water is available at home.
- Make sure that there are clean toilets for your family to use.
- Collect waste and dispose it safely.
- Prevent stigma by telling your family and friends that anyone can be infected with the Coronavirus. It is not their fault if they are.
- Remind adolescents and children to be kind to each other.
- Coordinate with the school to receive information, and ask how you can help to keep the school a safe place.



CREATE A 'TIPPY-TAP' WASH-STATION AT YOUR HOME

To make a tippy-tap, use a clean plastic container. Add ¼ cup liquid soap and 5 cups water and close.

Make a small hole in the 'shoulder'.

Tip the bottle to pour soapy water into your hand, then wash hands well. This should be enough to wash a family's hands for days.

Hang it on a line outside your home's entrance, so everyone can use it.

FOR COMMUNITY LEADERS



Be a positive leader now to keep your community safe and well

SUPPORT YOUR COMMUNITY

Your community is dealing with brand-new challenges. Use existing community structures and where necessary create new ones, to give them guidance and support in this time.

SHARE ACCURATE AND TRUE INFORMATION

Get accurate information about the disease from reliable sources and share it with members of the community. Check the facts and do not share false news (so-called 'fake news') or myths.

LOOK AFTER THOSE AT RISK

Look out for community members who are at risk because of the COVID-19 disease or from other linked challenges, for example increased poverty, shortages of food, sickness and death in families.

PROMOTE PHYSICAL DISTANCING

Prevent large groups coming together but create forums through which community members can seek advice or assistance.

ASSIST WITH ACCESS TO EMERGENCY RELIEF

Make families and individuals aware of any emergency relief from government or other sources, and where possible help them to access these.

TAKE CARE OF THE ELDERLY AND VULNERABLE

Take special care of older community members and people with existing health challenges such as diabetes, high-blood pressure, heart disease and HIV. They are most at risk from the COVID-19 disease.

NUMBERS TO CALL FOR HELP

IF YOU NEED URGENT HELP OR ADVICE FOR COVID-19 RELATED OR OTHER REASONS, CALL ONE OF THE FOLLOWING HELP-LINE NUMBERS IN YOUR COUNTRY.

LESOTHO

COVID-19 Command Centre 80093030
Ministry Of Health – COVID-19 80032020
Gender-based Violence 80066666
CHILD HELPLINE 116

MALAWI

Ministry of Health Toll-Free numbers:

airtel 54747
..... or *929#
..... or 321

tnm always with you 929
..... or *929#

ZAMBIA

COVID-19:

..... 909 - Toll free
..... 878 - SMS
..... +260 974493553
..... +260 964638726
..... +260 953898941

HIV, GBV AND OTHER SERVICES:

Victim Support Unit 999
U-Report 878
Childline 116
Marie Stoppes 5600
Drug Enforcement Commission ..... +260 955684343



COVID-19 SONG

WE CAN BEAT THIS VIRUS: THIS IS HOW WE DO IT

In this land we love to share
Meet our friends and be together
But now a virus came to hurt us
COVID-19 wants to infect us.

But we can choose to fight it
Together we will beat it
Follow our five Golden Rules
They tell us how to beat it.

CHORUS

1 WASH YOUR HANDS AND WASH THEM WELL
2 PROTECT YOUR SPACE AND STAY APART
3 COVER YOUR FACE AND DO NOT TOUCH IT
4 CLEAN ALL THE PLACES WHICH YOU TOUCH
5 IF YOU FEEL SICK, STAY AT HOME
THIS IS HOW WE'LL BEAT THE VIRUS

RULE ONE: WASH YOUR HANDS
Wash your hands with soap and water
Wash them often, wash them well
Count to 20 or sing our song.

Put soap and water in your palms
Then rub the palms together
Tips of fingers in the palms
Then interlace the fingers.

Now rub the back and sides of your hands
Between the fingers and round the thumbs
Then simply rinse and air-dry them
This is how – how you do it.

RULE 2: PROTECT YOUR SPACE
Keep your distance and keep others out.
Stretch out your arms and twist all around.
Each in your safe bubble, KEEP OTHERS OUT!

RULE 3: COVER YOUR FACE
And do not touch it.
If you go out, wear a mask
This is how - how you do it.

Cover your mouth
When you cough or sneeze
Bend your elbow
And cough on the inside.

Don't touch your eyes, nose or mouth
Unless you've washed your hands.
Let's beat this Coronavirus
This is how – how we'll do it.

RULE 4: CLEAN THE PLACES THAT YOU TOUCH
Like tables and desks, plates and cups
Wipe them often, wash them well.

RULE 5: IF YOU FEEL SICK, STAY AT HOME
If others are sick, keep away.

These are our five Golden Rules
Coronavirus, this is how we'll beat you.

SING OUR SONG

1 WASH YOUR HANDS AND WASH THEM WELL
2 PROTECT YOUR SPACE AND STAY APART
3 COVER YOUR FACE AND DO NOT TOUCH IT
4 CLEAN ALL THE PLACES WHICH YOU TOUCH
5 IF YOU FEEL SICK, STAY AT HOME
THIS IS HOW WE'LL BEAT THE VIRUS

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How to find out more

For more information about the FutureLife-Now! Programme or to contact one of our In-Country Coordinators, email **bashni@miet.co.za**

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