



**Week: 25<sup>th</sup> – 31<sup>st</sup> October 2020**

**Big Idea of the Week:**

**Stopping coronavirus is a team effort –  
let's encourage one another in this new normal**

Sierra Leone was one of the last countries in the world to record a coronavirus case. Since the peak in reported cases in May and June, the country has seen an overall decrease in reported cases.

Successfully delaying a global pandemic from reaching Sierra Leone and the progress that has been made since could not have happened without the cooperation and support of Sierra Leoneans.

Throughout the response, government, partners, community leaders, and citizens across the country have worked day and night to help sensitize and engage communities about this new virus and what we can do to protect ourselves and each other.

Sierra Leoneans know well that it takes a team effort to overcome outbreaks and emergencies. Let's celebrate our achievements and carry that energy forward as we adopt the actions to stop the spread of coronavirus as our new normal. Let's motivate and encourage one another to continue to do our part until we can celebrate the end of this outbreak – **corona fet na we all fet!**

#### **Suggestions for people to interview**

- Community leaders
- Religious leaders
- Health workers
- Teachers, students, parents
- Transport workers, drivers
- Market women

#### **Suggestions for questions for interviews and panel discussions**

- How can someone's individual actions help stop the spread of coronavirus?
- What can we in our communities do to empower others to do their part in stopping the spread of coronavirus?
- What can we do to encourage our friends and family to take personal responsibility in helping stop the spread of coronavirus?
- How can we promote these actions so they become part of a daily routine – our new normal?

#### **Additional messages**

Coronavirus spreads easily from person to person.

Most people who get coronavirus have only mild symptoms or do not show any signs and symptoms at all. But people with mild or no symptoms can still spread the virus to others.

Because most people with coronavirus have only mild symptoms or no symptoms at all, you cannot know for sure who has the virus.

It is possible for you, or the person near you, to have the virus and not know it.

The fight against coronavirus is not just the responsibility of the government or health workers, but it's also our responsibility as individuals. By taking small actions, we are helping to contribute to the larger actions as a nation.

Some of the best actions to protect ourselves and others against coronavirus and stop its spread are:

- wash our hands frequently with soap and water
- wear face masks properly by covering our nose and mouth
- keep a safe distance of at least 1 meter or arms-stretched length from each other
- call 117 if you have fever, tiredness, and cough

#### Why these actions to stop the spread of coronavirus work

- **Wash your hands** frequently with soap and water.
  - Washing our hands with soap and water frequently kills germs, including viruses, and is one of the best ways to keep healthy and help stop the spread of sickness.
- If there is no water, use hand sanitizer that is at least 60% alcohol-based.
  - Using hand sanitizer kills germs, including viruses, that may be on your hands.
- **Wear a face mask properly over your nose and mouth** whenever you leave your house.
  - Wearing a face mask helps catch the spray of small liquid droplets when a person coughs, sneezes, sings or talks from going into the air or onto surfaces that could then spread to other people and make them sick.
- **Keep a safe distance** of at least one meter or arms-stretched length from others in crowded areas and at social and public gatherings.
  - Coronavirus spreads from person to person so avoiding places where there are many people close together will make it harder for the sickness to spread.
- If you have fever, tiredness, and cough, **call 117 right away**.
  - Getting early treatment can protect your family and loved ones from getting the virus.

#### Additional good actions to take to help stop the spread of coronavirus

- Cough and sneeze into your upper arm or sleeve.
  - When you cough or sneeze, you spray small liquid droplets from your nose or mouth which can contain germs, including viruses.
  - Coughing and sneezing into your upper arm or sleeve helps stop the droplets from spreading to others and onto surfaces.

- Avoid close contact with any person who is coughing or sneezing.
  - When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus.
  - If you are too close to a person with coronavirus who coughs or sneezes, you can breathe in the droplets and also get the sickness.
- Avoid touching your eyes, nose and mouth with unwashed hands.
  - Hands touch many surfaces and can pick up germs, including viruses, that are on those surfaces. When your hand touches those germs and then you touch your eyes, nose or mouth, the germs can enter your body and can make you sick.
- Avoid shaking hands. Use other non-contact ways of greeting others, such as a nod, wave, or bow.
  - Hands touch many surfaces and can pick up virus from those surfaces and spread it to other people through shaking hands. When your hand touches a virus and then you touch your eyes, nose or mouth, the virus can enter your body and can make you sick.
- Regularly clean and disinfect surfaces like doorknobs, toilets, tables and handrails with alcohol-based disinfectant or detergent.
  - Disinfecting surfaces kills viruses that are on those surfaces and helps stop the spread of sickness.