



**CORONA FET**



**Week: 13- 19<sup>th</sup> December 2020**

**Big Idea of the Week:**

**You Could Have Coronavirus – and Spread It –  
and Not Know it**

Many people who get coronavirus have only mild symptoms or do not show any signs and symptoms at all. It is possible for you, or the person near you, to have the virus and not know it.

But people with mild or no symptoms can still spread the virus to others.

While most people who have the virus feel fine, some people can get very sick and even die, especially people who are older or have other health conditions.

The more people we are around and the closer we are to each other, especially when inside in spaces without good air flow, the chances of coronavirus spreading from one person to another are higher – *especially* if we are not wearing masks.

Coronavirus is mainly spread through tiny liquid droplets sprayed when a person with coronavirus coughs, sneezes, sings, or even talks. Wearing a face mask over your nose and mouth helps protect you from breathing in those droplets and protects others from the droplets you spray.

### **Corona fet na we all fet!**

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

- What do you understand by the term asymptomatic?
- Will you recommend that we need to be tested whether or not you show any of the signs and symptoms?
- What should people do if they show the signs and symptoms?
- What can we do to help play our part in this fight against coronavirus?
- Is wearing face mask something you can do in your daily life?

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

- Caregivers for the elderly
- Parents and guardians for children
- Health workers
- Religious leaders
- Opinion leaders in the community such as ataya bases

#### **Additional messages**

If one person has the virus and spreads it to others, and then each of those people spreads it to others, within a short time, the virus can spread throughout a community.

People who do not know they have coronavirus might take public transport, go to church or mosque, visit family and friends, attend meetings, or do business with plenty people.

If they do not wear a face mask over their nose and mouth whenever they leave their house and are around other people, wash their hands with soap and water frequently, and keep a distance of at least one meter or arms-stretched length from others, they can spread the virus to other people.

Older people and people who have health conditions like diabetes or heart disease are at higher risk of getting seriously sick from coronavirus.

Sometimes people do not know they have other health conditions until they get worse and they get sick. Those other health conditions, even when we do not yet know about them, can make our bodies weaker in fighting other sicknesses like coronavirus.

We need to remember to protect each other. We all have loved ones who are older and have other health conditions.

That is why it is so important to wash our hands frequently with soap and water, keep at least one meter or arms-stretched distance from others, wear our masks correctly over our nose and mouth, and call 117 right away if we get fever, tiredness, and cough.

### Handwashing

Wash your hands frequently with soap and water. Use hand washing stations at the entrances of places such as churches, mosques, bars, and restaurants.

Place a bucket with soap for washing hands at the entrance to your compound and outside your home, and encourage your family and visitors to wash their hands before entering and throughout the day.

### Keeping Physical Distance

Keep a physical distance of at least one meter or arms-stretched length from others. The more space, the safer we are.

Avoid crowded places and gatherings where it may be difficult to stay at least one meter away from others who are not from your household. If you are in a crowded space, try to keep a distance between yourself and others at all times, and wear a face mask.

### Wearing Mask Correctly

Wearing a mask can help stop the spread of coronavirus but only if it is used correctly by covering your mouth and nose. Remember – coronavirus is not spread from our chins; it is spread from our noses and mouths.

Show your family and friends you care about them by wearing a face mask correctly over your nose and mouth. Be a role model for others to do the same. Make your mask part of your outfit.

### Calling 117 If You Have Symptoms

If you don't feel well, stay home. If you have fever, tiredness, and cough, call 117. Even if it's not coronavirus, you do not want to spread any sickness to others.

Getting tested for coronavirus right away is important for protecting your loved ones, friends, and coworkers, and stopping the spread to others.