



CORONA FET



Week: 25th April – 1st May 2021

Big Idea of the Week:

**Let us celebrate safely to prevent coronavirus
in the land that we love, our Sierra Leone**

This week Sierra Leone celebrates 60 years of independence. While there have been hard times, Sierra Leoneans have shown perseverance and strength and continue to make progress.

The number of coronavirus cases in Sierra Leone may be lower than other countries, but it is still here and spreading. Any time we come together, there are things we can do to gather more safely.

Wearing a face mask over our nose and mouth shows our family and friends we care about them. It helps protect us from coronavirus and keeps us from bringing it home to our loved ones.

Meet with family and friends outside when possible. If inside, open windows and doors to make sure there is good flow of air from outside.

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

Wash your hands frequently with soap and water and before and after meeting with friends and family.

This Independence Day, let us make Mama Salone proud by celebrating safely to protect ourselves and each other from coronavirus so we can all stay healthy and prosper.

Corona fet na we all fet!

Suggestions for people to interview

- Community leaders, including chiefs, mammy queens, pastors and imams
- Political leaders
- Youth leaders
- Health workers
- Journalists

Suggestions for questions for interviews and panel discussions

- What are you doing to celebrate Mama Salone's 60 years of independence? How will you be making sure you celebrate safely?
- How can we celebrate and build on the progress we've made in the past year for protecting ourselves and one another for coronavirus? What work remains for us to do?
- Why does wearing face masks correctly continue to be an important way to protect ourselves and others from coronavirus? What have you learned about wearing face masks over the last year? What has made it easier for you?
- What are some things you have done to make sure your business and gathering has good air flow from outside?

Additional messages

Coronavirus mainly from person to person when someone with the virus breathes it out, such as when we talk, sing, cough, or sneeze, and someone else breathes it in.

Wearing a mask correctly over our mouth and nose helps stops the virus from going into the air and spreading to others and from breathing in the virus from others.

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

Remember, many people who get coronavirus have only mild symptoms or none at all, so we 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.

Even though we might feel fine, we can still spread it, including to someone who could get very sick and even die.

Older people and people who have health problems like blood sugar problems or sickness of the heart are more likely to get seriously sick from coronavirus. We all have loved ones who are older and have health problems.

Everyone has a role to play in stopping the spread and protecting ourselves, our families, and our communities.

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.

Stay socially connected with friends and family who don't live in your home by calling, using video chat, or staying connected through social media.

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.

If you are planning a gathering, remind guests ahead of time to wear face masks and have some extra, clean face masks for guests who do not have one.

If you are planning a gathering, make sure you have a handwashing station with soap at the entrance and near where food is served so guests can wash their hands frequently.

If you don't feel well, stay home. If you have fever, tiredness, cough, or loss of smell or taste, 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.