



**CORONA FET**



**Week: 11<sup>th</sup> – 17<sup>th</sup> October 2020**

**Big Idea of the Week:**

**Washing our hands frequently with soap and water helps wash away risk of coronavirus**

Washing your hands with soap and water is one of the best ways to keep healthy and prevent the spread of germs, like coronavirus. It also helps stop the spread of germs that cause other sicknesses like the common cold, flu, and pneumonia.

Washing your hands frequently is important because 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. Washing hands with soap and water is also important for stopping the spread of germs to others.

Use hand washing stations at the entrances of places such as schools, churches, mosques, shops, the market, transport parks, and 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.

When soap and water are not available, use hand sanitizer that is at least 60% alcohol-based.

**Corona fet na we all fet!**

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

- Nurses
- Community Health Workers
- Teachers
- Community leaders

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

- Why is it important to wash our hands frequently with soap and water?
- What are the key times that it is especially important to wash our hands with soap and water?
- What can we do to encourage everyone to wash their hands frequently with soap and water?
- What actions can communities take to enforce hand washing with soap and water in all public places?

#### **Additional messages**

Handwashing throughout the day is important, but even more important during an outbreak. Always remember to wash your hands in these situations:

- After blowing your nose, coughing, or sneezing.
- Before and after visiting or caring for someone who is sick.
- Before touching your face.
- Before and after handling your mask.

- After leaving a public place such as shopping, work, school, sport activity, and the hospital.
- After using the toilet.
- After changing diapers or cleaning up a child who has used the toilet.
- Before, during, and after preparing food.
- Before eating food.
- Before feeding a child.
- When hands are visibly dirty.
- After touching an animal, animal feed, or animal waste.

Washing our hands with soap and water is most effective when it is done properly for at least 20 seconds.

The steps to wash your hands properly include:

- Soak your hands with water.
- Use enough soap to cover all hand surfaces.
- Rub hands together and scrub the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse hands well with water.
- Dry your hands with a tissue or swing your hands to dry them in the air.

There are other actions we can take to protect ourselves and others from the spread of coronavirus from our hands.

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.

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 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.