



**CORONA FET**



**Week: 22<sup>nd</sup> – 28<sup>th</sup> November 2020**

**Big Idea of the Week:**

**#MaskUp with Pride for Mama Salone**

**It's Africa Mask Week**

This week we join our fellow African nations in celebrating Africa Mask Week, a movement promoting mask-wearing to help stop the spread of coronavirus. **#MaskUpSalone**

We give thanks for the progress made in Sierra Leone. Many places in the world, including in North and Southern Africa, are going through another wave of high cases. Let's not forget - while our number of cases is low, coronavirus is still here and we live in a connected world.

Until there are marklates or medicines to stop coronavirus, wearing a mask is one of the best tools we have, especially when combined with physical distancing and hand washing.

Show you care for your loved ones. When we wear a mask, we are protecting our friends, our families, our communities and Mama Africa.

Join the #AfricaMaskWeek movement! If you're on social media, snap and share a photo or video of how you **#MaskUpSalone** and encourage your friends to do the same!

**Corona fet na we all fet!**

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

- Community leaders who promote and/or enforce use of cloth masks in their communities such as chiefs, councilors, and mammie queens
- Religious leaders who are leading in-person religious services and ensuring compliance of mask use in their place of worship
- Police officers or security officials who are involved in enforcement of mask use
- Community champions who always use cloth masks such as market women and traders, bafa/ataya/bar/restaurant owners, and traditional healers
- Youth leaders and young people who are wearing masks and encouraging their friends, peers, family members, and others to do so too

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

- What are masks for? Why should we wear them?
- Is wearing a face mask enough to stop the spread of coronavirus?
- What does it mean to wear a mask correctly?
- What can I do if I can't afford a mask?
- Besides helping to prevent the spread of coronavirus, what are some other benefits to wearing a cloth mask?
- How can we encourage others to wear a mask or wear one correctly? What has worked well to help other wear a mask or wear one correctly?

## **Additional messages**

When someone coughs, sneezes, sings, or even talks, they spray small liquid droplets from their nose or mouth which may contain virus. If someone is close to a person with coronavirus who coughs, sneezes, sings, or talks, they can breathe in the droplets and also get the virus.

Wearing a face mask correctly over your mouth and nose helps catch the spray of those small liquid droplets from going into the air or onto surfaces that could then spread to other people and make them sick.

That is why wearing a face mask correctly, even when we feel healthy, helps stop the spread of coronavirus and protects our loved ones.

Most people with coronavirus have only mild symptoms or do not show any signs and symptoms at all while some people who get the virus can get very sick and even die, especially people who are older or have other health conditions.

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 all have loved ones who are older and have other health conditions. So, let's all do our part to wear our masks correctly and protect our own and each other's loved ones.

Young people, let's show others the future we want – one where we protect ourselves and one another from coronavirus.

Masks should not be placed on young children under the age of five or any person who cannot remove it themselves or tell someone they need help.

While the use of medical masks for hours at a time can be uncomfortable, it does not lead to poisoning from carbon dioxide (CO<sub>2</sub>) or a shortage of oxygen.

It is important to know how to wear a mask correctly and care for it safely.

- Always wash a cloth mask before trying it on or wearing it.
- Before putting on a mask, wash your hands with soap and water or use hand sanitizer that is at least 60% alcohol-based.
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Tie the mask behind your head or place the elastic loops over your ears.
- Make sure the mask fits well. Move it around using the ties or elastic loops to get the best fit. Do not touch the front part of the mask.
- Once you have put on the mask, do not touch your face again until you take it off.
  - If you touch the mask, wash your hands with soap and water or use hand sanitizer.
- Masks should not be lowered when speaking, coughing or sneezing. This is when they are most important!
- To take off the mask safely, undo the ties or loops. Do not touch the front of mask or your eyes, nose and mouth.
  - For single-use masks, throw it away and wash your hands with soap and water.

- For cloth masks, wash the cloth mask right away with soap and water or put it in a plastic bag by itself until you can wash it later. After removing the mask from the plastic, throw the plastic away.

Dry a cloth mask well before using it again. Iron the cloth mask if possible.

Use a fresh, clean cloth mask every day. If the mask gets damp from sweat or from talking or breathing, replace it with a clean dry one.

It is good to have at least two cloth masks so you have a clean, dry one you can wear while the washed one dries.

Do not share face masks with others.

Place face masks that have tears, cuts, or holes in a plastic bag and throw away.

There are different ways to make a cloth mask.

- You can sew one yourself or give measurements to your tailor to make masks for you.
- You can make one yourself that does not require sewing.
- Make sure the size of the mask will fully cover your mouth and nose even when you are talking.