



Week: 29th November – 5th December 2020

**Big Idea of the Week:
Safer Gatherings for a
Healthy and Prosperous New Year**

As we near one year since the discovery of the coronavirus, we reflect on the changes coronavirus has brought to Sierra Leone and the actions to prevent its spread that have become part of our everyday lives.

The number of coronavirus cases in Sierra Leone may be low, but it is still here. Any time we gather together, there are things we can do to make the gathering safer.

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

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.

Keep a physical distance of at least one meter or arms-stretched length 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.

In this festive season, let us continue to take care to protect ourselves and others from coronavirus so we can all enjoy a healthy and prosperous new year.

Corona fet na we all fet!

Suggestions for people to interview

- Business owners
- Community leaders, including pastors and imams
- Teachers, students
- Traders
- Police officers

Suggestions for questions for interviews and panel discussions

- What are some things you and your friends have been doing to make sure you're protecting one another when you come together?
- As a business owner/event organizer, what can you do to help make gatherings safer for attendees?
- What measures will you put in place to make sure people follow the government's coronavirus prevention guidelines while coming together at gatherings?
- What are some things you have done to ensure your business and event has good air flow?

Additional messages

Coronavirus spreads when we spray tiny liquid droplets from our mouths and noses when we talk, sing, cough, and sneeze, and someone else breathes in that spray. The closer we are to someone who has coronavirus and sprays these droplets, the better chance we have at breathing in the virus – *especially* if we are not wearing masks.

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.

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.

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

Although the risk of severe illness may be different for everyone, anyone can get and spread coronavirus. Everyone has a role to play in slowing the spread and protecting ourselves, our families, and our communities.

Coronavirus spreads much faster inside closed areas as compared to outdoor. When we are outdoor the chances of getting the virus is limited because the place is open and air flow is at its highest.

When going out in public, it is important to stay at least one meter away from other people and wear a mask to help stop the spread of coronavirus.

Some tips for practicing social distancing when you decide to go out include:

- 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.
- When possible, avoid crowded vehicles where multiple passengers are picked up.
- 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.

Wearing a cloth 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 cloth mask correctly, even when we feel healthy, helps stop the spread of coronavirus and protects our loved ones.

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 have fever, tiredness, and cough, call 117 right away. Getting tested for coronavirus right away is important for protecting your loved ones, friends, and coworkers, and stopping the spread to others.