



Week: 27th December 2020 – 2nd January 2021

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

As we near one year since the outbreak of coronavirus in the world, we reflect on the virus's impact on our lives 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 inside, 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?
- If you are planning a wedding or gathering, what are ways you are helping to make it safer for your friends and family?
- What are some things you have done to make sure your business and gathering has good air flow from outside?

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.

Wearing a cloth mask correctly over our mouth and nose helps catch the spray of those small liquid droplets from going into the air and spreading to others and from breathing in other people's spray.

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.

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 conditions like diabetes or heart disease are at higher risk of getting severe form of sickness from coronavirus. We all have loved ones who are older and have other health conditions.

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

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.

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, 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, 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.