



MY FAMILY GUIDE TO SURVIVING THE COVID19 PANDEMIC

COMPILED BY ROZARIA MEMORIAL TRUST – USA

My Family Plan for COVID19

As governments around the world battle to prevent the COVID-19 pandemic from having severe consequences for families and communities, Rozaria Memorial Trust will continue with their focus on supporting women and girls in Africa. Our focus in this document is on offering strategies for women and girls in surviving this pandemic. This document is not a medical document, neither is it a policy document. This is a grass roots community support document for women and girls during the COVID19 outbreak. The opinions expressed in this document are supported by expert advice from various sources.

DISCLAIMER: RECOMMENDATIONS FOR COVID-19 MAY CHANGE AS OFFICIALS LEARN MORE, SO MONITOR YOUR LOCAL HEALTH DEPARTMENT FOR UPDATES.

QUESTION: WHAT CAN I DO TO PROTECT MY FAMILY?

Start with having a Plan for your family

Develop a game plan for your family, and if you are a community or church leader you must plan for your community as well. Your plan must cater for the needs of everyone to include the unique needs of women and girls within your family and community. Communicate the plan with your family members and stay in touch during the lock down: Stay informed about the coronavirus, but don't overindulge in the news. Protect your mental health. Adults and leaders must decide how much information about the pandemic to share with children and must talk about it in a way that everyone can easily understand.

STAY CONNECTED TO FAMILY AND FRIENDS

Sharing feelings and concerns is very important during this time especially for expecting women and young girls. Stay in touch with your family and friends who do not stay with you by phone, text, and video chat where available. Use this same communication mode to check on those who are sick. Staying connected helps improve our mental health.

Every family should have their own Family WhatsApp group where you can communicate daily, share jokes and support each other. Make sure that every contribution on the group is acknowledged to give a sense of belonging to each family member. Those who drink must drink at home. Do not invite friends to your house to drink – you are inviting death to your family. Treat everyone as if they already have the virus. Times like this call for family unity and peace between family members and neighbors. Tezvara, father & mother this is the time to lead, unite and protect the family!

QUESTION: WHAT CAN I DO WHEN I MUST LEAVE THE HOUSE?

You must follow government guidelines concerning the lock down. Failure to do so can result in your breaking the law. If you must leave the house within the government guidelines such as to buy food or to fetch water: Select one person to run family errands in order to limit your outside exposures. Women and girls who must leave the house can use an immediate family buddy system especially when going to isolated places such as fetching firewood and the bore hall.

During this time some roles may change. For example, fathers may have to fetch water and firewood. Fathers may have to purchase feminine products for their wives and daughters as well. Embrace these changes to protect your family.

When sending minors outside of the home make sure they know the steps they need to take to protect themselves.

Avoid coming within less than (6ft) 2 meters of others even when you are standing in line for water at the bore hall or grocery store. COVID-19 Research Warns Virus Can Spread Through Talking and possibly breathing therefore two meters keeps you safe. Make sure that you return home quickly where possible and wipe everything down with very warm water and soap when you return.

QUESTION: SHOULD I WEAR A FACE COVERING OR MASK?

YES - Most people with coronavirus will lack symptoms but can transmit the virus to others before showing symptoms. This means that the virus can spread between people from speaking, coughing, or sneezing—even if those people are not exhibiting symptoms. Therefore, wearing a solid cloth face covering in public settings where other social distancing measures are difficult such as grocery store, bank and in a public transport is highly recommended.

QUESTION: WHAT SHOULD I DO WHEN I RETURN HOME?

Set up a disinfecting station — this is an area outside your home to wipe down or disinfect all packaged food for example wipe down the plastic bag carrying the food, wipe down the plastic bag for bread – wipe down everything with soap and water. Wipe handles on water buckets, carts or baskets used while shopping. Even if you wear gloves or a face covering — you must wash your hands frequently. Always avoid touching your face when you have gone out in the public. This virus can live on metal and plastic for days, so simply touching your nose with unwashed hands may be enough to infect yourself. Remember our eyes, nose and mouth are key gateways for bacteria and viruses to enter our bodies.

QUESTION: CAN I USE PUBLIC TRANSPORT LIKE MAKOMBI AND BUSES?

Only use public transport if you must i.e. stay at home. But when travelling by public transport: Avoid rush hours and busy times if you can. If you can get a window seat open the window to improve air circulation in the vehicle. During this time everyone must always cover their mouth and nose with a cloth face covering or mask. Especially in a combi or bus because you may be seating next to someone who has the virus. Please cover your cough or sneeze with your elbow or cloth, clothes must be washed regularly. Wash your hands with soap and water for at least 20 seconds after riding in the combi or bus.

QUESTION: WHAT IF I AM SICK CAN I USE PUBLIC TRANSPORT?

NO you should not use public transport if you have symptoms of coronavirus – or if you have a new, continuous cough or a high temperature. you or any of your household are self-isolating

QUESTION: WHAT ABOUT PUBLIC TOILETS?

If you must use a public toilet, do not stay in the toilet for too long. Do your business, wash your hands and quickly leave. Do not touch anything with your bare hands and try not to seat directly on a public toilet. There is evidence that the virus is also shed for longer in faecal matter, so anyone not washing their hands thoroughly after visiting the toilet could contaminate anything they touch. wash your hands after using the toilet and as soon as you get home

QUESTION: HOW DO I SAFELY USE PUBLIC SERVICES SUCH AS BOREHOLES, CHIGAYO ETC. ?

You must treat everyone you meet as if they have the virus. You must also remember that any surface that has been touched by an infected person will be contagious for at least 3 days. Shop owners must wash every

surface with soap and water, especially one handled by the public every 30 minutes or one hr. Do not touch any part of your face, nose or mouth before you wash your hands. Wash your hands using soap and water as soon as you get home.

QUESTION: WHAT ABOUT CASH, IS IT SAFE?

NO - there are many, many hands and places that cash comes in contact with every day. Experts have determined diseases and viruses such as COVID-19 can be transmittable through cash for up to ten days. If you must handle cash you must make sure that you do not touch any part of your face, nose or mouth. Wash your hands using soap and water after handling cash.

QUESTION: IF I AM SNEEZING AND COUGHING WHAT SHOULD I DO?

Like many respiratory viruses Covid-19 can be spread in tiny droplets released from the nose and mouth of an infected person as they cough. A single cough can produce up to 3,000 droplets. These particles can land on other people, clothing and surfaces around them, but some of the smaller particles can remain in the air for up to 3 hours. Please cover your cough or sneeze with your elbow or cloth, clothes must be washed regularly. If someone sneezes or coughs without covering their mouth and nose, please cover your own mouth and nose with a cloth and leave the area. Avoid coming within less than (6ft) 2 meters of anyone you meet especially those who are sneezing and coughing. Wash your hands using soap and water after handling sneezing and coughing.

QUESTION: WHAT IF I MUST QUEUE FOR FOOD AND FUEL?

Avoid coming within less than (6ft) 2 meters of others. COVID-19 Research Warns Virus Can Spread Through Talking, breathing therefore 2 meters keeps you safe. If you must stand in a queue, make sure you cover your mouth and nose with a face mask or with a scarf or piece of cloth. Wipe handles on carts, fuel pumps or shopping baskets while shopping.

QUESTION: CAN I BUY FOOD FROM OUTDOOR MARKET OR MUSIKA?

You must follow government guidelines on this. But:

Sometimes we have no choice and must buy our food from musika. Its ok just follow these guidelines. While at Musika avoid coming within less than (6ft) 2 meters of others. COVID-19 Research Warns Virus Can Spread Through Talking, breathing therefore 2 meters keeps you safe. While there's no evidence or documented cases of COVID-19 that suggest the virus can be transmitted through food, experts say that there is still is a chance to get sick if you pick up an item someone infected has sneezed or coughed on. PLEASE DONT bleach the veggies or use soap or chlorine on the fruit. DO NOT USE disinfecting wipes or isopropyl alcohol, either.

WHAT YOU NEED TO DO is soak vegetables in water or put it under running water to wash out any potential contamination and remember that simply cooking vegetables will always kill the virus. Avoid touching your face and mouth until you return home.

QUESTION: WHAT ABOUT LAUNDRY?

Wash clothes, towels and blankets regularly with soap and very warm water if you can but always with soap. Don't shake dirty clothes or blankets to avoid dispersing the virus in the air. After laundry wash your hands again before you do another task.

QUESTION: WHAT SHOULD I DO ABOUT GUESTS, KUNYANYA HAMA?

With the government lock down no one should be traveling. You shouldn't allow guests over to your home right now especially those who are sick or those who have travelled long distances. Recent studies indicate that

people who are infected but do not have symptoms likely also play a role in the spread of COVID-19. **But we also know that there are circumstances when we must accept some relatives.** Its ok, if you need to house a family member or friend, avoid shared living spaces as much as you can. If they need to enter shared living spaces, ask them to keep six feet of distance.

QUESTION: IF SOMEONE IN MY HOME GETS SICK, WHAT CAN I DO?

Follow the local health ministry instructions on how to report someone who shows symptoms related to COVID19. In Zimbabwe you need to call **TOLL FREE HOT LINE NUMBER: 2019**. There may be a time when there are not enough hospital beds for everyone who is sick. Therefore, you may have to keep the sick in your house.

You **DO NOT NEED TO GO TO THE HOSPITAL** unless you are having trouble breathing or your fever is very high (over 39°C) and unmanaged with meds. 90% of healthy adult cases thus far have been managed at home with basic rest/hydration/over-the-counter meds. If you are worried or in distress or feel your symptoms are getting worse, call the national COVID19 hotline for your country and they will advise if you need to go to hospital. In most countries, the hospital beds are being used for people who actively need oxygen/breathing treatments/IV fluids.

If you have a pre-existing lung condition (COPD, emphysema, lung cancer) or are on immunosuppressants, now is a great time to talk to your Doctor or specialist about what they would like you to do if you get sick. One major relief to you mothers is that kids do VERY well with coronavirus— they usually bounce back in a few days (but they will still be infectious), Just use pediatric dosing. Be calm and prepare rationally and everything will be fine.

QUESTION: HOW DO I CARE FOR THE SICK AT HOME?

You basically just want to prepare as though they have a nasty respiratory bug, like bronchitis or pneumonia. Isolate them in another room and ask them to use a separate toilet and shower if possible. Disinfect frequently touched surfaces every day. Avoid sharing items with them. Wear gloves when washing their laundry if you have gloves, otherwise continue to wash your hands frequently after touching their items or visiting their room. Ask them to wear a face mask if they or you can make a simple face mask using a piece of cloth. Everyone must also wear a face covering or face mask when in a home with someone who has the symptoms. **Open windows to their room as often as possible.**

Remember many people survive the COVID19, so just because you get it does not mean you will die. The problem is that those with weak immune systems and those over the age of 65 years are affected worse than others. So, the goal is to make sure you do not spread the virus because each person's body will react differently.

THINGS YOU SHOULD BUY AHEAD OF TIME: Tissue paper for wiping your nose and sneezing, Paracetamol or whatever medicine you normally use, mucus thinning cough medicine of choice is, Honey and lemon can work just as well! Vicks VapoRub for your chest is also a great suggestion.

Occasionally you should have the sick breath in the steam from under a blanket and take very warm baths. Tea with lemon will help as well. Whatever you normally do when a person has a terrible flu or pneumonia. Plenty of water any clean water is fine, it does not have to be bottled water. Hydrate (drink!) hydrate, hydrate! For symptom management and a fever over 38°C, take Paracetamol rather than Ibuprofen. **Rest lots.** You should not be leaving your house! Even if you are feeling better you may still be infectious for fourteen days and older people and those with existing health conditions should be avoided!

QUESTION: WHAT ABOUT THOSE WHO ARE PREGNANT?

One of the biggest findings in preliminary research is that the virus doesn't appear to pass from mother to fetus in the womb. We must keep in mind that pregnant women's immunity is slightly diminished — that, in general, puts pregnant women at a higher risk for viral infections according to experts. The flu and other respiratory infections are known to cause more severe illnesses in pregnant women, so the novel coronavirus may do the same — but again, there is not enough data to know for sure.

Pregnant women should maintain a good line of communication with their doctor and ask if any appointments can be spaced out or conducted over the phone to lower the risk of exposure to COVID-19. If a pregnant woman has a known exposure to someone who's sick or is experiencing any symptoms, it's crucial to call their doctor as soon as possible. Hand washing, social distancing, and steering clear of anyone who's sick can lower the risk of being exposed to the virus. Experts recommend that pregnant women diagnosed with COVID-19 avoid at-home births. A hospital can ensure both the mother and the baby are monitored to ensure the baby isn't developing symptoms or getting sick. Though pregnant women are considered an at-risk group, Experts at this point say that it doesn't look like they have an increased risk of complications if they develop COVID-19.

QUESTION: WHAT ABOUT INTIMACY DURING THE COVID19 PANDEMIC?

If you or your partner is a Covid-19 case, the advice is to steer clear of each other as much as possible. If you live with a regular sexual partner and you don't have any symptoms, or likely exposure, sex might be a really great way to have fun, stay connected and relieve anxiety during this potentially stressful time. For sexual partners who have to remain separated during this time, you just have to wait until the danger has passed.

QUESTION: HOW DO WE HANDLE DEATH & FUNERALS?

The government has issued guidelines for handling dead bodies for funerals. Follow these guidelines. Based on what is happening in other countries you must prepare yourself to possibly lose loved ones. You must also realize that you may not be able to attend funerals of loved ones. If you can attend a funeral you must practice social distancing, wear a mask and wash your hands frequently. Those who in charge of a funeral must ensure that everyone attending will follow the issued guidelines.

QUESTION: WHAT ARE THE SUPPLIES YOU'LL NEED DURING THIS TIME?

Soap or bleach or disinfectants. You can also mix four teaspoons bleach per quart of water; or Use a 70% alcohol solution. Laundry detergent. You need Trash bags if available all make sure that waste is disposed of outside the house. Make sure you have enough prescription medicines for those with BP, varipazvirongwa and other illness. It may be difficult to get your medication later. Canned or dried foods — such as fruits, vegetables, beans are good to have. This is not a time to be choosy – eat what is there. Dry goods — breads & Frozen foods such as meats, veggies, fruits are also good if you have reliable electricity.

QUESTION: WHAT TO DO WITH PETS?

Experts are saying those who are symptomatic need to self-isolate from animals in order to protect them. A Tiger in the US tested positive of COVID19 and more data is needed to understand how this affects other animals. Supervise your pet in your backyard, don't let your pet wonder around the neighborhood. It's OK to play with them outside — just keep your distance from other humans If you're sick, ask someone you live with to take care of them while you recover. If you must care for them while you're sick, wash your hands frequently and don't let someone else touch them.

QUESTION: WHY SHOULD YOU STAY 2 METERS OR 6 FEET FROM OTHERS?

Based on what is currently known about COVID-19, spread from person-to-person of this virus happens most frequently among close contacts (within about 6 feet). This type of transmission occurs via respiratory droplets.

QUESTION: WHY IS THE VIRUS SPREADING SO FAST?

Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19. Current evidence suggests that COVID19 may remain viable for hours to days on surfaces made from a variety of materials. Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19.

QUESTION: IS THERE A CURE OR VACCINES?

Experts have stated it could still be a year before any drugs are available to the general public for coronavirus treatment because they need to make sure the medications are safe for this particular use and what the proper dosage should be. INDEED, there are existing drugs such hydroxychloroquine and chloroquine which are being recommended. **DO NOT TAKE ANY MEDICATION WITHOUT A DOCTOR** giving them to you. Many have died after taking these drugs without a doctor's prescription.