

Being a Community Leader During Coronavirus (COVID-19)

Below are some ideas to help you, a community leader, continue to share factual information to protect the safety and wellbeing of your community. You are a pillar of the community who people look up to and rely on, so please follow the **guidelines and model these precautions** while working in the community.

- **Look out for these symptoms:** fever, cough, shortness of breath, headache, fatigue, and muscle pain/soreness. **Stay home** and self-isolate for 14 days if these symptoms occur. If you are worried, contact a health professional if possible.
- **Wash your hands** thoroughly and often with soap and water for 40-60 seconds (see picture below).
- Cough and sneeze into a bent elbow.
- Avoid touching your face.
- **Stay 2 meters away** from those who do not live in your home – avoid crowded areas. You can still share information with other people from a distance of 2 meters. **Do not** meet in large groups. Use your phone (WhatsApp, SMS, other social networks) as much as possible. **Do not** touch community members when you are sharing information with them.
- If possible, **clean** frequently touched surfaces and objects with soap and water.
- When you must go out of your home area, **wear a cloth covering your mouth and nose**, but continue to maintain 2-meter distance from people.

Community Precautions: Here are recommendations to prepare your community for the Coronavirus (COVID-19). **Now is the time to act.** Tell your community to:

- **Stay in Home Units:** Your home unit is made up of the people who live in your home area. It is important that you and the people that live with you at home do not get physically close to anybody who does not live in your same home, even if they are family or friends. You must stay 2 meters away from those who do not live in your home. If there is an urgent errand that needs to be done, assign one adult person from your home unit to do this. This person should **wear a cloth covering their mouth and nose, stay 2 meters away** from people at all times, and **wash their hands** as frequently as possible. People should stay at home as much as possible. **Please remember that following this guideline is extremely important because it not only keeps your home unit safe, but it helps keep the virus from spreading to those more vulnerable members of your community.**
- **Protect the more vulnerable:** The Coronavirus can be extremely dangerous for older community members. It is very important to be extra careful around older people, pregnant women, and those who are already sick from something else. This means not sharing food, plates, cups, and utensils, if possible. Also, stay 2 meters from these people at all times.
- **Identify leaders:** Identify a person in each home unit who can make sure members of their home unit are continuing to follow these important guidelines. Share the one-page “Coronavirus (COVID-19) Facts and Precautions” poster with them. Check in with this household leader.
- **Stay positive** and help where you can! Practice mindfulness exercises. iACT thanks you for your efforts to keep your community safe. You are an important leader. Stay healthy and be well, friends.

