

When Coronavirus Reaches Your Community

Once Coronavirus reaches your community, the effects could be devastating. Coronavirus spreads quickly and silently. It can take between 1 to 14 days for someone infected with Coronavirus to show signs of infection (dry cough, fever, shortness of breath, headache, fatigue, and muscle soreness). During this time, the infected person can spread the virus to other people and surfaces like paper, wood, plastic, coins, metal, and others.

If Someone in Your Home is Sick:

People are advised to stay in their homes as much as possible. Designate one or two family members to collect wood, water, food, and other essential items. These should not be elderly or pregnant family members. Those members should remain at home.

- If a community member is experiencing symptoms, try to keep them as isolated from other family members inside the home as possible. Sick and healthy family members should never share beds, utensils, plates, blankets, or other items. The Coronavirus is very contagious.
- The sick family member should not leave the home unless they are going to see a Doctor.
- If available, all family members should wear a mask, cloth, or scarf over their mouth and nose. All family members should cough and sneeze into their elbow.
- Everyone in the family should wash their hands and frequently used items often.
- Everyone in the family should avoid touching their eyes, nose, mouth, and face.
- If disposable gloves are available, the healthy family members should wear these when helping the sick family member and dispose of them immediately after helping. Be careful not to touch your face or objects when wearing the gloves.

You can leave home after these three things have happened:

1. You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers) AND
2. Other symptoms have improved (for example, your cough or shortness of breath have improved) AND
3. At least 7 days have passed since your symptoms first appeared.

When Out in the Community:

For the designated family members going into the community and returning to the home, please follow these important guidelines:

- **Remain 2 meters away from people in the community.** At water points or in food collection queues, stay 2 meters away from other people who are also waiting.
- Cover your mouth and nose with a mask, cloth, or scarf. **This does not replace staying 2 meters away from other people. You must maintain physical distance from others at this time.**
- Cough and sneeze into your bent elbow.
- Always use the hand-over-heart greeting instead of handshakes, kisses, and hugs.
- If you are experiencing any symptoms. **Stay home.**
- **Immediately wash your hands upon returning home before you touch anyone or anything else in your home.** If you bring anything into your home from outside that can be washed or wiped down, please do so.
- **Participate in daily community rituals to show unity.** In some places at a certain time of day, people sing a message of unity while making noise or playing instruments. This creates a sense of community even when we can't be physically close to each other.

What 2 Meters Looks Like:

- The average adult donkey's body length is between 1.5 to 2 meters.
- Extend your arms away from your body. Mark a circle on the ground that includes your arm's length extended. Imagine a distance that is 3x your arm length. That is approximately 2 meters.

