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world relief 

CARE GROUP MODULE 1:

Introduction to Care Groups and Coronavirus (COVID) Awareness Flip Charts



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MODULE 1

Table of Contents:

acknowledgements	3
Lesson 1: Introduction To Care Groups.....	4
Lesson 2: Teaching Techniques	12
Lesson 3: Monitoring And Watching For Change	20
Lesson 4: Hand Washing And Tippy Tap Construction	28
Lesson 5: Disposal, Improved Latrines & Deworming	36
Lesson 6: What Is Coronavirus?	44
Lesson 7: How Is Coronavirus Spread?	50
Lesson 8: Preventing Coronavirus with Face Masks and Providing Home Based Care for People with Coronavirus	60
Lesson 9: Accessing Health Services During Coronavirus	70

Lessons, stories, and activities in Module 1: Introduction to Care Groups and Coronavirus Awareness complement the information provided in Module 1: Introduction to Care Groups and Coronavirus Awareness flipcharts.

The SCOPE reproductive, maternal, newborn and child health program includes the following partners: World Relief (WR), Christian Connections for International Health, CHAM, CHAK.

ACKNOWLEDGEMENTS

These lessons were originally developed by Food for the Hungry and Curamericas and adapted for use in SCOPE. Lessons 1-7 were developed with support from USAID. Many thanks to Food for the Hungry and Curamericas for developing the materials. Photos and parts of coronavirus lesson content provided courtesy of KIKOP Maternal Child Health Project of Kisii County Kenya, a project of Curamericas Global. For full citations of lessons adapted for SCOPE, see the accompanying Lesson Plan for Module 1: Introduction to Care Groups and Coronavirus Awareness

NOTE FOR VOLUNTEERS IN CONTEXT OF COVID-19

As Care Groups are launching during the novel Coronavirus pandemic, it is important to adapt activities so that you and the households you visit are protected from getting or spreading the virus. Here are a few things to help guide you in your visits:

- Conduct home visits if safe to do so, according to the recommendations from the promoter (based on the government and MOH policies and the staff/volunteer risk assessments).
- When conducting home visits, reduce risk through the following:
 - Do not conduct home visits if you or someone in your household feels unwell or the neighbor or someone in their household feels unwell.
 - Consider meeting in the outdoors if possible.
 - Greet in a culturally appropriate manner which does not include contact (putting hand to heart, bowing head, nodding, clasping hands, etc.)
 - Maintain a 2-meter distance between CGV and the family visited (the family can be together, they don't have to maintain 2 m apart).
 - Wash hands when you enter and exit a home.
 - Cough and sneeze into elbows or a tissue and discard of it properly. Wash your hands after discarding the tissue.
 - Present lessons thoroughly but efficiently to minimize time in the home.
 - Be sure to allow time for mutual emotional support, discussion of barriers to the behaviors being promoted, and to ask for a commitment to practice the behaviors.
 - Prioritize handwashing and provide support for handwashing (inexpensive soap options, etc.)
 - Focus on symptom awareness, risk reduction and care seeking.
- Conduct fun and inspiring activities which respect to 2-meter safe distancing regulations such as neighborhood songs, handwashing etc.

LESSON 1: INTRODUCTION TO CARE GROUPS

Materials

1. Attendance Registers



1. Game: People to People



2. Attendance

3. Story: Healthy Mothers and Children (Picture 1.1)

Nyanbai says, “Before the program, children in the community were often sick. Many young children died in the first years of life. Because of SCOPE, the community made changes that helped children to grow and mothers to have safer pregnancies. Now, children were born healthy and are sick less often. Today, children do not struggle, but are healthy and strong in the first years of life.”



4. Ask about Current Practices

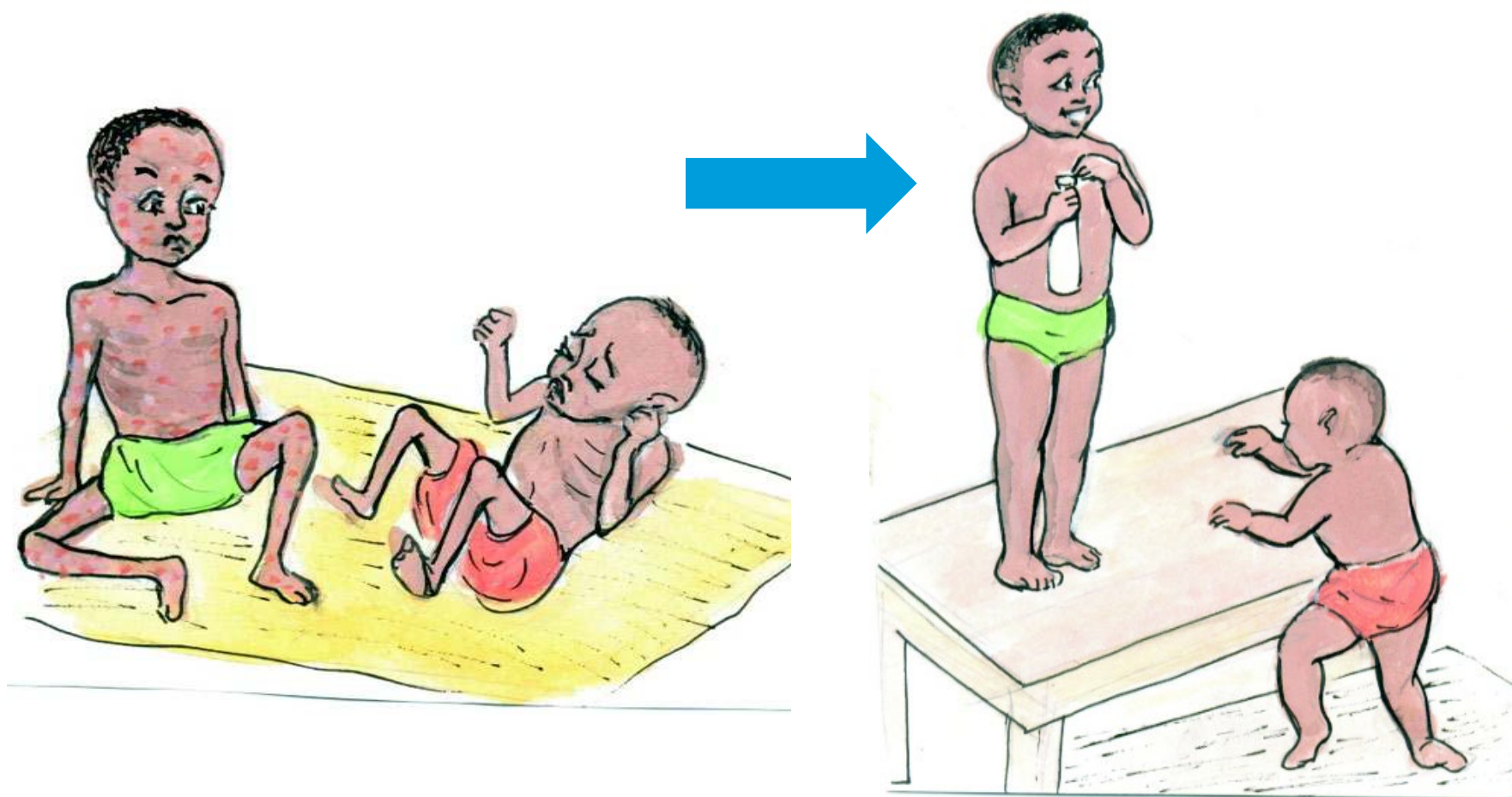
- ? In the story, what problems existed before SCOPE began? How did it change?
- ? How would you describe the current health of mothers and children in our community?
- ? How would life be different if all mothers and children were healthier and stronger?

Let's compare your ideas with the messages on the following pages.

Picture 1.1: Healthy Mothers and Children (Story)



Nyanbai says, “Before the program, children in the community were often sick. Many young children died in the first years of life. Because of **SCOPE**, the community made changes that helped children to grow and mothers to have safer pregnancies.



Now, children were born healthy and are sick less often. Today, children do not struggle, but are healthy and strong in the first years of life.”



5. Share the Meaning of Each Picture” SCOPE Goals (Picture 1.2)

? What do you think these pictures mean?

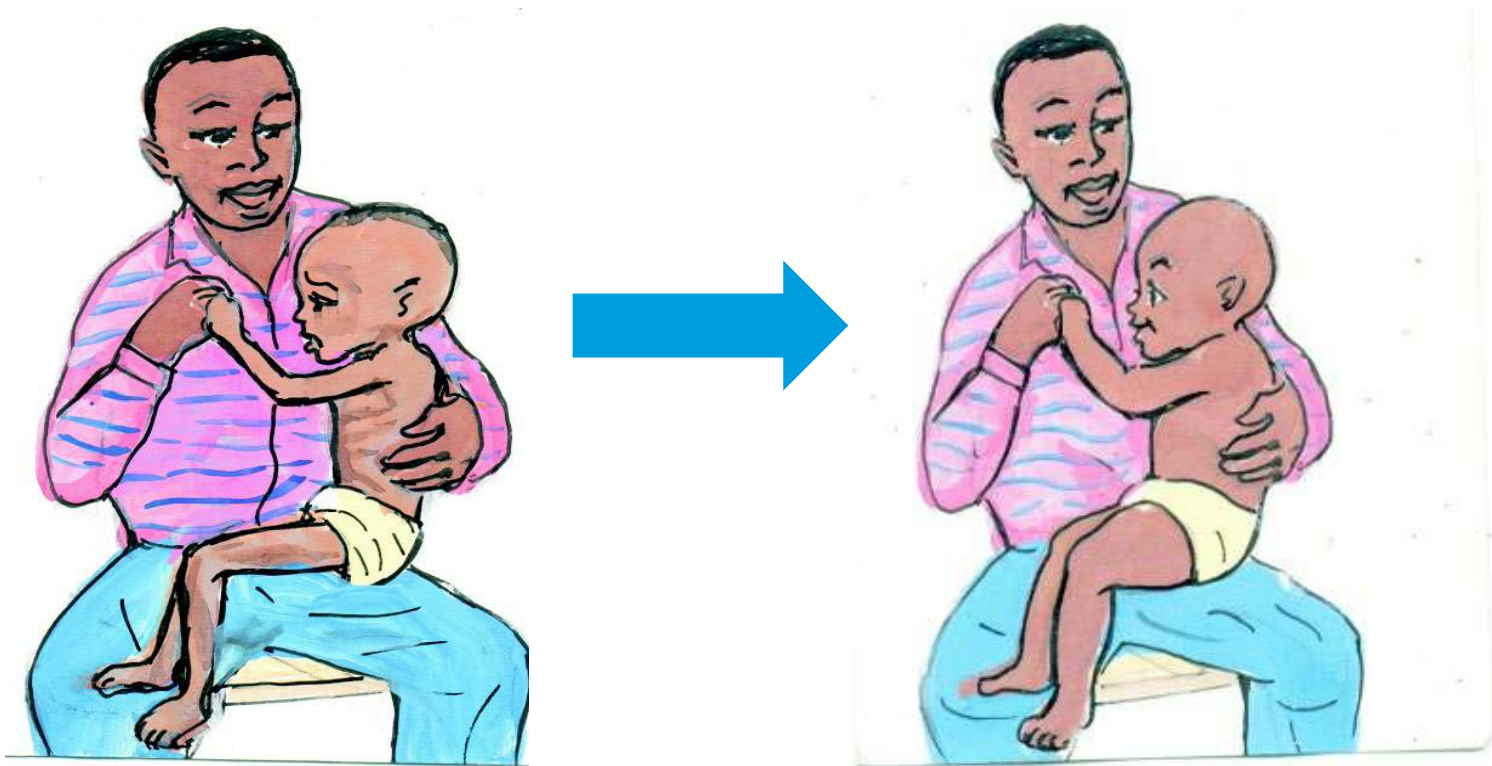
- Mothers will be healthy
 - Women will be healthy and strong during pregnancy.
 - Pregnant mothers will get help quickly when danger signs are seen.
 - Mothers will deliver their babies with a skilled birth attendant at a health facility
 - Mothers will have enough time for their bodies to recover before becoming pregnant again
- Babies will be healthy
 - Babies will be stronger at birth and grow well.
 - Babies will get the nutrition they need from their mother’s breastmilk until they are two years old
- Children will be healthy and strong.
 - Caregivers will get help quickly when danger signs are seen.
 - Caregivers will help children recover quickly from illness.
 - Children will not be too thin or too weak from eating poor foods.
 - Caregivers will prevent diarrhea by practicing frequent hand washing and having a latrine at their home.
 - Children will have more energy and strength

? Are these goals important to you? Why or why not?

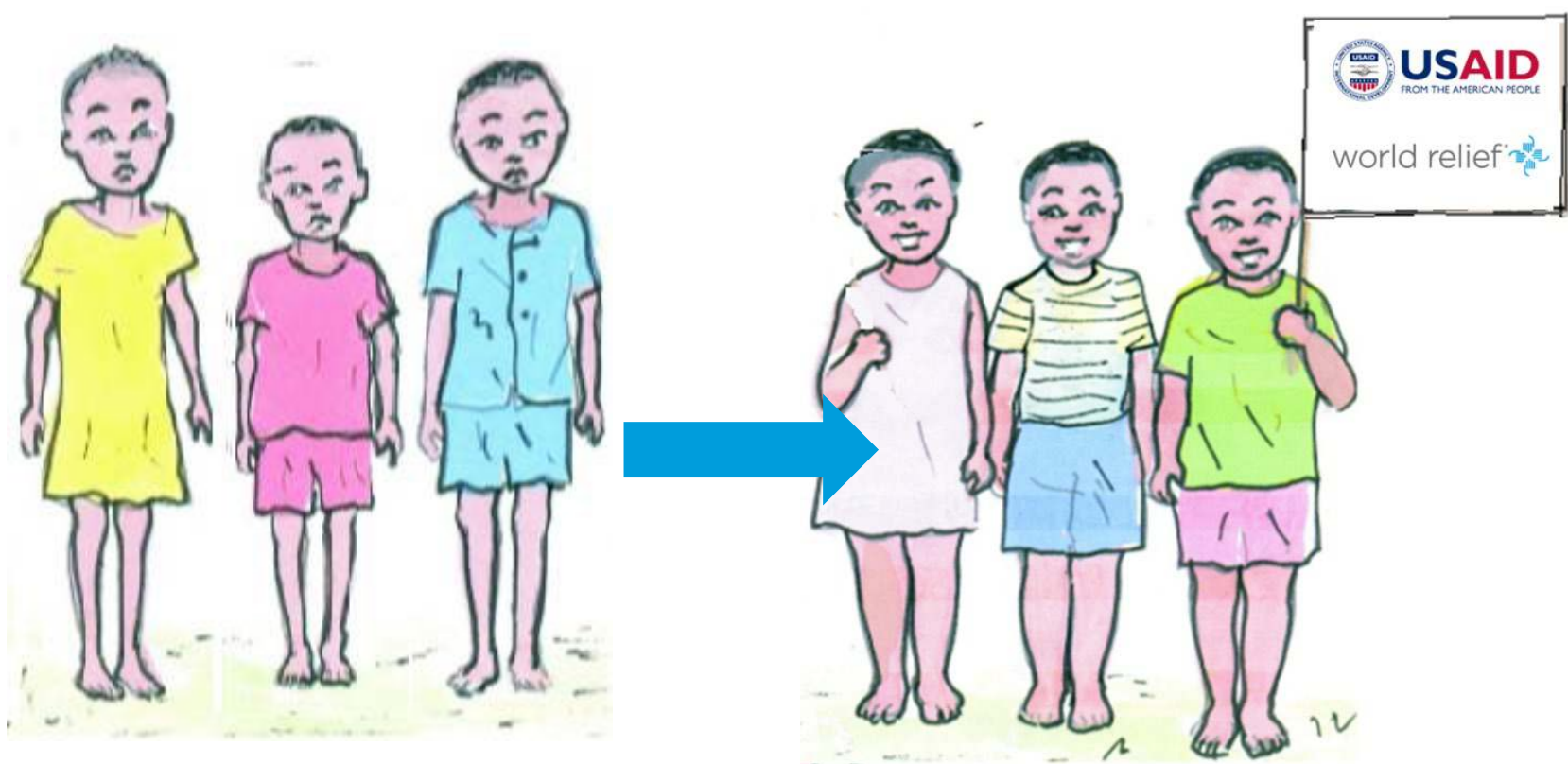
Picture 1.2: SCOPE Goals



Mothers will be healthy



Babies will be healthy.



Children will be healthy and strong.



6. Share the Meaning of Each Picture: Reaching Mothers and Children (Picture 1.3)

? What do you think these pictures mean?

- To help children grow, we will share messages with women during pregnancy and the first five years of their child's growth.
 - SCOPE helps mothers and infants survive childbirth.
 - SCOPE helps to prevent illness during childhood.
 - SCOPE helps infants to avoid death from sickness.
 - SCOPE children are more likely to grow up into healthy adults.
- SCOPE promoters will share health messages with Care Group Volunteers.
 - Every two weeks they will learn a new lesson to help mothers, babies and children grow healthy and strong.
 - Care Group Volunteers learn the messages in a small group.
 - This group is called a Care Group.
- Care Group Volunteers will share this message with up to 15 of her neighbors.
 - Every two weeks the neighbors will learn a new lesson.
 - The neighbors learn the messages when the Care Group Volunteer comes to visit them at their home.
 - By doing this, Care Group Volunteers make meaningful contributions to improving the health of mothers and children in their communities

? Will you be able to come to meeting every two weeks to hear new messages?

Picture 1.3: Reaching Mothers and Children



To help children grow, we will share messages with women during pregnancy and the first five years of their child's growth.



SCOPE promoters will share health messages with Care Group Volunteers.



Care Group Volunteers will share the same messages with up to 15 of their neighbors.



7. Share the Meaning of Each Picture: SCOPE Partners (Picture 1.4)

? What do you think these pictures mean?

- This program is your program. You are the ones who help mothers, babies and children to grow healthy and strong.
 - Together we can help children overcome illness.
 - Together we can help mothers have safer pregnancies.
 - Together we can help children to grow tall and strong.
 - Together we can help make changes in our community.
 - You will be well known in the surrounding region for the changes you have brought to the community.
- The SCOPE program is partnering in the community with community leaders, Care Groups, faith leaders, and families to take action together to reduce illness and death among women and children.
- The SCOPE program is funded by the US government (USAID).
 - They will provide training and materials to help Care Group Volunteers share messages with others.

8. Activity: SCOPE Song	9. Discuss Barriers	10. Practice and Coaching	11. Request Commitments

Picture 1.4: SCOPE Partners



This program is your program. You are the ones who help mothers, babies and children to grow healthy and strong.



The SCOPE program is funded by the US government (USAID).

LESSON 2: TEACHING TECHNIQUES

Materials:

1. Attendance Registers
2. Two copies of the role play



1. Game: Making Eyeglasses



2. Attendance and Troubleshooting

3. Story: Teaching for Change (Picture 2.1)

Nyanbai's granddaughter says, "How did the community change?" Nyanbai says, "I learned new things from the SCOPE promoter. I asked questions about my neighbor's practices. I encouraged my neighbors to try new things. I made changes in my own home."

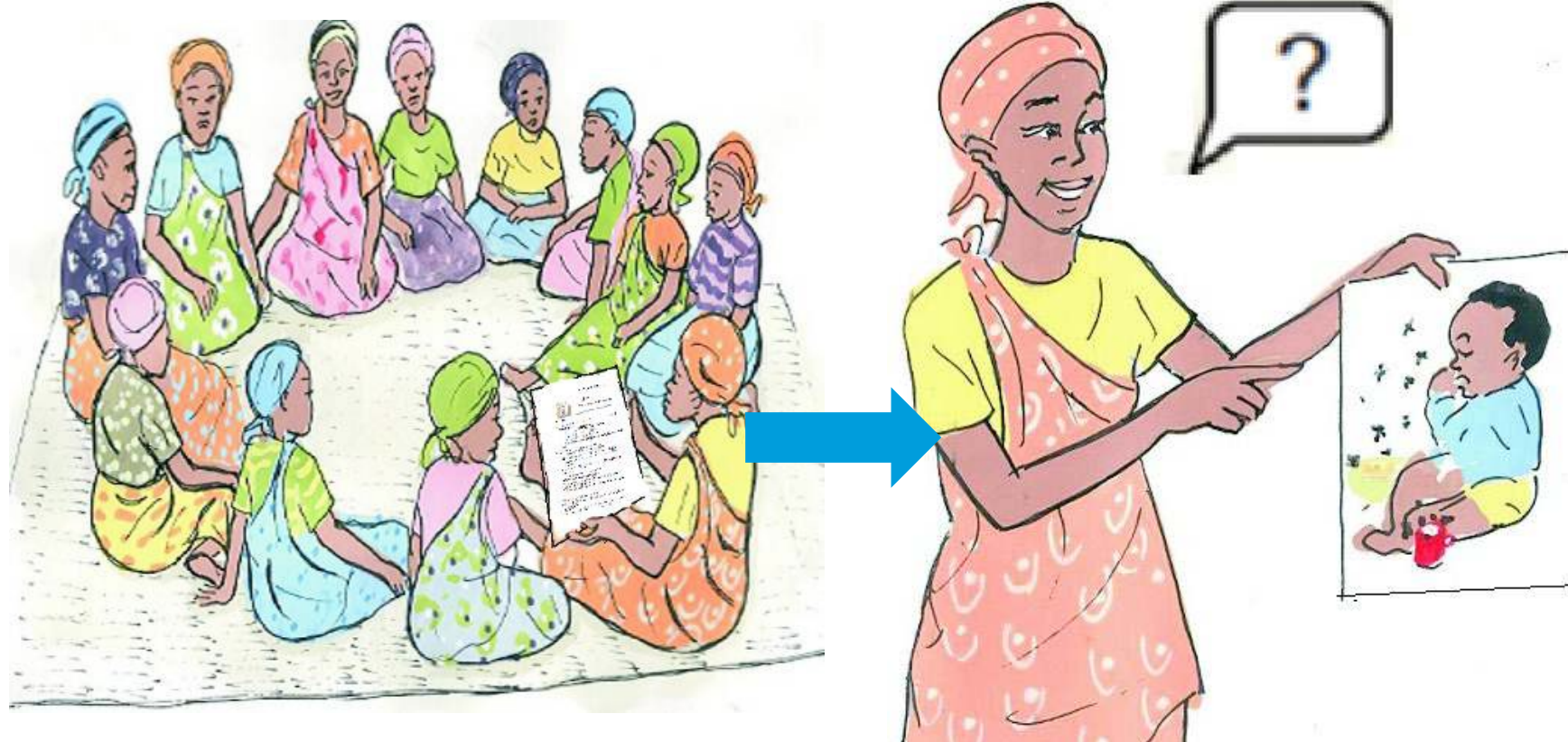


4. Ask about Current Practices

- ? How did Nyanbai help the women change?
- ? How do these things help others to change?
- ? Have you ever taught an adult a new skill? How did you teach them?

Let's compare your ideas with the messages on the following pages.

Picture 2.1: Teaching for Change (Story)



Nyanbai's granddaughter says, "How did the community change?" Nyanbai says, "I learned new things from the SCOPE promoter."

"I asked questions about my neighbor's practices."



I encouraged my neighbors to try new things.



I made changes in my own home.



5. Share the Meaning of Each Picture: Games, Attendance and Stories (Picture 2.2)

? What do you think these pictures mean?

- Begin each household visit or meeting with a game or song.
 - When you see this picture on the back of the flipchart, it is time for a game or a song.
 - If you are meeting with a group of mothers, repeat the game that you learned from the promoter.
- Take attendance at each visit.
 - When you see this picture on the back of the flipchart, it is time to take attendance.
 - Remember who you visited.
 - Remember the women who you were not able to visit.
 - Tell the promoter the attendance at the next meeting.
- **Each lesson begins with a story about Nyanpiet or her neighbor Nyanbai. Use the flipchart pictures to tell their story.**
 - **Nyanbai will show us healthy behaviors.**
 - **Nyanpiet has never heard the SCOPE teachings before.**
 - **She will learn from Nyanbai and try new things.**

Ask the women to find the small pictures for games or songs and attendance on the BACK of their flipchart.

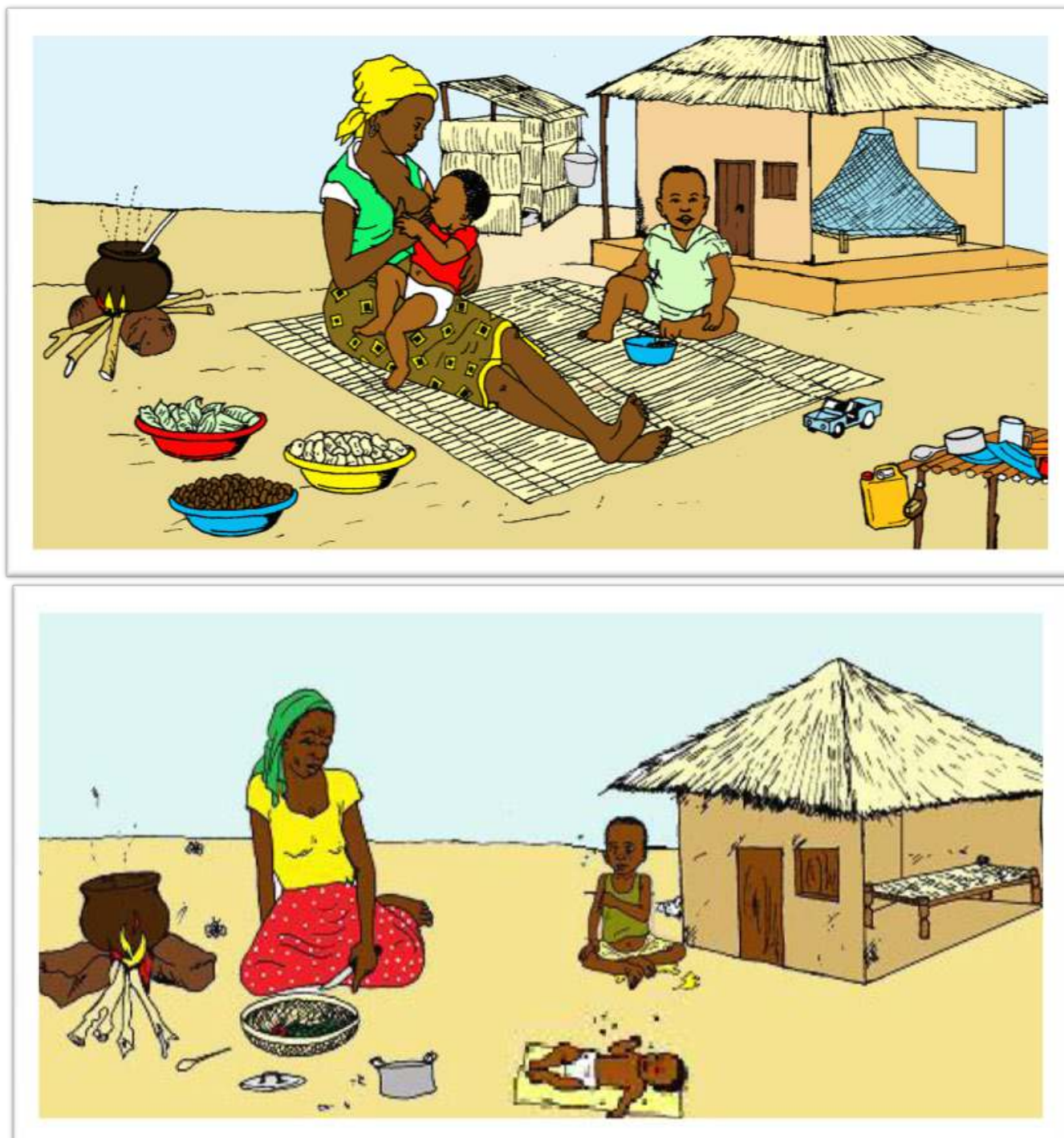
Ask the women to find Nyanpiet and Nyanbai in the large pictures on their flipchart.

Picture 2.2: Games, Attendance and Stories



Begin each meeting with a game or song.

Take attendance at each meeting.



Each lesson begins with a story about Nyanpiet or her neighbor Nyanbai. Use the flipchart pictures to tell their stories



6. Share the Meaning of Each Picture: Practices, Pictures and Activities (Picture 2.3)

? What do you think these pictures mean?

- Use the story to ask about the women about current practices.
 - If you are sharing a story about hand washing ask, “How often do you wash your hands?”
 - If you are sharing a story about wearing a mask, ask, “Do you wear a mask to cover your nose and mouth when you are in crowded places?”
 - Listen to their responses. Do not correct them.
 - Let everyone share their thoughts.
- Share the meaning of each picture on the flipchart.
 - When you see this picture on the back of the flipchart, it is time to share the meaning of the flipchart pictures.
 - Show the women the new flipchart pictures.
 - Ask the women, “What do you think these pictures mean?”
 - Affirm those who answer.
 - Explain the key message or meaning of each picture.
- Do an activity with the women to help them understand the lesson.
 - When you see this picture on the back of the flipchart, repeat the activity that the promoter showed you.
 - In this picture, the women are making porridge.
 - Activities may be a cooking lesson, a role play, a song, or a discussion.

Ask the women to find the small pictures for asking about current practices; sharing the meaning of each picture; and the activity on the BACK of their flipchart.

Picture 2.3: Practices, Pictures and Activities



Use the story to ask the women about their current practices.

Share the meaning of each picture.



Do an activity with the women to help them understand the lesson.







7. Share the Meaning of Each Picture: Discuss Barriers and Request Commitments (Picture 2.4)

? What do you think these pictures mean?

- Discuss barriers, problems and concerns the women have about the new practices.
 - Ask, “Is there anything that might prevent you from trying these new practices?”
 - Find ways to help the women overcome these barriers.
 - For example, “You said that you don’t have a mask to wear when you are in crowded places, can you make one out of your head wrapper?”
 - You said you don’t know how to make a face mask, “Can I show you now?”
- Ask each woman to make a commitment to try one of the new practices.
 - For example, one mother might commit to buy a cloth face mask for each member of her family older than five years.
 - Another mother might commit to save money to purchase face masks for her family.
 - Another mother might commit to making her own masks to protect herself and her family from getting Covid-19 in a crowded space.
 - Each mother can choose her own commitment.

? Look for these two pictures on the back of your flipchart. Do you see them?

			
8. Activity: Role Play	9. Discuss Barriers	10. Practice and Coaching	11. Request Commitments

Picture 2.4: Discuss Barriers and Request Commitments



Discuss barriers, problems or concerns that the women have about the new practices.



Ask each woman to make a commitment to try one of the new practices.

LESSON 3: MONITORING AND WATCHING FOR CHANGE

Materials:

1. Attendance Registers
2. The Danger Sign Song



1. Game: Stew



2. Attendance and Troubleshooting

3. Story: Watching Child Growth (Picture 3.1)

Nyanbai explains, “Our care group wanted to see if these new practices helped our children to grow. We took our children to the health clinic every month to be measured and weighed. Pregnant women went every three months to the clinic to have their belly measured. We were encouraged. Even small changes helped our children to grow. It encouraged us to keep working.”



4. Ask about Current Practices

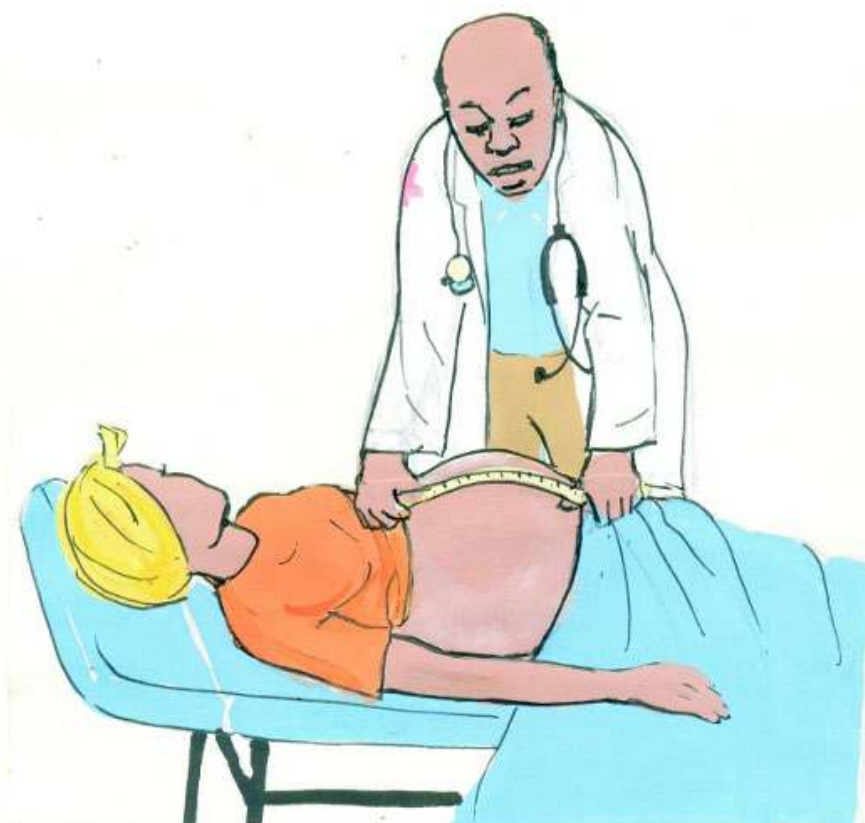
- ? Why did the women decide to watch their children’s growth?
- ? How did watching growth encourage them to continue?
- ? With your last child, what did you do to make sure they were growing well?

Let’s compare your ideas with the messages on the following pages.

Picture 3.1: Watching Child Growth (Story)



Nyanbai explains, “Our care group wanted to see if these new practices helped our children to grow. We took our children to the health clinic every month to be measured and weighed.”



“Pregnant women went every three months to have their belly measured.”



“We were encouraged. Even small changes helped our children to grow.”



5. Share the Meaning of Each Picture: Watching Illnesses, Pregnancies and Deaths (Picture 3.2)

? What do you think these pictures mean?

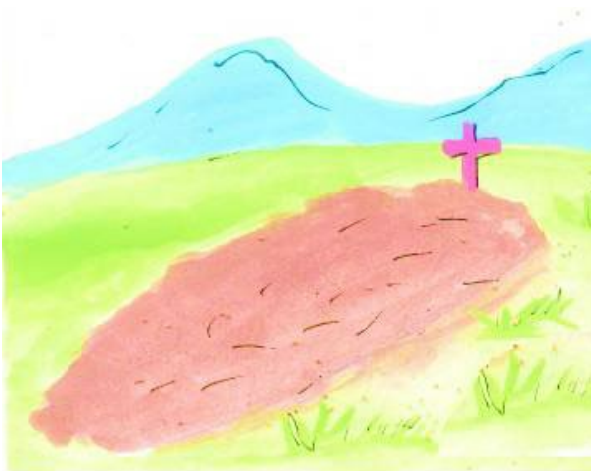
- At each meeting, ask about the health of the mother's family.
 - This child has a fever.
 - Nyanbai tells her to go immediately to the health center.
 - Refer families to the health center to treat illnesses.
- Report sicknesses, deaths, and new pregnancies to the promoter.
 - Share the information you hear from your neighbor groups with the promoter.
 - The promoter will share this information with the local clinics and Ministry of Health.
 - This information will help Care Group Volunteers understand the needs in the community.

- ?** How could this information help you to be a better Care Group Volunteer?
- You will know the needs of the people in the community.
 - You can ask the promoter for help to prevent these illnesses.
 - You will learn the danger signs and be able to refer severe illnesses to the clinic.

Picture 3.2: Watching Illnesses, Pregnancies and Deaths



Once each month, visit each neighbor's house. Ask Them about the family's health.



Report sicknesses, deaths, and new pregnancies to the promoter.



6. Share the Meaning of Each Picture: Watching Neighbor Groups (Picture 3.3)

? What do you think these pictures mean?

- Care Group Volunteers will meet with 4 to 14 women in their homes.
 - Meet with each mother twice each month.
 - Share the same teachings that you hear from the promoter.
 - Invite husbands, children and others to listen.
 - If you have more than 14 mothers to visit, talk with your promoter.
- Women who are not pregnant and do not have children less than two years will graduate from the program.
 - In order to reach our goal, we must teach only pregnant women and children younger than 5 years.
 - New mothers can join the group of mothers that you visit.
 - Care Group Volunteers can continue to volunteer even if they are not pregnant or do not have children younger than 5 years.
- New pregnant women will join the group.
 - The three women with older children graduated.
 - Three new pregnant women join the group.
 - The group remains the same size.

Picture 3.3: Watching Neighbor Groups



Care Group Volunteers will meet with 4 to 14 women in their homes.

Women who are not pregnant and do not have children younger than five years will graduate.



New pregnant women will join the group.







7. Share the Meaning of Each Picture: Sharing Progress with Others (Picture 3.4)

? What do you think these pictures mean?

- Watch for changes in the mothers' and children's health. Celebrate the small changes you see.
 - Sharing will encourage us to continue.
 - It may take many years to reach our goal of all mothers, babies and children growing healthy and strong.
 - Celebrate the small changes to encourage us to keep going.
- Share stories of changes in mother and child health with the community.
- Share stories of the changes in mother and child health with the Ministry of Health.

? How will we know if the change is good?

- If sickness decreases, it will encourage us.
- If our children are still very sick and not growing, we will need to work harder to bring changes.

			
8. Activity: Role Play	9. Discuss Barriers	10. Practice and Coaching	11. Request Commitments

Picture 3.4: Sharing Progress with Others



**Watch for changes in mother and child health.
Celebrate the small changes that you see.**



**Share stories of the changes in
mother and child health with the
community.**



**Share stories of the changes in
mother and child health with the
Ministry of Health.**

LESSON 4: HAND WASHING AND TIPPY TAP CONSTRUCTION

Materials:

1. Materials needed to build a Tippy Tap: rope, a plastic container, a nail, a candle, a tin, some small rocks and soap*
2. Water to fill the Tippy Tap.



1. Game: Germs and Soap



2. Attendance and Troubleshooting

3. Story: The Family Has Diarrhea (Picture 4.1)

Achol's oldest son did not wash his hands after he left the latrine. While Achol wasn't looking, he grabbed some of the food out of the bowl. When they all sat down to eat, Achol asked, "Did you wash your hands?" "No," they replied. They dipped their hands into a bucket one by one to wash. That night the family began to get stomach aches. Soon they were all running to the latrine with diarrhea.

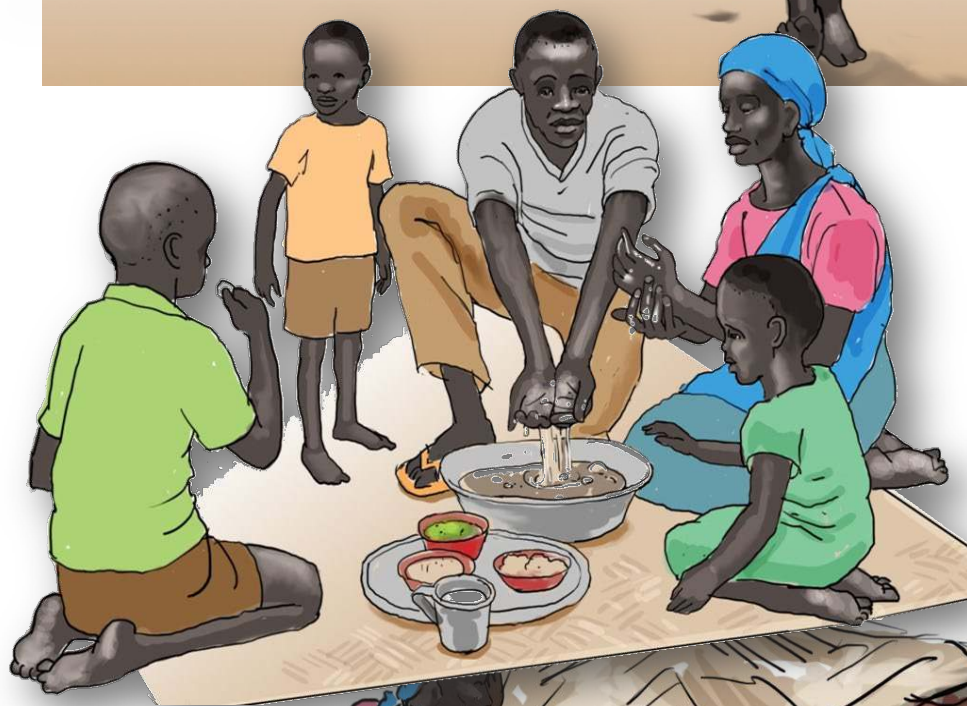


4. Ask about Current Practices

- ? What caused the stomach pains and diarrhea?
- ? What could Achol have done to prevent this problem?
- ? When did you wash your hands today?

Let's compare your ideas with the messages on the following pages.

Picture 4.1: The Family Has Diarrhea (Story)



Achol's oldest son did not wash his hands after he left the latrine. While Achol wasn't looking, he grabbed food from the bowl.



When they all sat down to eat, Achol asked, “Did you wash your hands?” “No,” they replied. They dipped their hands into a bucket one by one to wash. That night the family began to get stomach aches. Soon they were all running to the latrine with diarrhea.

When to Wash Hands (Picture 4.2)



5. Share the Meaning of Each Picture

? What do you think these pictures mean?

- Wash hands with soap or ash:
 - Before preparing food
 - Before eating
 - After using the latrine
 - After cleaning a child's bottom
- Help children to wash hands at these times too.
- Germs on hands cause sickness.
- Only soap kills germs.

? Name some other times when we should wash your hands.

- Before breastfeeding
- After caring for someone who is sick
- Before and after helping someone with an injury
- Before helping a mother give birth
- Before holding a newborn baby
- After handling money

Picture 4.2: When to Wash Hands



Wash BEFORE preparing food



Wash BEFORE eating



Wash AFTER using the latrine



Wash AFTER cleaning a child's bottom

How to Wash Hands (Picture 4.3)



6. Share the Meaning of Each Picture



What do you think these pictures mean?

- Wet your hands and the soap or ash with water.
 - Use a cup to pour water over both hands.
 - Use ash from the fire if you do not have soap.
 - Ash and soap kill germs on hands.
- Scrub your fingers, knuckles and wrists.
 - Rub your hands together so the soap lathers.
 - Scrub your hands for at least 30 seconds.
- Pour clean water over your hands to rinse off the soap.
 - Use a cup to pour water over both hands.
 - NEVER wash and rinse your hands in one basin.
 - Dirty water will spread the germs to everyone who dips their hands in the water.
- Wring your hands to dry. Shake the water off your hands.
 - If you use a towel, wash the towel every few days.
 - A wet towel can gather germs and put them back onto your hands.

Picture 4.3: How to Wash Hands



Wet your hands and the soap or ash with water.



Scrub your fingers, knuckles and wrists.



Pour clean water over your hands to rinse off the soap.



Wring your hands and shake the water off your hands.

Making a Tippy Tap (Picture 4.4)



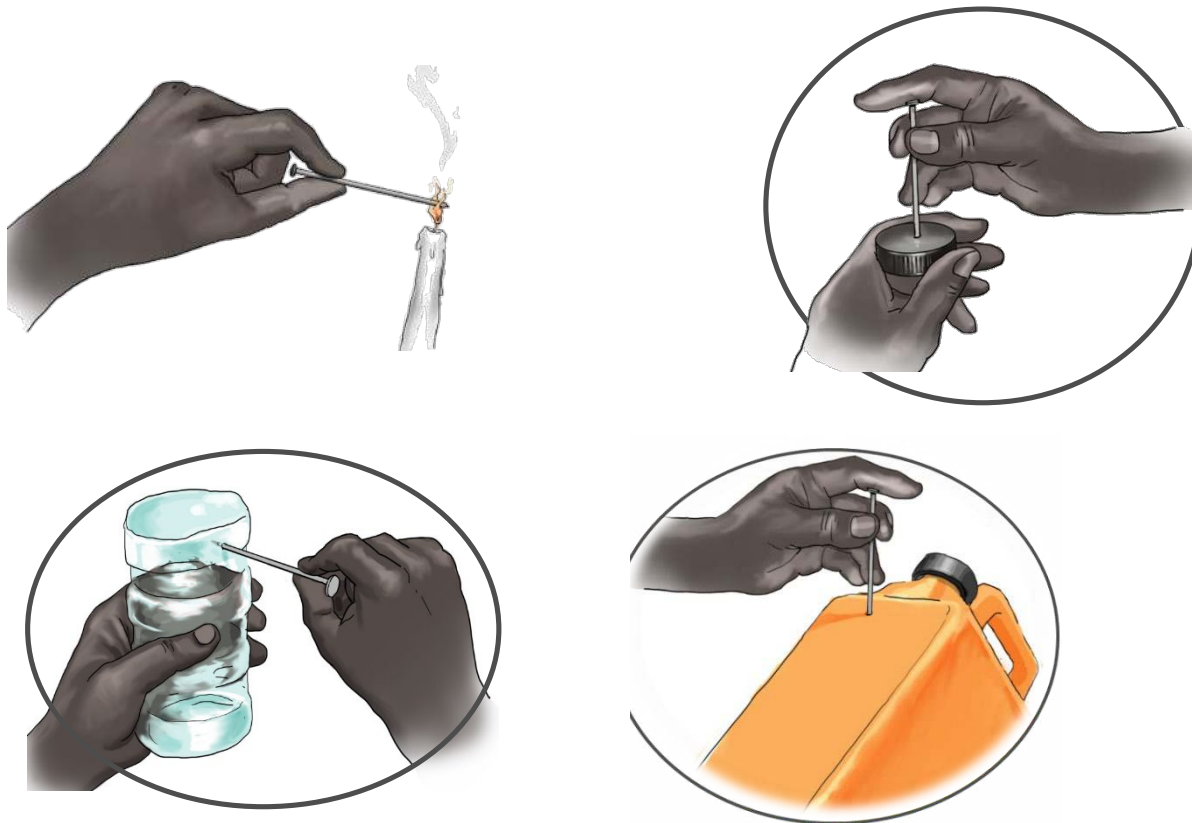
7. Share the Meaning of Each Picture

? What do you think these pictures mean?

- With a hot nail, make holes in the soap container, the lid and the side of the plastic water container.
 - Make one hole in the center of the 5-liter container’s lid.
 - Make one hole 12 cm down and off-center from the container’s spout.
 - Make two holes in the top of the plastic soap container.
- Near the latrine, make the frame for the Tippy Tap using three branches and rocks.
 - Plant two Y shaped sticks in the ground about waist high.
 - Hang the 5-liter container on a straight stick.
 - Hang the straight stick on the two Y-shaped sticks.
- Use string to hang the soap container and the foot pedal.
 - Hang string over the straight stick. Tie the ends of the string onto the soap container. Place a bar of soap in the container.
 - Push string through the hole in the lid. Tie a knot.
 - Screw the lid onto the 5-liter container.
 - Tie the end of the string from the lid onto the end of a stick for the foot pedal.
 - The Tippy Tap should be upright when you release the foot pedal.
 - When you step on the foot pedal, the water container should lean over onto its side. Shorten the string until the foot pedal works well.

8. Activity: Building the Tippy Tap	9. Discuss Barriers	10. Practice and Coaching	11. Request Commitments

Picture 4.4: Making a Tippy Tap



With a hot nail, make holes in the: soap container, the lid and the side of the plastic container.



Near the latrine, make the frame for the Tippy Tap using sticks and rocks.

Use string to hang the soap container and the foot pedal.



LESSON 5: DISPOSAL, IMPROVED LATRINES & DEWORMING

Materials

1. Attendance Registers



1. Game: Catch the Fly



2. Attendance and Troubleshooting

3. Story: Feces in the Compound (Picture 5.1)

Achol goes to a community meeting. At the meeting, Achol hears an important woman speak about keeping the community clean. In the afternoon, the community leaders walk around the community. They stop at Achol's yard. The woman from the meeting points to the feces in Achol's yard. "Whose compound is this one? Don't they have a latrine? There are feces everywhere." Achol suddenly notices the feces too.



4. Ask about Current Practices

- ? Why is Achol embarrassed?
- ? Where do most people defecate?
- ? Where does your family defecate?

Let's compare your ideas with the messages on the following pages.

Picture 5.1: Feces in the Compound



Achol goes to a community meeting. At the meeting, Achol hears an important woman speak about keeping the community clean.



In the afternoon, the community leaders walk around the community. They stop at Achol's yard. The woman from the meeting points to the feces in Achol's yard. "Whose compound is this one? Don't they have a latrine? There are feces everywhere." Achol suddenly notices the feces too.

An Improved Latrine (Picture 5.2)

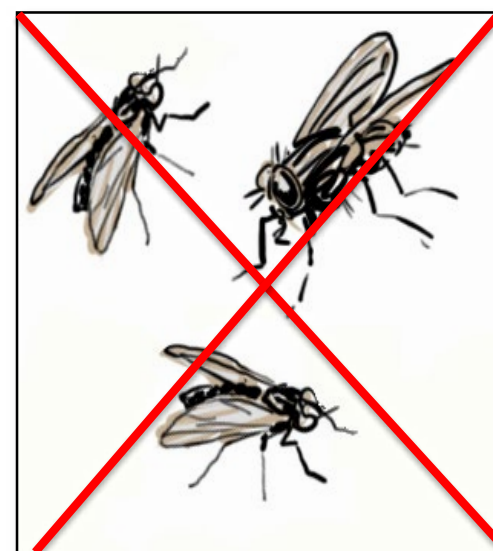


5. Share the Meaning of Each Picture

? What do you think these pictures mean?

- Flies breed in open latrines.
 - This latrine has no roof, door or lid.
 - There is no place to wash hands.
 - Unwashed hands (dirty hands) will spread germs to others.
 - Flies will carry germs to others.
- A covered latrine keeps flies away. Washing hands with soap or ash kills germs.
 - The latrine floor is a hard slab.
 - The lid keeps flies from breeding in the pit.
 - The Tippy Tap reminds people to wash hands with soap or ash.
- A covered latrine with a roof and door is protected from rain and wind.
 - The latrine has a roof and door to keep out dust and rain.
 - The Tippy Tap reminds people to wash hands with soap or ash.
 - The smiling face tells us this latrine has the fewest germs.
 - Inside there is a broom for cleaning the floor, water for cleaning yourself and ash to throw into the pit.
 - Sprinkle a handful of ash into the latrine after each use to reduce smell.

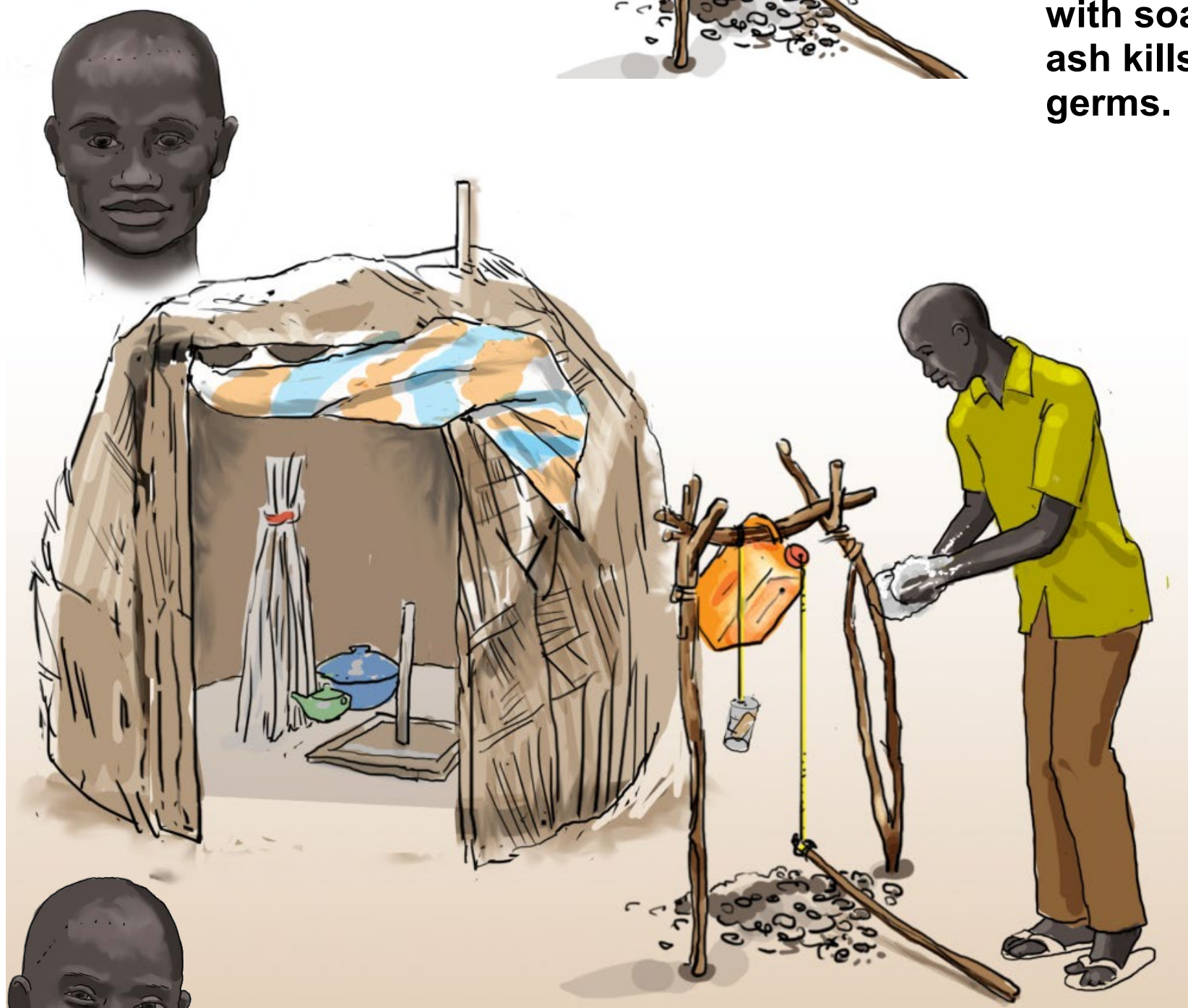
5.2: An Improved Latrine



Flies breed in open latrines.

A covered latrine keeps flies away.

Washing hands with soap or ash kills germs.



A covered latrine with a roof and door is protected from rain and wind.

Disposing Child Feces (Picture 5.3)



6. Share the Meaning of Each Picture

? What do you think these pictures mean?

- Feces in the yard spread germs to others.
 - Flies will come to feed on the feces.
 - Animals will feed on the feces.
 - Worms in feces can crawl into the soil and infect others.
- Bury feces away from the house to keep flies away.
 - The mother buries the child's feces to keep away flies (good).
 - The child and mother have no place to wash hands (bad).
 - This is better than leaving feces in the yard.
 - The sad face tells us that this still attracts flies and germs are now covering the woman's broom.
- Throwing feces into a latrine protects others from germs.
 - The feces is far away from the house.
 - Animal and children will not step in feces that is in the latrine.
 - Worms in feces will not infect others.
 - The smiling face shows us this is the best way to get rid of feces.

? Which one of these pictures looks like the method that you use?

? How can you improve the way you dispose of child feces?

Picture 5.3: Improving Feces Disposal



Feces in the yard spread germs to others.



Bury feces away from the house to keeps flies away.



Throwing feces into a latrine protects others from germs.



Deworming Children and Pregnant Women (Picture 5.4)



7. Share the Meaning of Each Picture

? What do you think these pictures mean?

- Pregnant women, take a deworming pill in the fourth month of pregnancy.
 - Worms cause weak blood (anemia) in pregnancy.
 - Women who take deworming pills have healthier pregnancies and infants.
 - When a pregnant woman’s belly begins to show and she feels movement inside, three months have passed.
- Beginning at the child’s first birthday, give a deworming pill every six months.
 - Most children have worms and don’t know it.
 - Worms prevent children from growing well.
 - Worms give children weak blood.

- ? Why are worms harmful?
- a.Worms steal food and blood from the body and can cause many health problems.
 - b.Worms increase malnutrition.
 - Worms can cause health problems, difficulty in breathing, and swollen belly needing medical help

- ? How can mothers and infants protect themselves from worms?
- Wash hands after using the latrine or cleaning a child’s bottom.
 - Always use a latrine.

8. Activity: Village Walk	9. Discuss Barriers	10. Practice and Coaching	11. Request Commitments

Picture 5.4: Deworming Children and Pregnant Women



Pregnant women, take a deworming pill in the fourth month of pregnancy.



Beginning at the child's first birthday, give a deworming pill every six months.

LESSON 6: WHAT IS CORONAVIRUS?

Materials

- 1.Attendance registers
- 2.Care Group Volunteer flipchart



1. Game: Zip, Zap, Zop



2. Attendance and Troubleshooting

3. Story: Aminata Hears About Coronavirus (Picture 6.1)

Aminata lives in a small village and is terribly scared by the stories going around about this deadly disease called Coronavirus. Everyone is talking about it and how horrible it is. Aminata has heard different stories about it and is not sure which ones to believe. People are passing along stories about Coronavirus, but cannot agree on how it is passed from one person to another, what can be done for a person who gets it, or the reason why people are getting the disease. Aminata is confused and does not know what to believe, and even wonders if Coronavirus is real, after all.



4. Ask about Current Practices

- ? What has Aminata heard about Coronavirus disease? What have you heard about it?
- ? How are people in our community reacting to what they hear? What actions are they taking, if any?

Picture 6.1: Aminata Hears about Coronavirus





5. Share the Meaning of Each Picture: How Coronavirus is Spread (Picture 6.2)

Share the information below:

Coronavirus is spread from person to person.

- Between people who are in close contact with one another (within about less than 1 meter).
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some spread is possible before people show symptoms
- People are most contagious when they are most symptomatic (the sickest).
- Coronavirus is not spread by mosquitoes, vaccines, governments, witchcraft or curses.

At this point, there is no Coronavirus vaccine that is available to the general public in any country.

- Even if a safe and effective vaccine is made available to people, many of the control measures that we will talk about below will be helpful in preventing the spread of other dangerous diseases

? What is surprising or new to you about how Coronavirus spreads and its signs and symptoms?

? What questions do you have about how Coronavirus spreads or its signs and symptoms?

Picture 6.2: How is the Coronavirus Spread?

Coronavirus is spread from person to person mainly through respiratory droplets.



When an infected person coughs or sneezes, she expels respiratory droplets through the nose or mouth.



Cover your mouth when you cough and when you sneeze.



6. Care Groups Can Fight Coronavirus – 5 minutes

? *What healthy practices have you learned in the past that could help your community fight Coronavirus?*

- Communities with strong trust and confidence in each other can help each other avoid Coronavirus.



7. Share the Meaning of Each Picture: Simple Things to Do to Prevent Spread of Coronavirus: Hand Washing and Good Hygiene – 5 minutes (Picture 6.3)

- Practicing good hygiene behaviors can help fight Coronavirus and other diseases.
 - We have already learned many of these in our past lessons: including hand washing with soap, using latrines and disposing of children's stools properly
- Practicing safe greeting
 - Coronavirus is spread from one person to another through simple close contact such as handshakes and hugs through droplets in the air or from an infected person.
 - Encouraging others to minimize contact with a "COVID-19 Handshake" and a safe hug (hugging yourself) can be an easy way to keep your community safe from Coronavirus





? *What strikes you about these actions?*

? *How do you think people will respond when you teach them these behaviors?*

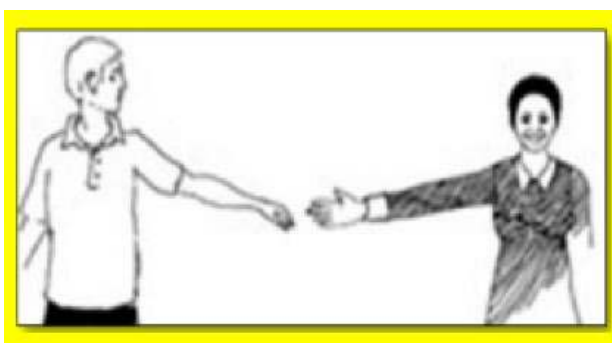
8. Discussion: What if someone in the community is sick? – 10 minutes

- Care Group Volunteers can help by identifying sick people and ensuring that they get the care they need.

? *How do you feel about your role as a Care Group Volunteer in identifying sick people and helping them to get care?*

			
9. Activity: Safe Greetings	10. Discuss Barriers	11. Practice and Coaching	12. Request Commitments

Picture 6.3 Simple Things to Do to Prevent the Spread of Coronavirus: Good Hygiene and Safe Greetings



Avoid large groups of people and keep a distance of 1 to 2 meters between two people



Lets practice safe greeting



Avoid touching your mouth, eyes, and nose



Washing hands helps us to fight against the coronavirus

LESSON 7: HOW IS CORONAVIRUS SPREAD?

Materials

1. Attendance registers
2. Care Group Volunteer flipchart



1. Game: Body Writing



2. Attendance and Troubleshooting

3. Story: Story: Two Sisters get Coronavirus (Picture 7.1)

One morning, Elena woke up feeling unwell. She was coughing and her body felt weak. “It’s probably just a common cold,” she thought. But, she was very scared because she had heard about Coronavirus affecting people in other parts of the country. By early that evening, she had a high fever.

Her sister Grace came by to visit her, as she routinely does. “You don’t look well. Are you alright?” she asked. Grace could see sweat on Elena’s forehead and, naturally, she touched it to feel if she had a fever. Elena’s body was very warm! “I think you should go to the hospital. What if it’s Coronavirus? They are having cases of that in other provinces,” Grace added. “No, I think it’s just a little malaria. I will take some tablets. They say there is no cure for Coronavirus after all,” Elena replied.

Even though she was feeling a lot worse later that evening, Elena continued to prepare dinner for her family. When her son, Zomo, got home, Elena was extremely weak and was having difficulty breathing. “I think we should go to the hospital,” Zomo said. “Why would you take me to the hospital when there’s never medicine at the hospital? I’m not going! Let’s eat and go to bed,” Elena responded with resentment.

In the morning, Zomo left for school, but soon got a message that his mother had died at home. He rushed home and found his father kneeling next to his mother’s body, hugging her and crying. Zomo cried, too.

Soon after the burial, Zomo, his dad, and his Aunt Grace had the same symptoms as Elena. They all went to the hospital where they got treated and, after two weeks, got completely well.

Picture 7.1: Two Sisters get Coronavirus



4. Ask about Current Practices



- ? What are some of the symptoms of Coronavirus? What symptoms did Elena have?
- ? What have you heard about how Coronavirus is transmitted?
- ? What things can you do to protect yourself and others from Coronavirus? How do you think Zomo, his dad, and his aunt Grace got infected?



5. Share the Meaning of Each Picture: Coronavirus is Dangerous (Picture 7.2) – 5 minutes

? *What do you think these pictures mean?*

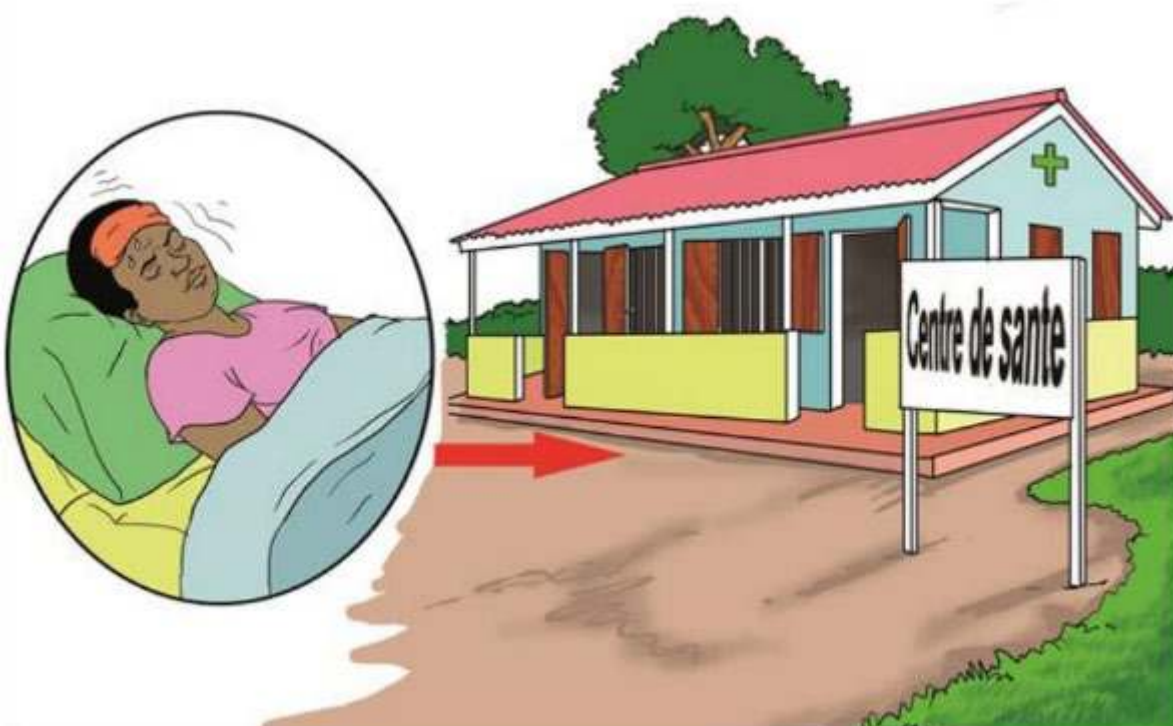
Coronavirus is a dangerous disease that spreads fast and killed millions of people that have gotten it.

- It is transmitted when person with coronavirus breaths, coughs or sneezed near you and the respiratory droplet enter the body through the mouth, nose or eyes.
- It is also likely that virus can be spread by touching surface by an infected person, then touching your eyes, nose or mouth.
- Most of the people that get Coronavirus survive with immediate and proper health care, but many do not despite best efforts. With early detection and good care, many more people may survive. You can make the difference.
- People can have coronavirus and might not show any symptoms and not know they can transmit the virus to others.

Picture 7.2 Coronavirus is Dangerous



The coronavirus has killed millions of people that have gotten it.



Millions others got sick but survived due to early detection and proper care at home or at a health facility



People can have coronavirus and might not show any symptoms. Even though they do not know they have the virus they can still transmit it to others.



5. Share the Meaning of Each Picture: Signs and Symptoms of Coronavirus (Picture 7.3) – 5 minutes

- **Symptoms of Coronavirus include coughing, tiredness, high fever and difficulty breathing**
 - Common signs usually include a fever, chills, dry cough, weakness and fatigue
 - Some people have body aches, sore throats, diarrhea, nausea and vomiting, headache and loss of taste or smell
 - Severe cases include difficulty breathing and shortness of breath, persistent pain or pressure on the chest, confusion, bluish lips or face and loss of speech or movement

? *Have you ever seen someone with these signs or symptoms?*

? *What are some other sicknesses that have similar signs?*

? *How can you know if someone with these symptoms has Coronavirus or one of the other diseases?*

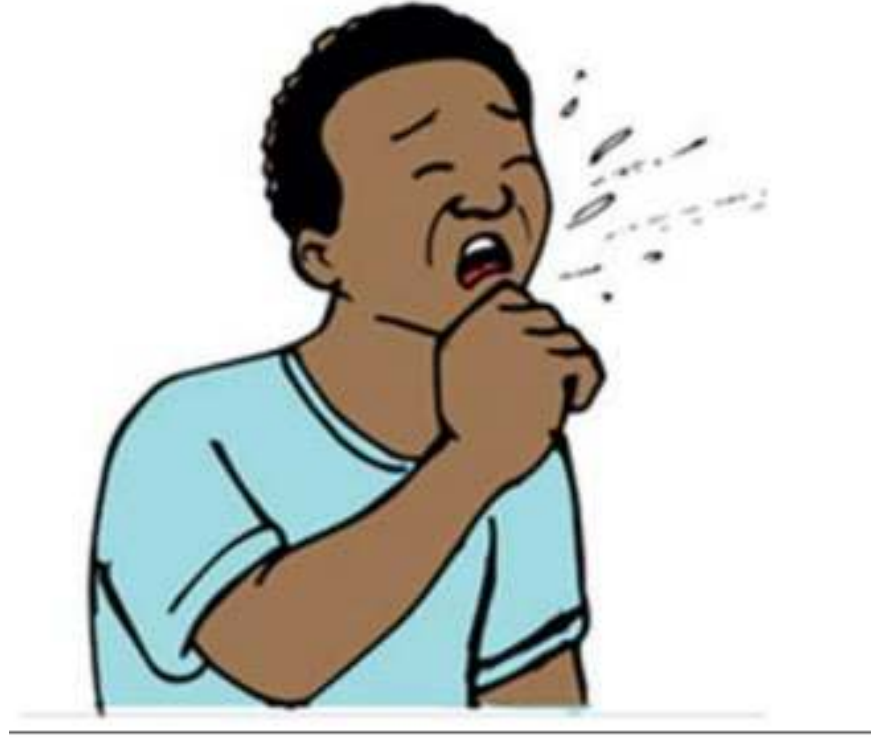
Picture 7.3 Signs and Symptoms of Coronavirus



Fever



Difficulty Breathing



Cough



Weakness and Fatigue



Bluish lips or face



6. Share the Meaning of Each Picture: Getting Coronavirus from People without Symptoms (Picture 7.4)

? *What do you see in this picture?*

? *What do you think this picture means?*

Say:

- Affected people are more contagious when they are the sickest.
 - But don't judge by appearance. You may be contaminated by a person you think is healthy.
 - It is possible to start spreading the virus long before a person shows symptoms.
 - Many affected people have symptoms that they do not notice, especially in the early stages of the disease.
 - You can get COVID-19 from someone who has a mild cough that or one that doesn't feel sick.
- Observe these strict measures to protect yourself and others:
 - hand washing,
 - risk free greetings,
 - wearing a face covering in public places, and
 - staying more than one meter away from anyone outside of your family.
- We will follow the measures announced by our government to protect us and our families.

Picture 7.4: Getting Coronavirus from People without Symptoms








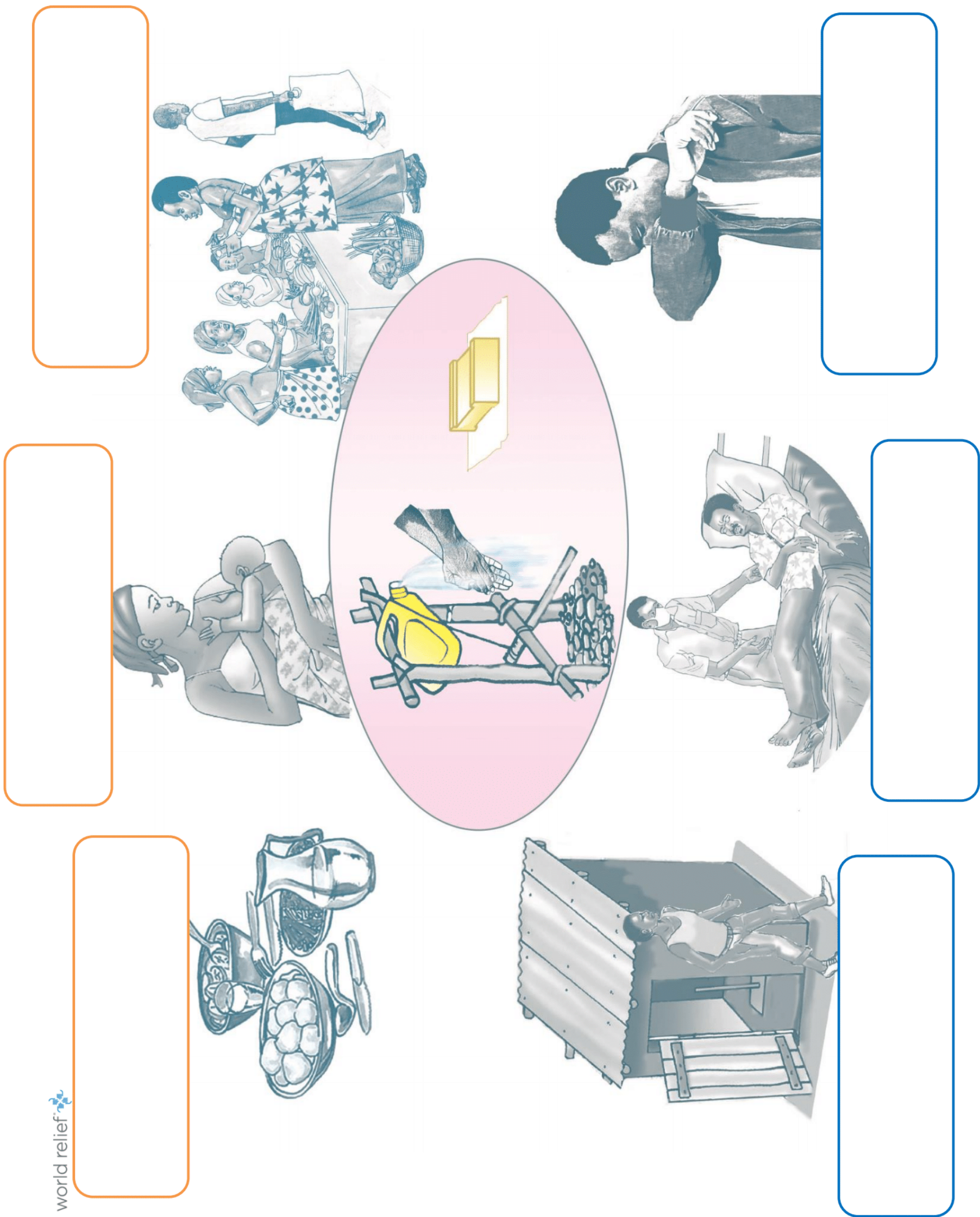
7. Activity: Hand Washing Song (Picture 7.5)

? What do these pictures mean?

Practice your hand washing song together.

		
8. Discuss Barriers	9. Practice and Coaching	10. Request Commitments

Picture 7.5: Times for Hand Washing (Hand Washing Song Activity)



LESSON 8: PREVENTING CORONAVIRUS WITH FACE MASKS & PROVIDING HOME BASED CARE FOR PEOPLE WITH CORONAVIRUS

Materials:

- 1.Attendance registers
- 2.Paper and pencil
- 3.Handwashing station
- 4.Facemask
- 5.Water in bottles
- 6.Jik
- 7.Soapy water
- 8.Cloth/rags



1. Game: How NOT to Wear a Facemask (Picture 8.1)



2. Attendance and Troubleshooting

Picture 8.1: How **NOT to wear a Facemask**



Do not wear the mask below nose



Do not push mask under your chin to rest on your neck



Do not leave chin exposed



Do not wear mask loosely with gaps on sides



Do not wear mask so it covers just the tip of your nose



Do not wear a mask off of your face. Such as on the top of your head or on your chest

3. Story: Caring for Julius (picture 8.2)

Caro's husband Julius is ill. He has a fever and cough and so they think he could be ill with coronavirus. Caro is caring for Julius at home.

As she usual, she makes sure that her husband has plenty to eat and clean water to drink. At her home she is also doing many new things to keep herself and her children safe from his illness.

Julius stays in his room and rests during the day. He only leaves to use the bathroom. Julius even eats in bed! Every day, Caro puts on a mask and cleans his room and the surfaces of the house with a mix of jik and water.

Caro used jugs in her home and laundry detergent to make soapy water for hand washing in the kitchen and by the door of her home.

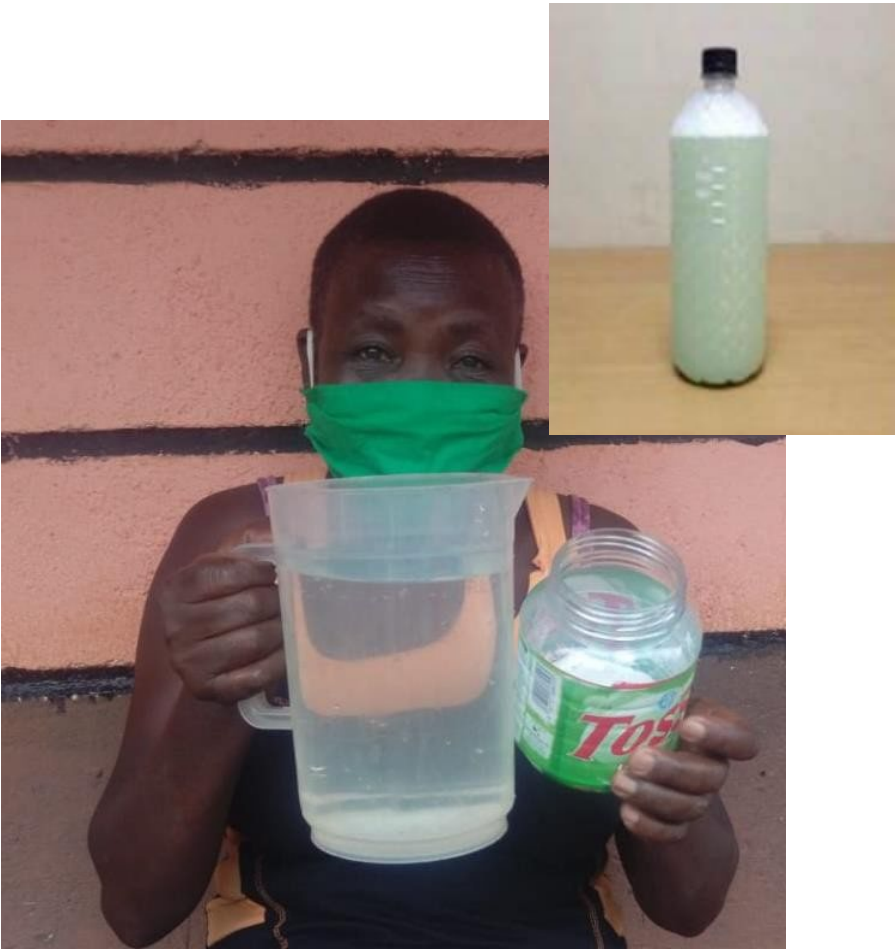
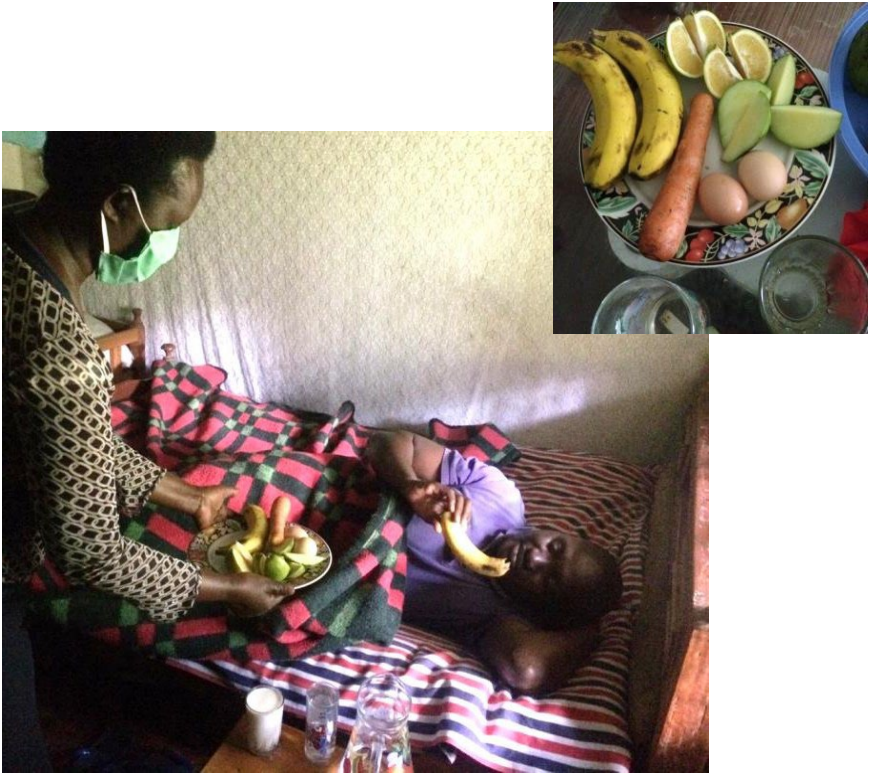
Every day she checks on Julius. Over the past week his cough has improved, and his fever has gone away. Caro wonders when life can return to normal in their home.



4. Ask about Current Practices

- ? *What is Caro doing to help Julius recover?*
- ? *What is Caro doing to keep herself and her children safe from getting sick?*

Picture 8.2: Caring for Julius





5. Review of Key Coronavirus Messages (Picture 8.3)

- ? *What do you see in the picture?*
? *What do you think these pictures mean?*

- When suspected coronavirus being managed at home it is important to watch for danger signs. If seen, contact the Ministry of Health hotline.
 - Difficulty breathing and shortness of breath.
 - Example, running out of breath while walking or eating.
 - New confusion or inability to wake
 - Example: extreme fatigue, difficulty in carrying out daily tasks due to confusion and general exhaustion
 - Persistent pain or tightness in the chest
 - Example: Feeling as though someone is pressing on your chest
 - Bluish lips or face
- Those who are over age 65 or those who have an illness like HIV, respiratory illness or weakened immune systems are most at risk to become severely ill if they get coronavirus
- The Ministry of Health should be contacted, even if these people only have fever and mild symptoms.

Ministry of Health Hotline

- ? *If someone in your home has a fever and a cough, what should you do?*
? *How does that change if that person is elderly?*
? *If you think someone in your home has coronavirus and you do not have a phone to contact the Ministry of Health hotline, what should you do?*

Picture 8.3: Review of Key Coronavirus Messages





6. Key Messages: Home Isolation (Picture 8.4)

? *What do you see in the picture?*

? *What do you think these pictures mean?*

Reduce the risk of infecting others in the home by isolating the person who is ill to one room.

- The person who is ill should wear a mask especially when around others or when in shared spaces
- They should wash their hands before leaving their room to prevent spreading germs outside their room.

Be aware of where the sick person is spreading germs, and when you are touching their germs.

- Germs are released when we cough, sneeze and speak and can travel up to 6 meters!
- Germs land on surfaces and can be picked up when we touch the surfaces such as laundry, tables, money, and doors.
- Wash hands with soap often and after contact with the person who is ill
- Disinfect the home daily with bleach and water mixture.

When someone in the household is ill, the entire household should stay home and away from other people for 14 days.

- If you must leave the house, wear a mask, maintain distance from others and wash hands often.

If person who is ill is not able to be tested for coronavirus, they should isolate from the rest of the household until all 3 conditions are met. When they meet all three conditions, they are likely no longer contagious:

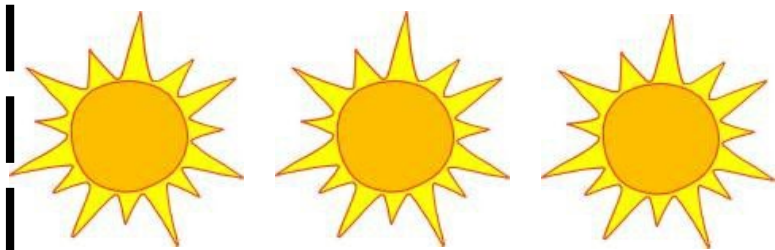
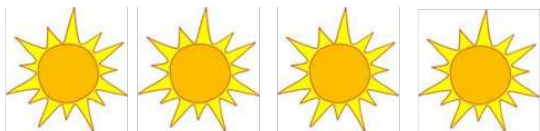
- The person who is ill has no fever for 3 days, **AND**
- At least 1 week has passed since they first became ill, **AND**
- Other symptoms have improved.

? *If you only have one bedroom, what are some ways you can you isolate the sick person?*

? *How do you know when the person who was ill is no longer contagious?*

? *What would be your needs if your household had to quarantine? How can the community support the needs of those who are in quarantine in their homes?*

Picture 8.4: Home Isolation





7. Key Messages: Handling Rumors and Misinformation (Picture 8.5)

- ? *What do you see in the picture?*
- ? *What do you think these pictures mean?*

People learn from things they read, see, and hear. We learn a lot from each other and through media, such as radio and Facebook.

- . We are both affected by rumors and help spread rumors

Rumors and misinformation can cause fear and harmful practices.

- . For example, if someone is ill and believes that herbs cure coronavirus, they may break quarantine and infect others.
- . For example, if someone believes drinking alcohol will keep them safe from coronavirus, they may drink too much alcohol and put themselves at risk.

It is important to be sure that any information you share is correct, especially when it concerns health.

- . What you say matters and people, especially your children, learn from you.
- . It's ok to say "I don't know" or "Let me find out and let you know"
- . Before sharing information, ask yourself if you are certain it is true

- ? *What are some good sources of health information? Why?*
- ? *What are some bad sources of health information? Why?*
- ? *What are some rumors or bad information you have heard about coronavirus?*
(See additional training section for information to combat some local rumors)
- ? *What are some ways we respond to rumors/bad information the next time we hear it in our communities?*

			
8. Activity: Let's Make Disinfectant	9. Discuss Barriers	10. Practice and Coaching	11. Request Commitments

Picture 8.5: Handling Rumors and Misinformation



LESSON 9: ACCESSING HEALTH SERVICES DURING CORONAVIRUS

Materials:

- Attendance registers
- Game
- Paper and pencil
- Handwashing station
- Facemask
- Water
- 3-4 bowls



1. Game: Who is Most at Risk



2. Attendance, Troubleshooting and Review of Last session

? What are some ways to NOT wear a mask?

? How do you know when the person who with the symptoms of coronavirus is no longer contagious?

3. Story: Esther's Pregnancy (Picture 9.1)

Esther is pregnant with her second child, and she is very pregnant. Esther could barely reach her arms around her belly. She knew the baby would come soon.

A few weeks ago, Esther and her CHW made a birth plan together. When her labor pains start, Esther is to go to the health center with her TBA. Together, Esther and her CHW laid out some linens, funds for travel, and some extra clothes for after the delivery to take with her to the clinic.

But Esther was worried – what if she cannot find someone to take her to the clinic? What if the clinic is closed or she is turned away because of coronavirus?



4. Ask about Current Practices

? Pretend you are Esther's CHW. What would you tell her?

? What are some ways that Esther can make sure she gets to the health center for her delivery?

Picture 9.1: Esther's Pregnancy





5. Share the Meaning of Each Picture: Care Seeking for Mothers and Children (Picture 9.2)

? *What do you see in the picture?*

? *What do you think these pictures mean?*

Health facility staff are there and ready to serve you!

- Health staff have the supplies (like masks and sanitizer) to keep you safe during your visit
- Handwashing stations with soap are located at each health center
- Health Centers, Dispensaries and hospitals are still open 24 hours a day, 7 days a week for maternal care.

Women should continue to go to the health facility to receive services

- Services such as antenatal care (ANC), postpartum care, vaccinations and treatment for diseases prevents emergencies and can save your life.
- Family planning to become pregnant or prevent pregnancy is important during this time.

Children should continue to receive vaccinations, growth monitoring checks, deworming, and treatment for illness.

- Children, especially young children, can become ill very quickly – do not delay!
- Seek medical care for danger signs you see in your child – such as diarrhea, difficulty breathing, refusing to eat, feels too hot or too cold, etc.

Practice hygiene and distancing measures to keep yourself and others safe during your visit.

- Wear a mask and wash hands before entering the health facility
- If at all possible, leave other children at home during your visit to the health center

? *What concerns do you have about going to a health facility?*

? *How can we overcome those concerns? What solutions or options are available?*

Picture 9.2: Care Seeking for Mothers and Children





6. Key Messages: Importance of Social Distancing (Picture 9.3)

? What do you see in the picture?

? What do you think these pictures mean?

One person with coronavirus can spread the virus quickly when they do not avoid contact with others, wear a mask and wash hands.

- With only social distancing you can greatly reduce the number of other people who become infected
- A person with coronavirus can infect up to 406 others in one month's time
- With maintaining a distance of 2 meters, only 15 people become infected with coronavirus in one month.

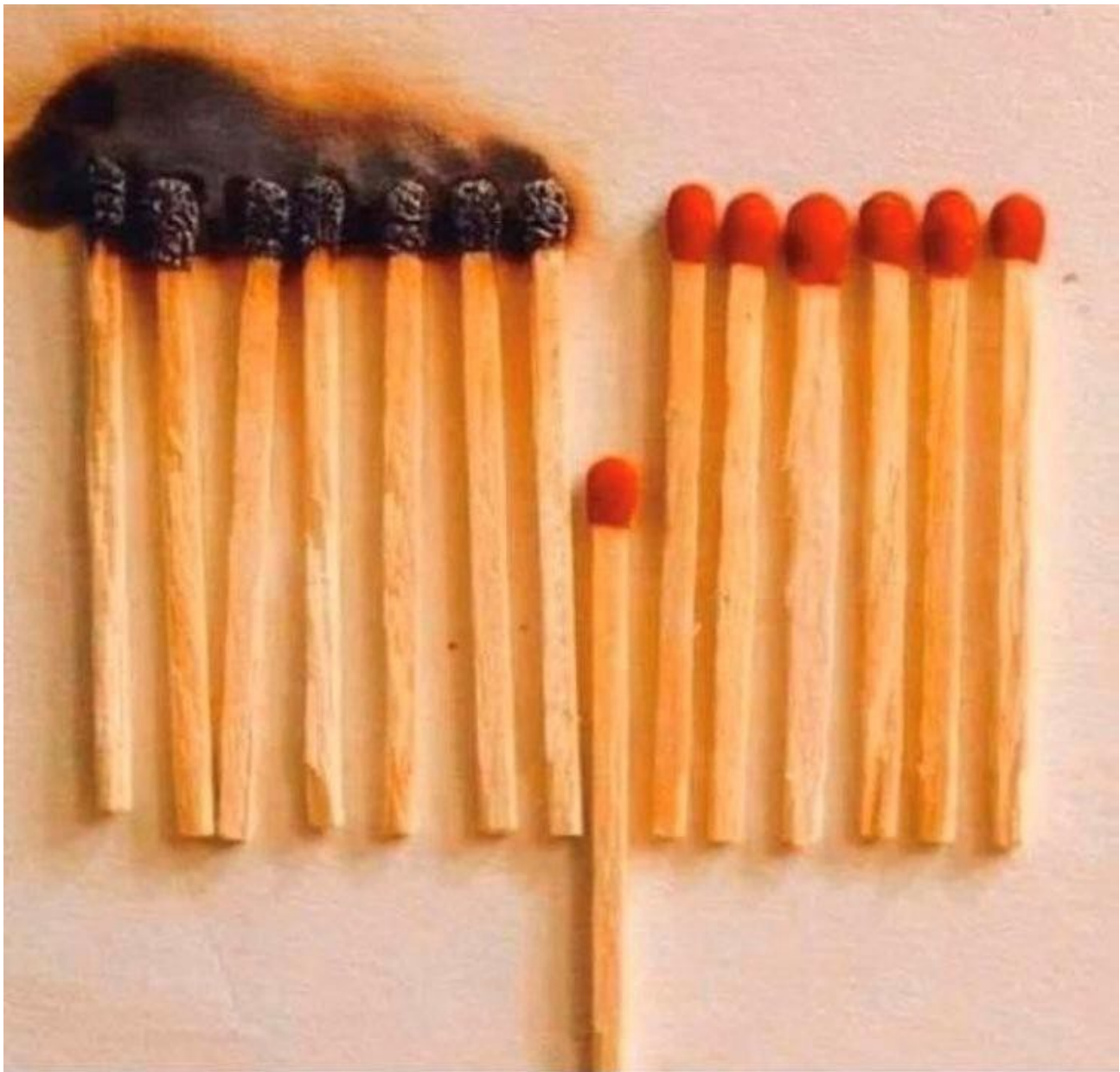
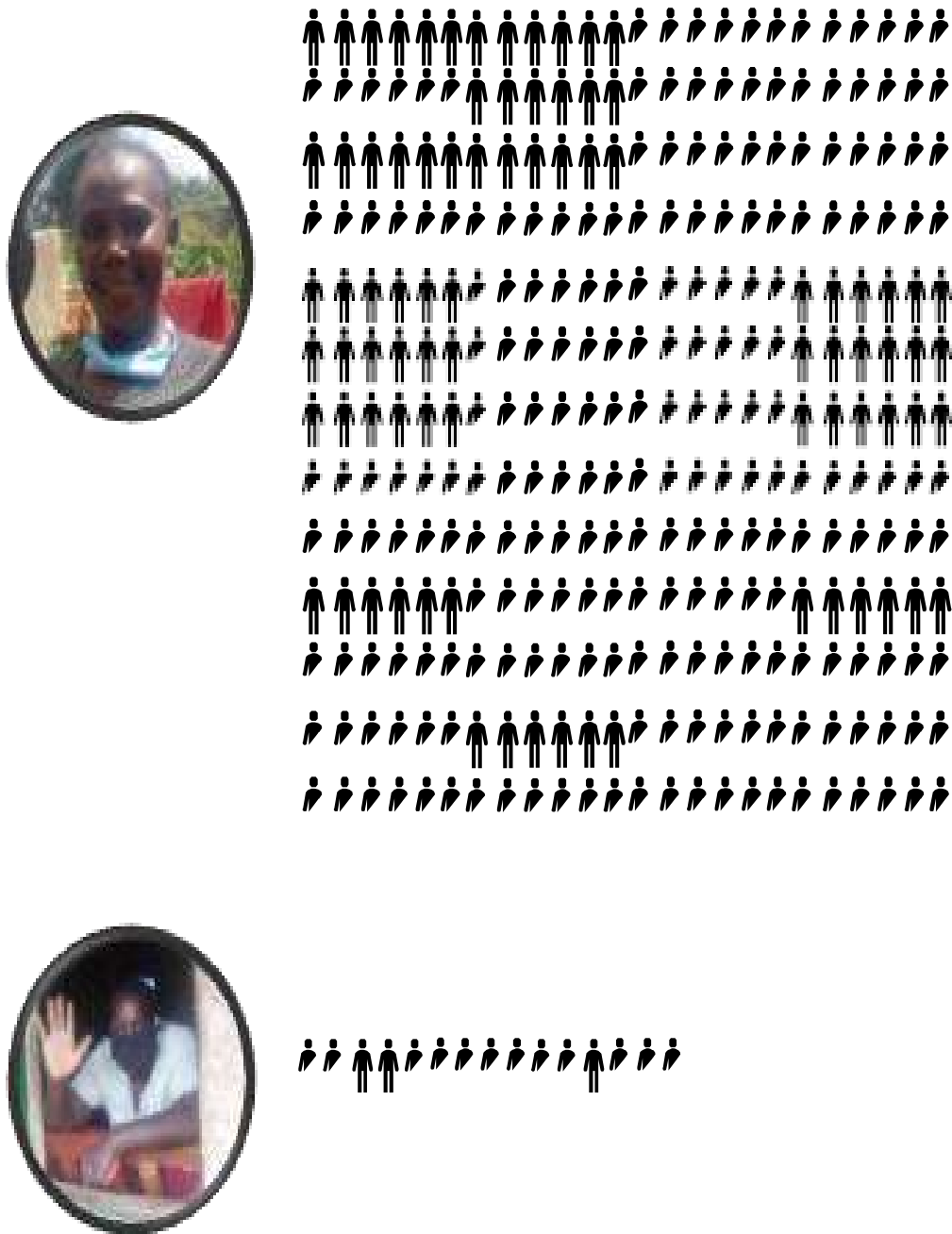
Be the one who saved all the rest. Coronavirus like the fire spreading down a line of matches. One match was able to stop the fire of coronavirus by moving away from the other matches.

- Coronavirus is passed from person to person on small droplets that come out of our mouths and noses when we talk, yell, sing, cough and sneeze.
- Protect yourself and others from getting coronavirus from others by keeping 2 meters distance and wearing a mask in public and on public transit.
- Keeping yourself safe from coronavirus can help prevent the spread of coronavirus to others in your home and community.

? *What are some places where there are lot of people? What are some things we can do to keep our distance in these places?*

? *What are some other actions that keep us safe from coronavirus?*

Picture 9.3: Importance of Social Distancing





7. Share the Meaning of Each Picture: Symptoms and Danger Signs of Coronavirus (Picture 9.4)

? What do you see in the picture?

? What do you think these pictures mean?

Say:

Let's remember again the symptoms and danger signs of Coronavirus. Early sign and symptoms of coronavirus resemble other common diseases such as influenza, malaria or TB.

- The most common symptoms for mild cases are fever, dry cough and tiredness.
- Other symptoms include aches/pains, sore throat, diarrhea, headache, runny nose, loss of taste or smell, and a rash or discoloration on skin.

Seek help immediately:

- If you have difficulty breathing, chest pain or pressure, or loss of speech or movement.
- If are over 60 years old and experience a fever plus any other symptom
- If you experience a fever plus one other symptom and have other underlying illness

? What questions do you have about coronavirus or its symptoms?

? What concerns, if any, do you have about calling the Ministry of Health hotline?

? What are some solutions to the concerns expressed?

Picture 9.4: Symptoms and Danger signs of Coronavirus





8. Activity: Discussion of Rumors

- ? Why are rumors and false information on coronavirus dangerous?
- ? Who can we can look to for true information?

Discuss the rumors in pictures 9.4-9.X (Country teams update this based on what they update in lesson plan – maximum should be 3-4)

Ask with each picture:

- ? Who has heard this information before?
- ? Why might this information be false?
- ? What is something you could say the next time you hear someone share the information?

After discussing pictures, ask:

- ? Are there any other pieces of information that you have heard that you would like to ask about or discuss?

		
9. Discuss Barriers	10. Practice and Coaching	11. Request Commitments

Picture 9.5: Drinking alcohol/Chang'aa cures coronavirus



Instead of drinking alcohol keep 2 meters of distance, wear a mask and wash your hands



Picture 9.6: People coming from the city have coronavirus



Even though cities often have more cases of coronavirus than rural areas, not everyone from the city has coronavirus. If you see someone from the city, remember that they have also been learning and doing many practices to prevent coronavirus



Picture 9.7: Goods from China carry coronavirus

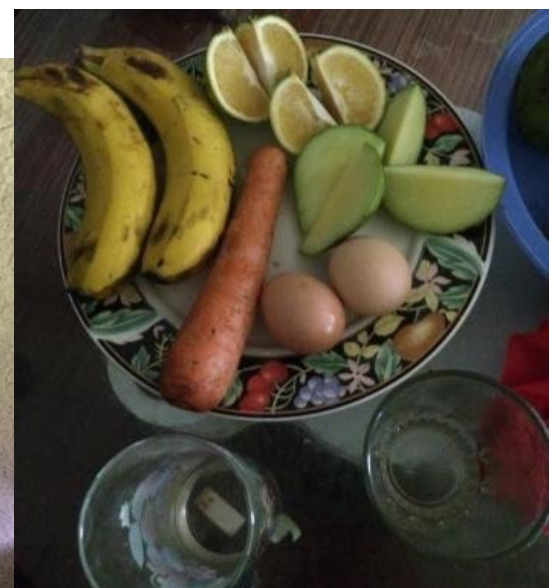


Packages from China and other countries carry very little risk of spreading coronavirus. If you are worried about bringing imported goods into your home, disinfect them with a jik/bleach and water mixture.

Picture 9.8: Most people who get coronavirus get sick and die



Getting coronavirus is not a death sentence. Reduce your chances of getting severely ill by resting, drinking water and eating nutritious foods. Seek help if you see any danger signs – such difficulty breathing, chest pain/pressure, and loss of speech or movement



SECTION KEY



Game



Attendance



Ask about Current Practices



Share the Meaning of Each Picture

Activity	Discuss Barriers	Practice and Coaching	Request Commitments