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# COVID-19 Vaccine

Lesson Series for Faith Leaders

TRAINERS CONTENT GUIDE



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## **TABLE OF CONTENTS**

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<b>1. Trainers Content Guide</b>	<b>1</b>
<b>2. COVID-19 Vaccine Lesson - Generic Faith Lesson</b>	<b>3</b>
<b>3. COVID-19 Vaccine Lesson - Christian Faith Lesson</b>	<b>9</b>
<b>4. COVID-19 Vaccine Lesson -Hindu Faith Lesson</b>	<b>17</b>
<b>5. COVID-19 Vaccine Lesson - Islam Faith Lesson</b>	<b>23</b>
<b>6. COVID-19 Vaccine - Community Group Lesson</b>	<b>30</b>
<b>7. COVID-19 Vaccine - Lesson Sermon Guide</b>	<b>35</b>
<b>8. COVID-19 Vaccine - Lesson for Faith and Community Leaders</b>	<b>39</b>
<b>9. COVID-19 Vaccine - Adaptation Guide</b>	<b>43</b>
<b>10. COVID-19 Vaccine - Trainers Illustration Guide</b>	<b>46</b>
<b>11. Acknowledgements</b>	<b>49</b>

# 1 COVID-19 Vaccine Lesson Series for Faith Leaders

## Trainers Content Guide

### Series Description

This series is offered by the Ministry of Health in collaboration with World Relief to meet the urgent need in Kenyan communities in preparation for COVID-19 vaccine awareness, access, acceptance, and follow-up in line with Ministry of Health Guidelines. World Relief works among vulnerable populations through faith communities and other social, economic, health, and agricultural groups in collaboration with government and other nongovernment agencies in extremely remote villages.

The series is learner-centered, story-based with participatory interaction throughout the lessons. The concept of COVID-19 vaccine safety translates to a play on words to help remember the main points of the lessons; getting vaccinated is safe, protective, and critical for the well-being of the individual, family and the whole community. Throughout the series various local metaphors are used to further deepen this message of protection for self, family, and community; the protection of sandals, the guidance of shepherds, and the importance of fences.

Faith Leaders are trusted community leaders usually at scale in every community. They have numerous avenues and weekly opportunities to use their influence to guide followers and even change their beliefs. There is tremendous opportunity to impact on COVID-19 vaccine awareness and acceptance through the faith leaders.

### Lessons Description

1. This is a series description of the tool kit for faith leaders in the Kenyan context.
2. Faith Based Vaccine Lesson Series

This vaccine lesson series is really one basic lesson on vaccine with four versions—a basic & generic, a Christian, Hindu and a Muslim faith version.

- a) Does Religion advocate for COVID-19 Vaccine? (Part 1 – Generic faith version)

This Part 1 version assumes a belief in a Supreme Being, is interactive, built on sound adult-learner principles, and may be used for any faith-based group in a single setting.

- b) Does Christianity advocate for COVID-19 Vaccine? (Part 2 – Christian version)

This Part 2 lesson is a Christian version and has biblical reference from SDA, Pentecostal, Protestant and Catholic churches. It was developed with Christian theologians' input and research. It is appropriate for all Christian denominations.

- c) Does Hinduism advocate for COVID-19 Vaccine? (Part 3 – Hindu version)

This Part 3 lesson is a Hindu version and has Hindu scriptures. It was developed with Hindu theologians' input and research. It is appropriate for any temple.

- d) Does Islam advocate for COVID-19 Vaccine? (Part 4 – Muslim version)

Part 4 in the Faith series targets Muslims and was developed with Muslim scholars' input and research.

### 3. Community Group COVID-19 Vaccine Lesson

This is a generic community group lesson, adaptable for any group: Care Groups, Families for Life Couples, Church Network Committees, Savings Groups, Farmers Groups, Outreach Groups, mother-to-mother support groups etc. This lesson focuses on protecting one another and utilizes a fencing illustration to describe what a



vaccine does. It is modeled after the basic Care Group model lesson developed by World Relief International. It contains a story, lesson, learning activity, application to family, village and a commitment statement. This is a lesson that can be completed in one session.

#### 4. **Sermon Guide: How does God care for us in this era of COVID-19?**

This is a sermon for Religious Leaders to preach based on Psalm 23:1-3. It provides the text, introduction, outline, complete notes and illustration. The sermon also highlights the Religious Leader's role as a model in the community as a "shepherd" to his sheep in leading the way to getting vaccinated. The Religious Leaders a key responsibility in helping all people in the society.

#### 5. **COVID-19 Vaccine Lesson Series – Training Guides**

##### a. **Training Guide for Faith Leaders**

This guide contains a series of basic facts about COVID-19 vaccine, an overview of the lesson and what to expect, and materials for Faith Leaders.

##### b. **Training Guide for Community Leaders**

This guide contains a series of basic facts about COVID-19 vaccine, an overview of the lesson and what to expect, and materials for Community Leaders.

#### 6. **Material Adaptation Guide**

This guide provides an overview of what to consider with translation, language, cultural contextualization, government policies and timely consideration with vaccine roll out.

#### 7. **Illustration Guide**

Illustrations are designed to enrich these materials.

#### 8. **Acknowledgements**

Acknowledgements of the team that developed this material.

# 2

## COVID-19 Vaccine Lesson Series – Generic Faith Lesson

### Does Religion advocate for COVID-19 Vaccine?

*“But I will restore you to health and heal your wounds, declares the Lord.”*

*Jeremiah 30:17*

#### 1. Introduction

Our communities, nation and world are struggling to control the COVID-19 global pandemic. We may wonder what impact it will continue to have in our community and when life will get better. The COVID-19 vaccine is a very big part of that recovery. Our nation is expecting populations to take the vaccine.

We have the opportunity of saving millions of lives in the future by preventing new infections today, simply by getting vaccinated.

Our government has indicated that there is an opportunity of saving millions of lives in the future by preventing new infections simply by getting vaccinated.

But as faith leaders, we also might ask, “Does Christianity advocate for COVID-19 vaccine?” This is an excellent question to explore.

We will see in this lesson that COVID-19 vaccination helps prevent severe illness or death caused by COVID-19 disease

#### 2. Objective “My people perish for lack of knowledge” Hosea 4:6

By the end of the lesson, Christian faith leaders will understand the significance and safety of the COVID-19 vaccine for their communities and consider appropriate action in line with the Ministry of Health COVID-19 vaccine recommendations.

#### 3. Learning Activity: Building a Community Web: 1 Corinthians 12:12-31

##### Materials needed for the lesson:

- Pair of local sandals
- One or two large thin balls made of local materials
- String

**Game Objective:** This learning activity creates a simulated community web out of string to illustrate how everyone in the community impacts one another. We will build upon this reality to demonstrate the importance of getting a vaccine for the safety of everyone in the community.

**Instructions:** Have everyone stand in a big circle. If the group is larger than 20 people divide into two circles. Give a ball of string to each group. Instruct someone in the group to hold the ball and throw to one other person they select while holding on to part of the string. They should explain *one dream they have for their family* in the future that they would like to share when COVID-19 is behind them. The ball is passed, back and forth across the circle, each person holding on to part of the yarn as a web is formed.

**Questions:** When the ball is finished and everyone has a piece they are holding, ask everyone to step back and make sure the web is tight and firm. Then say,

“Let’s imagine this is similar to our community and maybe we have problems in our community and COVID-19 is spreading. I have a few questions to ask:

1. What would happen if one or more of us would drop the rope they were holding? (*It would weaken the whole net. It could discourage others or influence others to drop as well.*)





2. Instruct one person to drop the net and see what happens—observe the weakness.
3. Instruct a person on the opposite side to drop and see what happens—observe the weakness. Then have another person drop the net and one more person. Then instruct everyone to drop the net.

**Learning Debrief:** As a community, we are connected and what we do affects one another. It is important for us to be safe not only for ourselves and our family but for the safety and well-being of our whole community and nation. *“If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.” 1 Cor. 12:26*

#### 4. Story (maybe acted out): Demystifying COVID-19 Misconceptions.

*“Then you will know the truth, and the truth will set you free” John 8:32*

**Grandson Stephen:** Come, Grandpa Peter, I’m going with you and Grandma today to the clinic. We registered you online to get your vaccine against COVID-19, just like our government leaders instructed us to do.

**Peter:** Really? Well, I don’t want to go. You go ahead.

**Grandson Stephen:** No, Grandpa Peter. We honor you by giving you first place! *(He says respectfully and playfully bow).*

**Peter:** Oh, I don’t think it is necessary to go to all that trouble. Vaccines are for babies.

**Grandson Stephen:** Well, that is true, grandpa Peter, Vaccines are for babies. Vaccines to prevent polio and measles for example. And they do a very good job. We used to have a very big problem with those diseases but today because our children are vaccinated, we don’t have polio, and we almost never hear about measles outbreaks. But vaccines can also be for adults to prevent diseases like COVID-19.

**Peter:** *(Seems surprised)* Really?

**Grandson Stephen:** Yes. Vaccines are given to protect us from getting diseases that can kill us or severely affect us, like COVID-19. Our government says on the radio they are to be given first to those who are most vulnerable. Today, we know that the most vulnerable are the older population and those already with illnesses





like diabetes, TB, HIV, or heart problems among others.

*(Peter's good friend, Paul comes to visit, wearing his mask. Peter goes to get his mask and together, they sit down under a shade on the three-legged stools and drink some tea, keeping their distance as instructed by their village leader)*

**Peter:** Oh Paul, you came just in time to rescue me! Stephen wants me and Mama Stephen to go for this vaccination for COVID-19, but I think vaccinations are just for babies. No need for me to go to all that trouble. I am old now.

**Paul:** No, he is right! I have had mine, already *(Paul raises his arm to show the place where he got his shot)* It is important. The vaccine is for adults like us, including all women. It will keep us from getting very sick from this COVID -19. It will protect us from dying from the virus. Older people like us and people with illnesses like HIV, TB, diabetes, heart disease and people with disabilities among others are more likely to get very, very sick with COVID-19 if they get infected. If we catch it, we can even give it to our children, grandchildren and other elderly persons in our community. You wouldn't want to do that, right?

**Peter:** *(He hangs his head a moment)* But you know, Paul, how can we trust these vaccines from other countries? You know our history-- how we have been exploited in the past. How can we be sure it is not going to happen again?

**Paul:** Oh, Peter. I understand. These are important concerns. But *our government leaders* are concerned about our welfare. They have very strict controls and have made a good plan for us. That is why we have to register with them and make sure we only follow *their* direction. In fact, every country is doing just that. They are relying on science and the wisdom of many other good people in multiple countries to guide them. In our culture, we can trust the counsel of many good leaders we trust who bring consensus and who have a good plan.

*(Peter looks down at his sandals, as he sips his last bit of tea)*

**Peter:** But, also, Paul. I just trust God. I have lived long enough. He has taken care of me this long. He will





continue taking care of me.

**Paul:** That's exactly the point, Peter. God has taken care of you this long. This vaccine is one more provision to help you in your old age to make your elder years even a bit easier. Not only for you, but for all of us. We all want to get rid of this COVID-19 pandemic. The more people who get this vaccine, the sooner this pandemic will leave us. *(Paul takes another sip of tea and then continues)* Think about the vaccine this way. When God brought the miracle of electricity to our communities, we didn't say, No thank-you, God I'll just get old with my kerosene lanterns. Absolutely not. We all thanked him for this opportunity to improve our community and our children's education with electricity. Take a look at your sandals. Your sandals protect your feet from getting injured from the thorns and sharp rocks on the path. You wear them daily everywhere you go in the community. *In a similar way, the vaccine protects your whole body daily everywhere you go in the community. And the more people that get the vaccine the more protection there is for the whole community.* That is good news for everybody, including your own family and even the whole nation. (2 Tim. 2:16-18).

**Peter:** So, you Paul, you are saying that this vaccine is part of God's plan?

**Paul:** That's how I see it, Peter. We want to get things back to normal. Get our businesses back. Get our children back to normal schools. God loves us. That's what our faith tells us. *(Paul takes a handful of sand from the ground and pours through his fingers)* **Jeremiah 29:11 tells us that; "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."** God cares for you, me, our families and the community, Peter."

**Peter:** So, Paul, what do you say? I have my sandals on to protect my feet. Let's go to the clinic to register to get the COVID- 19 vaccine to protect our bodies, too! I'm ready now!

**Paul:** Wait up, Peter. I'll come along with you. I think I am due for my second vaccination today. Our spouses will join us also.





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## Story Questions:

1. What concerns does Peter have about the vaccine? (He thinks it is for babies. He also thinks vaccines are from outside the Country and is afraid of being exploited.)
2. What response did Stephen and Paul give to him? (They assured him that the COVID-19 vaccine is for adults too, that the government is trustworthy, that God is taking care of them and will provide for them.)
3. What did you learn about who the vaccine is for? (Right now, the government is providing COVID-19 vaccine first to priority groups among them; older people, other groups of people who are most at risk of getting sick such as all health care workers who care for and spend a lot of time with sick people with COVID-19 and to people with co-morbidities such as TB, HIV and diabetes.)

## 5. Lesson

We have learned that God cares about us, our families, communities and that the COVID-19 vaccine will protect us. We have also seen that what happens to one person can affect a whole community. This is due to the way the disease spreads.

### 5.1. The spread of COVID-19

COVID-19 spreads mainly through coughing, sneezing and touching contaminated surfaces. People who are most likely to develop severe disease from infection by the virus are the elderly and those with diseases such as diabetes, HIV, TB, and heart problems, hypertension among others. However, the virus keeps on changing and is affecting people outside this group hence the need for all to get the COVID-19 vaccine and use all other preventive measures as instructed by the Ministry of Health.

### 5.2. Dosage of the Vaccine

The current vaccines are available in either one or two doses depending on the manufacturer. It is very important to complete the vaccination schedule for maximum protection against COVID-19. Health care providers will guide on the dosage schedule at the service delivery point as per the Ministry of Health guidelines.

### 5.3. Side Effects

The vaccine will not give you the disease. The protection from the vaccine is like putting on a pair of sandals to protect your feet from thorns and hot sand on the path. The vaccine protects you from getting to severe conditions of the **disease** in case you contract COVID-19.

Many people do not get any side effects at all following vaccination. Some people, however, get minor side effects such as soreness at the site of injection, fever, fatigue, or body aches. With consultation from a health care provider, you can take paracetamol if that happens, but this will go away. If the side effects persist or are severe, seek medical attention. But the vaccine will never give you the disease itself.

### 5.4. Importance of the Vaccine

What the vaccine will give you is protection from severe illness if you contract COVID-19. The more people get the vaccine, the less spread of the disease will be in our community and the less its effect on us.

### 5.5. Building Community Web

As parts of the body work together, we as the body of Christ have different roles to play in ensuring the health of the whole body (society). ***“Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.” 1 Cor. 12:12.*** Therefore, every person has a role to play in the prevention and spread of Covid-19, ***“Love your neighbor as yourself.” Mark 12:31.***

### 5.6. Collective Responsibility

Just like the friend in the story, we have a collective responsibility to disseminate accurate information on COVID-19 in order to build trust and remove perceived fears of vaccines.

## Line Dance Exercise

We can use our sandals and walking to illustrate how the vaccine works to help us remember. Look at the sandals or shoes on your feet to remember the important facts about the vaccine, stand up, form a circle together, and do the following kind of line dance together:-

PUT your RIGHT Foot Forward: (say) **Get Registered for the vaccine** (repeat)

PUT your LEFT Foot Forward: (say) **Get the vaccine and follow up if required** (repeat)

PUT your RIGHT Foot Forward: (say) **The Vaccine Protects ME** (repeat)

PUT your LEFT Foot Forward: (say) **The Vaccine Protects MY Family and MY Community** (repeat)

## Lesson Review

1. COVID-19 spreads from person to person mainly through coughing, sneezing, and touching contaminated surfaces.
2. The vaccine will not give you COVID-19. It protects you from getting the virus.
3. You must be registered by the Ministry of Health before being vaccinated.
4. You might get minor side effects such as soreness at the site of injection, fever, fatigue or body aches. This is normal, but if the side effects persist or are severe, seek medical attention.
5. The Ministry of Health has provided guidelines on who can receive the vaccine.

## 6. My Family and Village

Now we want to hear from you. Divide into small groups of four to six. You will talk in your groups about any questions and barriers you see to taking the vaccine. Please be as honest and open as you can. Here are the questions you will ask each other.

1. What are some common concerns that you have heard about in your own family or community about the COVID-19 vaccine?
2. After what you have learned today, what do you suggest can address these concerns?

## 7. Commitment

Gather the group together to share their small group concerns and solutions. What will you as group members commit to do? (*Allow different members to express.*)

Encourage the group to develop a common statement expressing their reasons for getting the COVID-19 vaccine. One suggestion is:

“Because God cares for me and has made a way for me to safely care for myself and others in this COVID-19 pandemic, I am going to get the COVID-19 vaccine.”

**WE COMMIT to registering for the COVID-19 vaccine and ensuring that all the eligible members of our community also have an opportunity for the vaccine.**

# 3 COVID-19 Vaccine Lesson Series – Christian Faith Lesson

## Does Christianity advocate for COVID-19 Vaccine?

*“But I will restore you to health and heal your wounds, declares the lord.” Jeremiah 30:17*

*“Cast your anxiety on him because he cares for you.” 1 Peter 5:7*

### Materials needed for the lesson

- Pair of local sandals
- One or two large thin balls made of local materials and rope or string
- String

## 1. Introduction

Our communities, nation and world are struggling to control the COVID-19 global pandemic. We may wonder what impact it will continue to have in our community and when life will get better. COVID-19 vaccine is a very big part of that recovery. Our nation is expecting populations to take the vaccine.

This lesson helps faith leaders themselves and their communities prepare for vaccination. Faith leaders are trusted members of the community and are extremely important in helping communities not only prevent deaths from COVID-19 but also recover from the devastation COVID-19 has brought on communities and families.

We have the opportunity of saving millions of lives in the future by preventing new infections today, simply by getting vaccinated.

But as faith leaders we also might ask, “Does Christianity advocate for COVID-19 vaccine?”

This is an excellent question to explore.

**Jeremiah 30:17 and 1<sup>st</sup> Peter 5:7; God restores health, heals wounds and cares for us in our anxiety.**

We will see in this lesson that COVID-19 vaccination helps prevent severe illness or death caused by COVID-19 disease

Therefore, God values life. The COVID-19 vaccine helps prevent severe illness and complications caused by the virus.

## 2. Objective: “My people perish for lack of Knowledge.” Hosea 4:6

Provide information for faith leaders and members to discuss and take action for appropriate COVID-19 vaccine immunization.



### 3. Learning Activity: Building a Community Web: 1 Corinthians 12:12-31

**Materials needed:** a ball or several balls of thin string, local materials, string or yarn.

**Game Objective:** This learning activity creates a simulated community web out of string to illustrate how everyone in the community impacts one another. We will build upon this reality to demonstrate the importance of getting a vaccine for the safety of everyone in the community.

**Instructions:** Have everyone stand in a big circle. If the group is larger than 20 people divide into two circles. Give a ball of string to each group. Instruct someone in the group to hold the ball and throw to one other person they select while holding on to part of the string. They should explain one dream they have for their family in the future that they would like to share when COVID-19 is behind them. The ball is passed, back and forth across the circle, each person holding on to part of the yarn as a web is formed.

**Questions:** When the ball is finished and everyone has a piece they are holding, ask everyone to step back and make sure the web is tight and firm. Then say,

“Let’s imagine this is similar to our community and maybe we have problems in our community and COVID-19 is spreading. I have a few questions to ask:

1. What would happen if one or more of us would drop the rope they were holding? *(It would weaken the whole net. It could discourage others or influence others to drop as well.)*
2. Instruct one person to drop the net and see what happens—observe the weakness.
3. Instruct a person on the opposite side to drop and see what happens—observe the weakness. Then have another person drop the net and one more person. Then instruct everyone to drop the net.

**Learning Debrief:** As a community, we are connected and what we do affects one another. It is important for us to be safe not only for ourselves and our family but for the safety and well-being of our community and nation.

### 4. Story (may be acted out): Demystifying COVID-19 Misconceptions “Then you will know the truth, and the truth will set you free” John 8:32

Grandson Stephen: Come, Grandpa Peter, I’m going with you and Grandma today to the clinic. We registered you online to get your vaccine against COVID-19, just like our government leaders instructed us to do.

Peter: Really? Well, I don’t want to go. You go ahead.

Grandson Stephen: No, Grandpa Peter. We honour you by giving you first place! *(He says respectfully and playfully bow).*



Peter: Oh, I don't think it is necessary to go to all that trouble. Vaccines are for babies.

Grandson Stephen: Well, that is true, Peter. Vaccines are for babies. Vaccines to prevent polio and measles for example. And they do a very good job. We used to have a very big problem with those diseases but today because our children are vaccinated, we don't have polio, and we almost never hear about measles outbreaks. But vaccines can also be for adults to prevent disease like COVID-19.

Peter: *(Seems surprised)* Really?

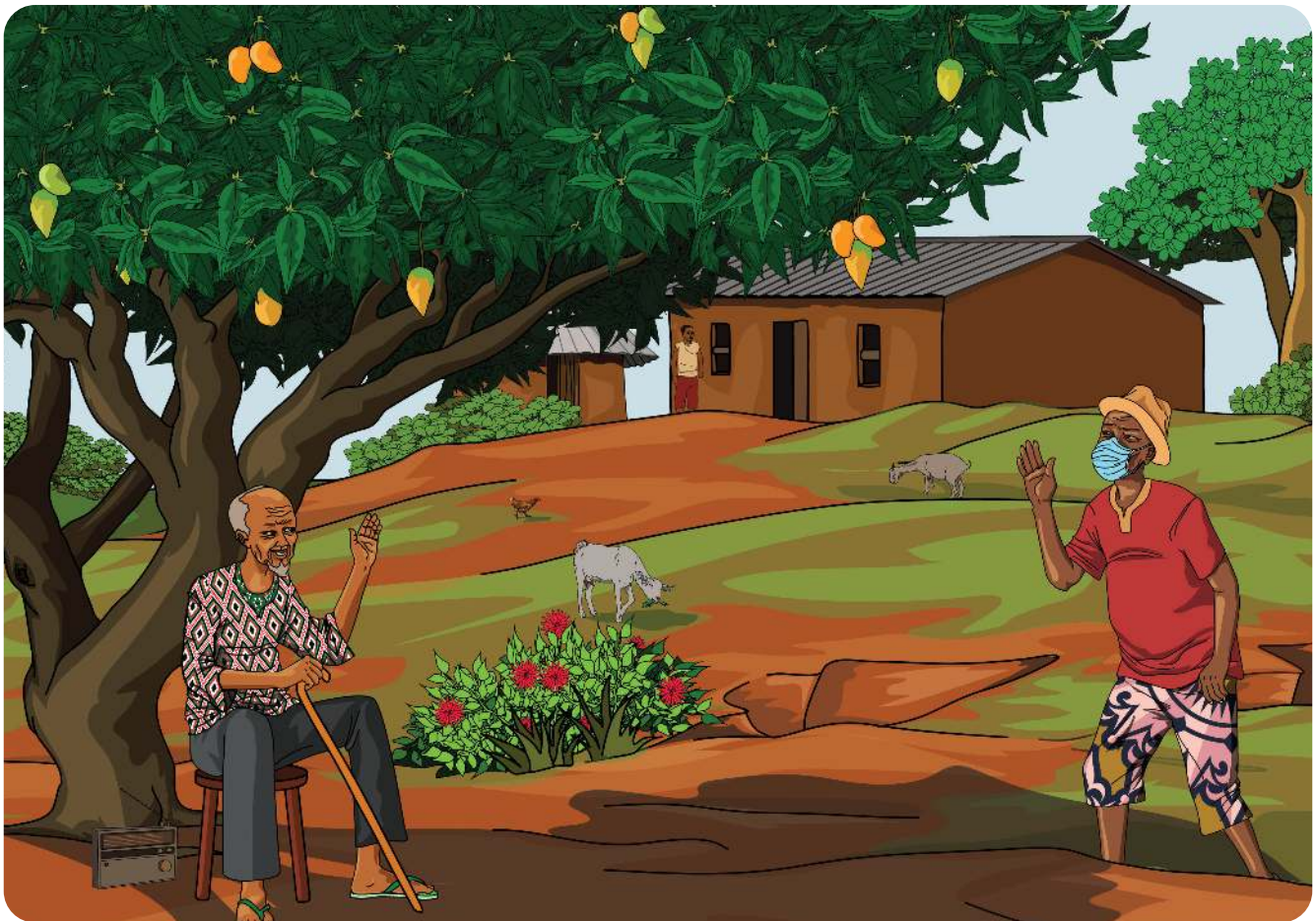
Grandson Stephen: Yes. Vaccines are given to protect us from getting the disease that can kill us or severely affect us, like COVID-19. Our government says on the radio they are to be given first to those who are most vulnerable. Today, we know that the most vulnerable are the older population and those already with a sickness like diabetes, TB, HIV, or heart problems among others.

*(Peter's good friend, Paul comes to visit, wearing his mask. Peter goes to get his mask and together, they sit down under a shade on the three-legged stools and drinks some tea, keeping their distance as instructed by their village leader)*

Peter: Oh Paul, you came just in time to rescue me! Stephen wants me and Mama Stephen to go for this vaccination for COVID-19, but I think vaccinations are just for babies. No need for me to go to all that trouble. I am old now.

Paul: No, he is right! I have had mine, already *(Paul raises his arm to show the place where he got his shot)* It is important. The vaccine is for adults like us, including all women. It will keep us from getting very sick from this COVID -19. It will protect us from dying from the virus. Older people like us and people with illnesses like HIV, TB, diabetes, heart disease and people with disabilities among others are more likely to get very, very sick with COVID-19 if they get infected. If we catch it, we can even give it to our children, grandchildren and other elderly persons in our community. You wouldn't want to do that, right?





Peter: *(He hangs his head a moment)* But you know, Paul, how can we trust these vaccines from other countries? You know our history-- how we have been exploited in the past. How can we be sure it is not going to happen again?

Paul: Oh, Peter. I understand. These are important concerns. But *our government leaders* are concerned about our welfare. They have very strict controls and have made a good plan for us. That is why we have to register with them and make sure we only follow *their* direction. In fact, every country is doing just that. They are relying on science and the wisdom of many other good people in multiple countries to guide them. In our culture, we can trust the counsel of many good leaders we trust who bring consensus and who have a good plan.

*(Peter looks down at his sandals, as he sips his last bit of tea)*

Peter: But, also, Paul. I just trust God. I have lived long enough. He has taken care of me this long. He will continue taking care of me.

Paul: That's exactly the point, Peter. God has taken care of you this long. This vaccine is one more provision to help you in your old age to make your elder years even a bit easier. Not only for you, but for all of us. We all want to get rid of this COVID-19 pandemic. The more people who get this vaccine, the sooner this pandemic will leave us. *(Paul takes another sip of tea and then continues)* Think about the vaccine this way. When God brought the miracle of electricity to our communities, we didn't say, No thank-you, God I'll just get old with my kerosene lanterns. Absolutely not. We all thanked him for this opportunity to improve our community and our children's education with electricity. Take a look at your sandals. Your sandals protect your feet from getting injured from the thorns and sharp rocks on the path. You wear them daily everywhere you go in the community. *In a similar way, the vaccine protects your whole body daily everywhere you go in the community. And the more people that get the vaccine the more protection there is for the whole community.* That is good news for everybody, including your own family and even the whole nation.





Peter: So, you Paul, you are saying that this vaccine is part of God's plan?

Paul: That's how I see it, Peter. We want to get things back to normal. Get our businesses back. Get our children back to normal schools. God loves us. That's what our faith tells us. *(Paul takes a handful of sand from the ground and pours through his fingers)* Surah 68: 7-8 tells us that; *Your Lord is fully aware of those who strayed off His path, and He is fully aware of those who are guided. Do not obey the rejectors. We can't even count them. He cares for you, me and our families and community, Peter."*

Peter: So, Paul, what do you say? I have my sandals on to protect my feet. Let's go to the clinic to register to get the COVID- 19 vaccine to protect our bodies, too! I'm ready now!

Paul: Wait up, Peter. I'll come along with you. I think I am due for my second vaccination today. Our spouses will join us also.

## Story Questions:

1. What concerns does Peter have about the vaccine? (He thinks it is for babies. He also thinks vaccines are from outside the Country and is afraid of being exploited.)
2. What response did Stephen and Paul give to him? (They assured him that the COVID-19 vaccine is for adults too, that the government is trustworthy, that God is taking care of them and will provide for them.)
3. What did you learn about who the vaccine is for? (Right now, the government is providing COVID-19 vaccine first to priority groups among them; older people, other groups of people who are most at risk of getting sick such as all health care workers who care for and spend a lot of time with sick people with COVID-19 and to people with co-morbidities such as TB, HIV, and diabetes.)

## 5. Lesson

We have seen that God cares about the vaccine because God cares about us and our communities and families. We also have seen that what happens to one person affects a whole community. That is because of the way sickness spreads between people.

### 5.1. The spread of COVID-19

COVID-19 spreads mainly through coughing, sneezing and touching contaminated surfaces. People who are most likely to develop severe disease from infection by the virus are the elderly and those with diseases such as diabetes, HIV, TB, and heart problems, hypertension among others. However, the virus keeps on changing and is affecting people outside this group hence the need for all to get the COVID-19 vaccine and use all other preventive measures as instructed by the Ministry of Health.

### 5.2. Dosage of the Vaccine

The current vaccines are available in either one or two doses depending on the manufacturer. It is very important to complete the vaccination schedule for maximum protection against COVID-19. Health care providers will guide on the dosage schedule at the service delivery point as per the Ministry of Health guidelines. A community health worker (CHW) can help us to remind us about returning for the second dose too.

### 5.3. Side Effects

The vaccine will not give you the disease. The protection from the vaccine is like putting on a pair of sandals to protect your feet from thorns and hot sand on the path. The vaccine protects you from getting to severe conditions of the disease in case you contract COVID-19.

Many people do not get any side effects at all following vaccination. Some people, however, get minor side effects such as soreness at the site of injection, fever, fatigue or body aches. With consultation from a health care provider, you can take paracetamol if that happens, but this will go away. If the side effects persist or are severe, seek medical attention. But the vaccine will never give you the disease itself. Remember the Israelites on their long, long journey to the Promised Land? God told them in Egypt to bring one pair of sandals, and he made sure they protected them for the whole journey. That provision was enough. In a similar way, this vaccine is God's way of making sure you are protected for the long journey back to recovery from the poor effects of the COVID-19. Think of the vaccine as God's sandals for the journey.

## 5.4. Importance of the Vaccine

What the vaccine will give you is protection from severe illness if you contract COVID-19. The more people get the vaccine, the less spread of the disease will be in our community and the less its effect on us.

## 5.5. Building Community Web

As parts of the body work together, we as the body of Christ have different roles to play in ensuring the health of the whole body (society). ***“Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.” 1 Cor. 12:12.*** Therefore, every person has a role to play in the prevention and spread of Covid-19, ***“Love your neighbour as yourself.” Mark 12:31.***

### Line Dance Exercise

We can use our sandals and walking to illustrate how the vaccine works to help us remember. Look at the sandals or shoes on your feet to remember the important facts about the vaccine, stand up, form a circle together, and do the following kind of line dance together:

PUT your RIGHT Foot Forward: (say) Get Registered for the official vaccine (repeat)

PUT your LEFT Foot Forward: (say) Get the vaccine and follow up vaccine if required (repeat)

PUT your RIGHT Foot Forward: (say) The Vaccine Protects ME (repeat)

PUT your LEFT Foot Forward: (say) The Vaccine Protects MY Family and MY Community (repeat)

## Lesson Review

1. COVID-19 spreads from person to person mainly through coughing, sneezing and touching of contaminated surfaces.
2. The vaccine will not give you COVID-19. It protects you from getting the virus.
3. You must be registered by the Ministry of Health before being vaccinated.
4. You might get minor side effects such as soreness at the site of injection, fever, fatigue or body aches. This is normal, but if the side effects persist or are severe, seek medical attention.
5. Anyone who is 18 years and above can get the vaccine in the current Ministry of Health schedule though it is being given to the elderly and those most at risk first.

## 6. My Family and Village

Now we want to hear from you. Divide into small groups of four to six. You will talk in your groups about any questions and barriers you see to taking the vaccine. Please be as honest and open as you can. Here are the questions you will ask each other.

1. What are some common concerns that you have heard about in your own family or community about the COVID-19 vaccine?
2. After what you have learnt today, what do you suggest can address these concerns?





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## 7. Commitment

**Gather the group together to share their small group concerns and solutions. What will you commit to do?  
(Allow different members to express.)**

**Recite the theme verse together:**

***“How precious to me are your thoughts, O God! How vast is the sum of them. If I could count them, they are more than the sand. I am awake, and I am still with you.” Psalm 139:17,18***

Encourage the group to develop a common statement expressing their reasons for getting the COVID vaccine. One suggestion is:

**“Because God cares for me and has made a way for me to safely care for myself and others in this COVID pandemic, I am going to get the COVID vaccine.”**

**WE COMMIT to registering for the COVID-19 vaccine and ensuring that the vulnerable in our community also have the opportunity for the vaccine.**



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# 4

## COVID-19 Vaccine Lesson Series – Hindu Faith Lesson

### Does Hinduism Advocate for COVID-19 Vaccine?

*iti te jñānam ākhyātaṁ guhyād guhyataraṁ mayā*

*vimriśhyaitad aśheṣheṇa yatthechchhasi tathā kuru*

*“Everyone makes different choices. We become different when we choose something right.”*

*Bhagavad Gita: Chapter 18, Verse 63*

#### 1. Introduction

Our communities, nation and world are struggling to control the COVID-19 global pandemic. We may wonder what impact it will continue to have in our community and when life will get better. The COVID-19 vaccine is a very big part of that recovery. Our nation is expecting populations to take the vaccine.

We have the opportunity of saving millions of lives in the future by preventing new infections today, simply by getting vaccinated.

Our government has indicated that there is an opportunity of saving millions of lives in the future by preventing new infections simply by getting vaccinated.

But as faith leaders we also might ask, “Does Hindu advocate for COVID-19 vaccine?”

This is an excellent question to explore.

We will see in this lesson that COVID-19 vaccination helps prevent severe illness or death caused by COVID-19 disease

*“I have a purpose for your pain, A reason for your struggle and a reward for your faithfulness. Trust me and don’t give up.” Lord Krishna (Bhagavad Gita)*

#### 2. Objective

By the end of the lesson, Hindu faith leaders will understand the significance and safety of the COVID-19 vaccine for their communities and consider appropriate action in line with the Ministry of Health COVID-19 vaccine recommendations.

#### 3. Learning Activity: Building a Community Web

**Materials needed for the lesson:**

- Pair of local sandals
- One or two large thin balls made of local materials
- String

**Game Objective:** This learning activity creates a simulated community web out of string to illustrate how everyone in the community impacts one another. We will build upon this reality to demonstrate the importance of getting a vaccine for the safety of everyone in the community.

**Instructions:** Have everyone stand in a big circle. If the group is larger than 20 people divide into two circles. Give a ball of string to each group. Instruct someone in the group to hold the ball and throw to one other person they select while holding on to part of the string. They should explain *one dream they have for their family* in the future that they would like to share when COVID-19 is behind them. The ball is passed, back and forth across the circle, each person holding on to part of the yarn as a web is formed.

**Questions:** When the ball is finished and everyone has a piece they are holding, ask everyone to step back and make sure the web is tight and firm. Then say,

“Let’s imagine this is similar to our community and maybe we have problems in our community and COVID-19 is spreading. I have a few questions to ask:

1. What would happen if one or more of us would drop the rope they were holding? *(It would weaken the whole net. It could discourage others or influence others to drop as well.)*
2. Instruct one person to drop the net and see what happens—observe the weakness.
3. Instruct a person on the opposite side to drop and see what happens—observe the weakness. Then have another person drop the net and one more person. Then instruct everyone to drop the net.

**Learning Debrief:** As a community, we are connected and what we do affects one another. It is important for us to be safe not only for ourselves and our family but for the safety and well-being of our whole community and nation.

*“Love and Charity for the whole human race, that is the test of true religiousness”*

**Saint Swami Vivekananda**

*“Do your work with the welfare of others always in mind. It was by such work that Janaka attained perfection; others too have followed this path.”*

**Bhagavad Gita 3:20**

## 4. Story (may be acted out) Demystifying COVID-19 Misconceptions

Grandson Vivik: Come, Dada, I’m going with you and Dadi today to the clinic. We registered you online to get your vaccine against COVID-19, just like our government leaders instructed us to do.

Dada: Really? Well, I don’t want to go. You go ahead.

Grandson Vivik: No, Dada. We honor you by giving you first place! *(He says respectfully and playfully bow).*

Dada: Oh, I don’t think it is necessary to go to all that trouble. Vaccines are for babies.

Grandson Vivik: Well, that is true, Dada. Vaccines are for babies. Vaccines to prevent polio and measles for example. And they do a very good job. We used to have a very big problem with those diseases but today because our children are vaccinated, we don’t have polio, and we almost never hear about measles outbreaks. But vaccines can also be for adults to prevent disease like COVID-19.

Dada: *(Seems surprised)* Really?

Grandson Vivik: Yes. Vaccines are given to protect us from getting the disease that can kill us or severely affect us, like COVID-19. Our government says on the radio they are to be given first to those who are most vulnerable. Today, we know that the most vulnerable are the older population and those already with a sickness like diabetes, TB, HIV or heart problems among others.



*(Dada's good friend Ravi comes to visit, wearing his mask. Dada goes to get his mask and together, they sit down under a shade on the three-legged stools and drinks some tea, keeping their distance as instructed by their village leader)*

Dada: Oh Ravi, you came just in time to rescue me! Vivik wants me and Mama Vivik to go for this vaccination for COVID-19, but I think vaccinations are just for babies. No need for me to go to all that trouble. I am old now.

Ravi: No, he is right! I have had mine already *(Ravi raises his arm to show the place where he got his shot)* It is important. The vaccine is for adults like us, including all women. It will keep us from getting very sick from this COVID -19. It will protect us from dying from the virus. Older people like us and people with illnesses like HIV, TB, diabetes, heart disease and people with disabilities among others are more likely to get very, very sick with COVID-19 if they get infected. If we catch it, we even can give it to our children, grandchildren and other elderly persons in our community. You wouldn't want to do that, right?

Dada: *(He hangs his head a moment)* But you know, Ravi, how can we trust these vaccines from other countries? You know our history-- how we have been exploited in the past. How can we be sure it is not going to happen again?

Ravi: Oh, Dada. I understand. These are important concerns. But *our government leaders* are concerned about our welfare. They have very strict controls and have made a good plan for us. That is why we have to register with them and make sure we only follow *their* direction. In fact, every country is doing just that. They are relying on science and the wisdom of many other good people in multiple countries to guide them. In our culture, we can trust the counsel of many good leaders we trust who bring consensus and who have a good plan.

*(Dada looks down at his sandals, as he sips his last bit of tea)*

Dada: But, also, Ravi. I just trust God. I have lived long enough. He has taken care of me this long. He will continue taking care of me.

Ravi: That's exactly the point, Dada. God has taken care of you this long. This vaccine is one more provision to help you in your old age to make your elder years even a bit easier. Not only for you, but for all of us. We all want to get rid of this COVID-19 pandemic. The more people who get this vaccine, the sooner this pandemic will leave us. *(Ravi takes another sip of tea and then continues)* Think about the vaccine this way. When God brought the miracle of electricity to our communities, we didn't say, No thank-you, God I'll just get old with my kerosene lanterns. Absolutely not. We all thanked him for this opportunity to improve our community and our children's education with electricity. Take a look at your sandals. Your sandals protect your feet from getting injured from the thorns and sharp rocks on the path. You wear them daily everywhere you go in the community. *In a similar way, the vaccine protects your whole body daily everywhere you go in the community. And the more people that get the vaccine the more protection there is for the whole community.* That is good news for everybody, including your own family and even the whole nation.

Dada: So, you Ravi, you are saying that this vaccine is part of God's plan?

Ravi: That's how I see it, Dada. We want to get things back to normal. Get our businesses back. Get our children back to normal schools. God loves us. That's what our faith tells us. *(Ravi takes a handful of sand from the ground and pours it through his fingers)* We can't even count them. He cares for you, me and our families and community, Dada."

Dada: So, Ravi, what do you say? I have my sandals on to protect my feet. Let's go to the clinic to register to

get the COVID-19 vaccine to protect our bodies, too! I'm ready now!

Ravi: Wait up, Dada. I'll come along with you. I think I am due for my second vaccination today. Our spouses will join us also.

### Story Questions:

1. What concerns does Dada have about the vaccine? (He thinks it is for babies. He also thinks vaccines are from outside the Country and is afraid of being exploited.)
2. What response did Vivik and Ravi give to him? (They assured him that the COVID-19 vaccine is for adults too, that the government is trustworthy, that God is taking care of them and will provide for them.)
3. What did you learn about who the vaccine is for? (Right now, the government is providing COVID-19 vaccine first to priority groups among them; older people, other groups of people who are most at risk of getting sick such as all health care workers who care for and spend a lot of time with sick people with COVID-19 and to people with co-morbidities such as TB, HIV and diabetes.)

*rāja-vidyā rāja-guhyam pavitram idam uttamam*

*pratyakṣhāvagamaṁ dharmyam su-sukham kartum avyayam*

*This knowledge is the king of sciences and the most profound of all secrets. It purifies those who hear it. It is directly realizable, in accordance with dharma, easy to practice, and everlasting in effect.*

## Bhagavad Gita 9:2

### 5. Lesson

We have learned that God cares about us, our families, communities and that the COVID-19 vaccine will protect us. We have also seen that what happens to one person can affect a whole community. This is due to the way the disease spreads.

#### 5.1. The spread of COVID-19

COVID-19 spreads mainly through coughing, sneezing and touching contaminated surfaces. People who are most likely to develop severe disease from infection by the virus are the elderly and those with diseases such as diabetes, HIV, TB, and heart problems, hypertension among others. However, the virus keeps on changing and is affecting people outside this group hence the need for all to get the COVID-19 vaccine and use all other preventive measures as instructed by the Ministry of Health.

#### 5.2. Dosage of the Vaccine

The current vaccines are available in either one or two doses depending on the manufacturer. It is very important to complete the vaccination schedule for maximum protection against COVID-19. Health care providers will guide on the dosage schedule at the service delivery point as per the Ministry of Health guidelines.

#### 5.3. Side Effects

The vaccine will not give you the disease. The protection from the vaccine is like putting on a pair of sandals to protect your feet from thorns and hot sand on the path. The vaccine protects you from getting to severe conditions of the **disease** in case you contract COVID-19.

Many people do not get any side effects at all following vaccination. Some people, however, get minor side effects such as soreness at the site of injection, fever, fatigue, or body aches. With consultation from a health care provider, you can take paracetamol if that happens, but this will go away. If the side effects persist or are severe, seek medical attention. But the vaccine will never give you the disease itself.

#### 5.4. Importance of the Vaccine

What the vaccine will give you is protection from severe illness if you contract COVID-19. The more people get the vaccine, the less spread of the disease will be in our community and the less its effect on us.

#### 5.5. Building Community Web

As parts of the body work together, we as people of faith have different roles to play in ensuring the health of the whole body (society). Therefore, every person has a role to play in the prevention and spread of Covid-19.

#### 5.6. Collective Responsibility

Just like the friend in the story, we have a collective responsibility to disseminate accurate information on COVID-19 in order to build trust and remove perceived fears of vaccines.

#### Line Dance Exercise

We can use our sandals and walking to illustrate how the vaccine works to help us remember. Look at the sandals or shoes on your feet to remember the important facts about the vaccine, stand up, form a circle together, and do the following kind of line dance together:-

PUT your RIGHT Foot Forward: (say) **Get Registered for the vaccine** (repeat)

PUT your LEFT Foot Forward: (say) **Get the vaccine and follow up if required** (repeat)

PUT your RIGHT Foot Forward: (say) **The Vaccine Protects ME** (repeat)

PUT your LEFT Foot Forward: (say) **The Vaccine Protects MY Family and MY Community** (repeat)

#### Lesson Review

1. COVID-19 spreads from person to person mainly through coughing, sneezing, and touching contaminated surfaces.
2. The vaccine will not give you COVID-19. It protects you from getting the virus.
3. You must be registered by the Ministry of Health before being vaccinated.
4. You might get minor side effects such as soreness at the site of injection, fever, fatigue or body aches. This is normal, but if the side effects persist or are severe, seek medical attention.
5. The Ministry of Health has provided guidelines on who can receive the vaccine.

#### Our duty

*Perform your obligatory duty, because action is indeed better than inaction. Even the maintenance of your body would not be possible by inaction.*

**Bhagavad Gita 3:8**





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## 6. My Family and Village

Now we want to hear from you. Divide into small groups of four to six. You will talk in your groups about any questions and barriers you see to taking the vaccine. Please be as honest and open as you can. Here are the questions you will ask each other.

1. What are some common concerns that you have heard about in your own family or community about COVID-19 vaccine?
2. After what you have learnt today, what do you suggest can address these concerns?

## 7. Commitment

Gather the group together to share their small group concerns and solutions. What will you as group members commit to do? (*Allow different members to express.*)

Encourage the group to develop a common statement expressing their reasons for getting the COVID vaccine. One suggestion is:

“Because God cares for me and has made a way for me to safely care for myself and others in this COVID-19 pandemic, I am going to get the COVID-19 vaccine.”

WE COMMIT to registering for the COVID-19 vaccine and ensuring that all the eligible members of our community also have an opportunity for the vaccine.

# 5 COVID-19 Vaccine Lesson Series – Muslim Faith Lesson

## Does Islam advocate for COVID-19 Vaccine?

*“And when I am ill, it is He who cures me”*

**Qur’an 26:80**

### 1. Introduction

Our communities, nation and the world are struggling to control the COVID-19 global pandemic. We may wonder what impact it will continue to have on our communities and when life will get better. To help our communities cope with this pandemic, the COVID-19 vaccine has been developed to improve our protection against this global disease. The COVID-19 vaccine is a very big part of that recovery. Our nation is expecting populations to take the vaccine.

Some people are uneasy about the vaccine including some faith leaders. This lesson guide will help Muslim faith leaders come together to talk about the vaccine, understand the vaccine, and prepare their communities for vaccination. Faith leaders are trusted members of their communities and are important in helping communities not only prevent deaths from COVID-19 but also recover from the devastation caused by COVID-19 to communities and families.

Our government has indicated that there is an opportunity of saving millions of lives in the future by preventing new infections simply by getting vaccinated.

But as faith leaders, we also might ask, “Does Islam advocate for COVID-19 vaccine?” This is an excellent question to explore.

***We know Allah is merciful, and He cares about saving lives. He says; “And do not kill yourselves or one another. Indeed, Allah is to you ever Merciful” (Quran 4:29)***

We will see in this lesson that COVID-19 vaccination helps prevent severe illness, which leads to death caused by the disease.

***“The prophet said, there is no disease that Allah has created except that it has a treatment”***

**(Sahih Bukhari)**

### 2. Objectives

- Muslim faith leaders to understand the significance and safety of the COVID-19 vaccine for their communities.
- To consider appropriate action to recommend to their communities in alignment with the Ministry of Health COVID-19 vaccine recommendations.

### 3. Learning Activity: The Community Web

#### Materials needed for the lesson:

- Pair of local sandals
- One or two large thin balls made of local materials
- String

**Game Objective:** This learning activity creates a simulated community web out of string to illustrate how everyone in the community impacts one another. We will build upon this reality to demonstrate the importance of getting a vaccine for the safety of everyone in the community.

**Instructions:** Have everyone stand in a big circle. If the group is larger than 20 people divide into two circles. Give a ball of string to each group. Instruct someone in the group to hold the ball and throw to one other person they select while holding on to part of the string. They should explain *one dream they have for their family* in the future that they would like to share when COVID-19 is behind them. The ball is passed, back and forth across the circle, each person holding on to part of the string as a web is formed.

**Questions:** When the ball is finished and everyone has a piece they are holding, ask everyone to step back and make sure the web is tight and firm. Then say, “Let’s imagine this is similar to our community and maybe we have problems in our community and COVID-19 is spreading. I have a few questions to ask:

1. What would happen if one or more of us would drop the rope they were holding? (*It would weaken the whole net. It could discourage others or influence others to drop as well.*)
2. Instruct one person to drop the net and see what happens—observe the weakness.
3. Instruct a person on the opposite side to drop and see what happens—observe the weakness. Then have another person drop the net and one more person. Then instruct everyone to drop the net.

**Learning Debrief:** As a community, we are connected and what we do affects one another. It is important for us to be safe not only for ourselves and our own family but for the safety and well-being of our whole community and nation.

### 4. Story (may be acted out) Demystifying COVID-19 Misconceptions

**Grandson Rafiki:** Come, Babu, I’m going with you and Grandma today to the clinic. We registered you online to get your vaccine against COVID-19, just like our government leaders instructed us to do.

**Babu:** Really? Well, I don’t want to go. You go ahead.

**Grandson Rafiki:** No, Babu. We honor you by giving you the first chance!

*(Rafiki says as he respectfully and playfully bows)*

**Babu:** Oh, I don’t think it is necessary to go to all that trouble. Vaccines are for babies.

**Grandson Rafiki:** Well, that is true, Babu. Vaccines are for babies. Vaccines to prevent polio and measles for example. And they do a very good job. We used to have a very big problem with those diseases but today because our children are vaccinated, we don’t have polio, and we almost never hear about measles outbreaks. But vaccines can also be for adults to prevent diseases like COVID-19.





**Babu:** (Babu seems *surprised*) Really?

**Grandson Rafiki:** Yes. Vaccines are given to protect us from getting a disease that can kill us or severely affect us, like COVID-19. Our government says on the radio they are to be given first to those who are most vulnerable. Today, we know that the most vulnerable are the older population and those already with illnesses like diabetes, TB, HIV, or heart problems among others.

*(Babu's good friend Salaam comes to visit, wearing his mask. Babu goes to get his mask and together, they sit down under a shade on the three-legged stools and drink some tea, keeping their distance as instructed by their village leader)*

**Babu:** Oh Salaam, you came just in time to rescue me! Rafiki wants me and Mama Rafiki to go for this vaccination for COVID-19, but I think vaccinations are just for babies. No need for me to go to all that trouble. I am old now.

**Salaam:** No, he is right! I have had mine already *(Salaam raises his arm to show the place where he got his shot)* It is important. The vaccine is for adults like us, including all women. It will keep us from getting very sick from this COVID -19. It will protect us from dying from the virus. Older people like us and people with illnesses like HIV, TB, diabetes, heart disease, etc., and people with disabilities among others are more likely to get very, very sick with COVID-19 if they get infected. If we get infected, we can transmit it to our children, grandchildren and other elderly persons in our community. You wouldn't want to do that, right?

"The Prophet said, " All of you are shepherds, and each of you is responsible for his flock." - (Sahih Muslim)

**Babu:** *(He hangs his head a moment)* But you know, Salaam, how can we trust these vaccines from other countries? You know our history-- how we have been exploited in the past. How can we be sure it is not going to happen again?



**Salaam:** Oh, Babu. I understand. These are important concerns. But *our government leaders* are concerned about our welfare. They have very strict controls and have made a good plan for us. That is why we have to register with them and make sure we only follow *their* direction. In fact, every country is doing just that. They are relying on science and the wisdom of many other good people in multiple countries to guide them. In our culture, we can trust the counsel of many good leaders we trust who bring consensus and who have a good plan.

*Allah says “Indeed, Allah will not change the condition of a people until they change what is in themselves. And when Allah intends for a people ill, there is no repelling it. And there is not for them besides Him any patron”. (Quran13:11)*

*(Babu looks down at his sandals, as he sips his last bit of tea)*

**Babu:** But, also, Salaam. I just trust Allah. I have lived long enough. He has taken care of me this long. He will continue taking care of me.

**Salaam:** That’s exactly the point, Babu. Allah has taken care of you this long. This vaccine is one more provision to help you in your old age to make your elder years even a bit easier. Not only for you but for all of us. We all want to get rid of this COVID-19 pandemic. The more people who get this vaccine, the sooner this pandemic will leave us. *(Salaam takes another sip of tea and then continues)* Think about the vaccine this way. When Allah brought the miracle of electricity to our communities, we didn’t say, No thank-you, Allah I’ll just get old with my kerosene lanterns. Absolutely not. We all thanked him for this opportunity to improve our community and our children’s education with electricity. Take a look at your sandals. Your sandals protect your feet from getting injured from the thorns and sharp rocks on the path. You wear them daily everywhere you go in the community. *In a similar way, the vaccine protects your whole body daily everywhere you go in the community. And the more people that get the vaccine the more protection there is for the whole community.* That is good news for everybody, including your own family and even the whole nation. The Prophet (PBUH) said in the Hadith narrated by al-Tirmidhi, the hadith outlines the story of a Bedouin man who was





leaving his camel without tying it. The Prophet (PBUH) asked him **“Why don’t you tie down your camel?”** **The Bedouin answered, “I put my trust in Allah.”** The Prophet then replied, **“Tie your camel first, and then put your trust in Allah.”**

**Babu:** So, you Salaam, you are saying that this vaccine is in line with the teachings of the Holy Prophet?

**Salaam:** That’s how I see it, Babu. We want to get things back to normal. Get our businesses back. Get our prayer life in the mosque (Ibada) back to normal among others. Allah loves us. That’s what our religion tells us. *(Salaam takes a handful of sand from the ground and pours through his fingers)* **“Oh you who have believed, avoid many negative assumptions, indeed some assumptions are sinful.” (Quran 49:12).** We can’t even count them. He cares for you, me and our families and community, Babu.”

**Babu:** So, Salaam, what do you say? I have my sandals on to protect my feet. Let’s go to the clinic with Rafiki where he registered to get the COVID- 19 vaccine to protect our bodies, too! I’m ready now! Thank you for helping me to understand, Allah tells us; **“and help one another in goodness and piety, and do not help one another in sin and aggression; and be careful of (your duty to) Allah; surely Allah is severe in requiting (evil)” Quran 5:2.**

**Salaam:** Wait up, Babu. I’ll come along with you. I think I am due for my second vaccination today. Our spouses will join us also.

### Story Questions:

1. What concerns does Babu have about the vaccine? (He thinks it is for babies. He also thinks vaccines are from outside the Country and is afraid of being exploited.)
2. What response did Rafiki and Salaam give to him? (They assured him that the COVID-19 vaccine is for adults too, that the government is trustworthy, that Allah is taking care of them and will provide for them.)





3. What did you learn about who the vaccine is for? (Right now, the government is providing the COVID-19 vaccine first to all adults above 18 years.)

## 5. Lesson

We have learnt that Allah cares about us, our families, and communities. We have also seen that what happens to one person can affect a whole community. This is due to the way of disease transmission.

COVID-19 spreads mainly through coughing, sneezing and touching contaminated surfaces. Everybody is at risk of contracting COVID 19 and hence the need for all to get the COVID-19 vaccine and use all other preventive measures as instructed by the Ministry of Health.

The current vaccines are available in either one or two doses depending on the manufacturer. It is very important to complete the vaccination schedule for maximum protection against COVID-19. Health care providers will guide on the dosage schedule at the service delivery point as per the Ministry of Health guidelines.

The vaccine will not give you the disease. The protection from the vaccine is like putting on a pair of sandals to protect your feet from thorns and hot sand on the path. The vaccine protects you from getting the severe disease in case you contract COVID19.

Prophet Muhammad (PBUH)said “None of you has faith until you love for your brother what you love for yourself.” And: “None of you has faith until you love for your neighbor what you love for yourself”

*Hadith collection #45 from Muhammad*

Many people do not get any side effects at all following vaccination. Some people, however, get minor side effects such as fever, fatigue, or body aches. With consultation from a health care provider, you can take paracetamol if that happens, but this will go away. If the side effects persist or are severe, seek medical attention. But the vaccine will never give you the disease itself.

What the vaccine will give you is protection from severe illness if you contract COVID- 19. The more people get the vaccine, the less the disease will be in our community and the less it will affect us.

### COVID-19 Vaccine Practical Exercise

We can use our sandals and walking to illustrate how the vaccine works to help us remember. Look at the sandals or shoes on your feet to remember the important facts about the vaccine, stand up, form a circle together, and do the following kind of line dance together:

PUT your RIGHT Foot Forward: (say) Get Registered for the vaccine (repeat)

PUT your LEFT Foot Forward: (say) Get the vaccine and follow up if required (repeat)

PUT your RIGHT Foot Forward: (say) The Vaccine Protects ME (repeat)

PUT your LEFT Foot Forward: (say) The Vaccine Protects MY Family and MY Community (repeat)

### Lesson Review

1. Covid-19 spreads from person to person mainly through coughing, sneezing and touching contaminated surfaces.

2. The vaccine will not give you COVID-19. It protects you from getting the virus.
3. You must be registered by the Ministry of Health before being vaccinated.
4. You might get minor side effects such as fever, fatigue or body aches. This is normal, but if the side effects persist or are severe, seek medical attention.
5. The Ministry of Health has provided guidelines on who can receive the vaccine.

## 6. My Family and Village

Now we want to hear from you. Divide into small groups of four to six. You will talk in your groups about any questions and barriers you see to taking the vaccine. Please be as honest and open as you can. Here are the questions you will ask each other.

1. What are some common concerns that you have heard about in your own family or community about the COVID-19 vaccine?
2. After what you have learnt today, what do you suggest can address these concerns?

## 7. Commitment

Gather the group together to share their small group concerns and solutions. What will you as group members commit to do? (*Allow different members to express.*)

Encourage the group to develop a common statement expressing their reasons for getting the COVID vaccine. One suggestion is:

“Because Allah is merciful, I will extend His mercy to myself and others and get the vaccine as a blessing to stop the COVID-19 pandemic. I am going to get the COVID-19 vaccine.”

WE COMMIT to registering for the COVID-19 vaccine and ensuring that all the eligible members of our community also have an opportunity for the vaccine.



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# 6

## COVID-19 Vaccine Lesson Series

### COVID-19 Vaccine Community Group Lesson

*“For lack of guidance a nation falls, but victory is won through many advisers.”*

Proverbs 11:14

#### 1. Introduction

Our communities, nation and world are struggling to control the COVID-19 global pandemic. We may wonder what impact it will continue to have in our community and when life will get back to normal. The COVID-19 vaccine is a very big part of that recovery. Our nation is expecting populations to take the vaccine. This lesson helps community groups be part of that recovery.

This lesson helps individuals, families and the community groups understand the vaccine and how it will affect them. Communities have trusted leaders and peer group members where information can be shared and discussions held. With this information we have the opportunity of saving millions of lives by preventing new infections through vaccination.

#### 2. Objective

To provide information for communities to discuss, find local solutions and take preventive actions against COVID-19 for their communities in alignment with the Ministry of Health recommendations.

#### 3. Story: Covid -19 Vaccine as a Fence for Protection

##### (Story May be acted out)

(Simon returned from his long day at the market, pushing his bicycle and parking it next to the house. He carried long poles for fencing to sell at the weekly market. Margaret, his wife, comes out to greet him.)



**Margaret:** Welcome home. You must be tired?

*(She says cheerfully and tenderly as she brings him a cup of tea. Together they sit down for a few minutes to talk about their day while the children complete their evening chores as the dinner is cooking on the fire.)*

**Simon:** *(Simon taking a sip of tea)* Everybody is talking about COVID-19 vaccines at the market.

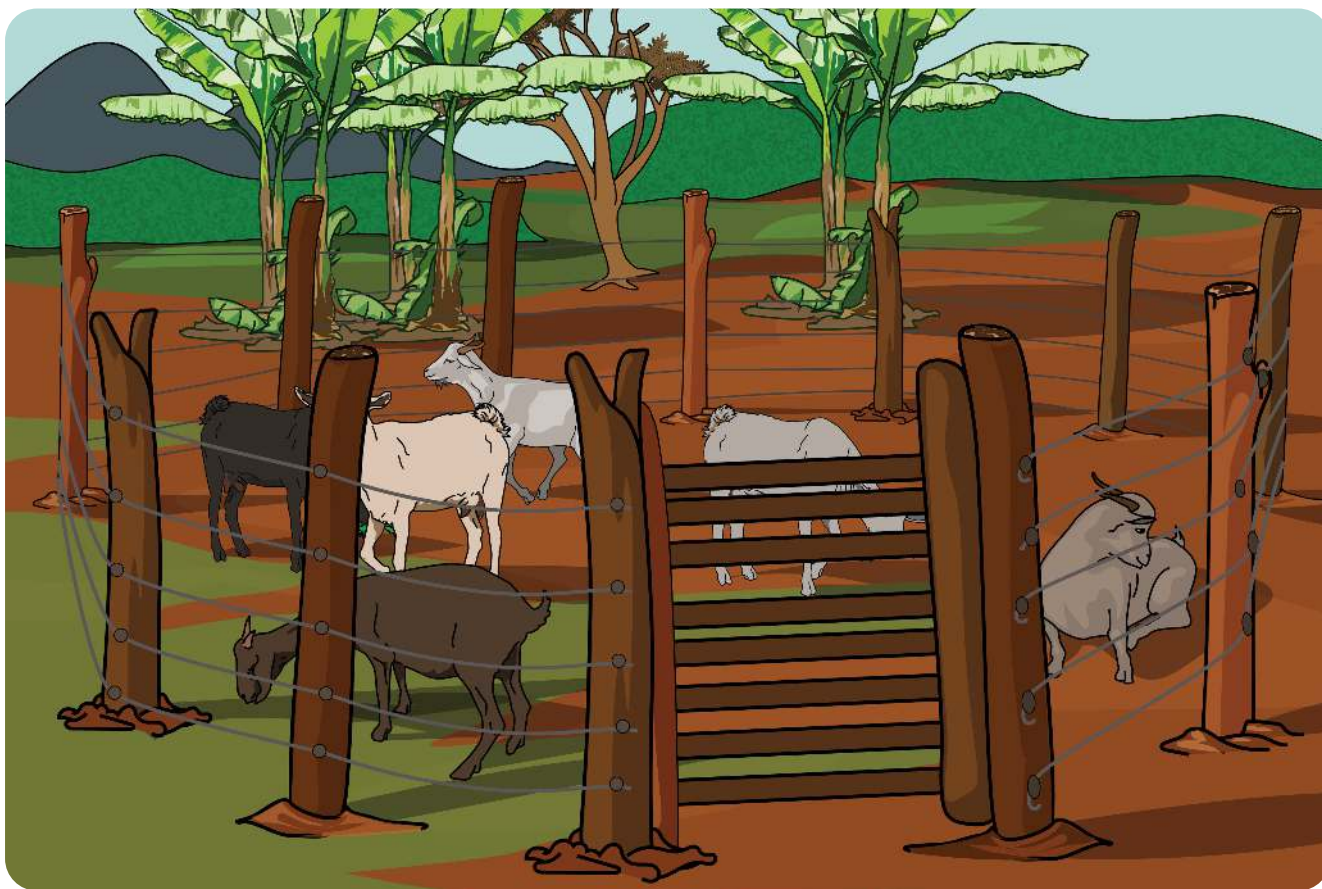
**Margaret:** Tell me more. What are they saying? I also hear about it on the radio.

**Simon:** Well, the government says everyone over 18 years should be registered soon to get the vaccine but my friend Stephen thinks vaccines are just for babies.

**Margaret:** I can understand that Baba! We made sure everyone of our babies got their required vaccines at the health clinic. When I go to our Care Group, we talk about getting our children immunized and making sure our neighbor's children are immunized. In that way all of us in our village are protected from measles, polio and other diseases. Is a newly introduced vaccine to prevent the adverse effects of COVID-19 disease that the government want to protect all eligible persons. So far, children tend not to develop severe symptoms due to COVID-19 disease. However, this may change as more data on the vaccines become available.

**Simon:** So, then what is this vaccine for? And why all the talk about it? I don't see so many people sick. Why all the bother about getting a vaccine for adults? I am strong enough. I don't need any vaccines.

**Margaret:** Those are good questions Baba. I have heard about it on the radio. It is very important to understand. From what I learned about vaccines in Care Groups, they help protect our bodies. Maybe we can think about it like a strong fence that protects a household or place where we keep our animals from wild animals. The COVID-19 is a newly discovered disease caused by Corona virus that is wild, like a hyena. It prowls around seeking to destroy the mankind. We need a strong fence to protect our bodies so it cannot enter. That is what a vaccine will do. From what I learned about vaccines in Care Groups, they help protect our bodies.



**Simon:** Oh, I see now. *(Simon takes another sip of tea).* And also, it is kind of like protecting not only the vulnerable from the hyenas, but the whole herd from the hyenas.

**Margaret:** Yes *(Margaret says with a pleasing smile.)*

**Simon:** *(Simon finishes his tea and announces.)* Let's go together tomorrow, Margaret, and register for the vaccine.



*(Margaret smiles again as she collects the tea cups and goes to finish preparing supper)*

**Margaret:** Simon, don't forget to go with our parents. I will also come along with you. In that way, our household will have a strong fence.

**Simon:** No hyenas will be coming here! *(Simon says proudly as he goes to wash hands for dinner.)*

### **Story Questions:**

1. What concerns does Simon have about the vaccine? *(He thought vaccines were just for babies.)*
2. What response did Margaret give to him? *(That was true, vaccines were important for babies, but COVID-19 was a different virus and required a different vaccine for adults as well.)*
3. What did you learn about who the vaccine is for? (The Ministry of Health is providing guidelines on who to receive the Vaccine.)
4. What example did Margaret use to compare the COVID-19 virus to? *(Hyenas that destroy our goats)*

## **4. Lesson**

We have learned that God cares about us, our families, communities and that the COVID-19 vaccine will protect us. We have also seen that what happens to one person can affect a whole community. This is due to the way the disease spreads.

### **4.1. The spread of COVID-19**

COVID-19 spreads mainly through coughing, sneezing and touching contaminated surfaces. People who are most likely to develop severe disease from infection by the virus are the elderly and those with diseases such as diabetes, HIV, TB, and heart problems, hypertension among others. However, the virus keeps on changing and is affecting people outside this group hence the need for all to get the COVID-19 vaccine and use all other preventive measures as instructed by the Ministry of Health.

### **4.2. Dosage of the Vaccine**

The current vaccines are available in either one or two doses depending on the manufacturer. It is very important to complete the vaccination schedule for maximum protection against COVID-19. Health care providers will guide on the dosage schedule at the service delivery point as per the Ministry of Health guidelines.

### **4.3. Side Effects**

The vaccine will not give you the disease. The protection from the vaccine is like putting on a pair of sandals to protect your feet from thorns and hot sand on the path. The vaccine protects you from getting to severe conditions of the disease in case you contract COVID-19.

Many people do not get any side effects at all following vaccination. Some people, however, get minor side effects such as soreness at the site of injection, fever, fatigue, or body aches. With consultation from a health care provider, you can take paracetamol if that happens, but this will go away. If the side effects persist or are severe, seek medical attention. But the vaccine will never give you the disease itself.

### **4.4. Importance of the Vaccine**

What the vaccine will give you is protection from severe illness if you contract COVID-19. The more people get the vaccine, the less spread of the disease will be in our community and the less its effect on us.

### **4.5. Building the community fence**

The vaccine will not give you the disease. The protection from the vaccine is like a fence that protects our goats from wild animals like hyena. The vaccine protects you from getting severe disease in case you contract COVID-19.



## 4.6. Collective Responsibility

Just like the friend in the story, we have a collective responsibility to disseminate accurate information on COVID-19 in order to build trust and remove perceived fears of vaccines.

### Line Dance Exercise

We can use our sandals as we walk to illustrate how the vaccine works to help us remember. Look at the sandals or shoes on your feet to remember the important facts about the vaccine, stand up, form a circle together, and do the following kind of line dance together:

PUT your RIGHT Foot Forward: (say) **Get Registered for the vaccine** (repeat)

PUT your LEFT Foot Forward: (say) **Get the vaccine and follow up if required** (repeat)

PUT your RIGHT Foot Forward: (say) **The Vaccine Protects ME** (repeat)

PUT your LEFT Foot Forward: (say) **The Vaccine Protects MY Family and MY Community** (repeat)

## 5. Learning Activity: “Safe in the Boma”

(Instruction for the leader: You will need to secretly appoint 1-2 “hyenas”, depending on the size of your group from the “animal group” and explain their role. The “hyena” in this game basically needs to be someone clever who slips along with someone else who gets in, but who does not use the password.)

In this game, there are two groups. The first group is a “fence” to secure the goats for the night. The fence forms a circle and stands like poles of a fence. As a COVID-19 preventive measure you will stand two arm’s lengths from each other. You are assuming to be the poles forming the fence to secure the animals at night.

The other group will be the “goats” coming back to the Boma. But beware, among them are “hyenas”. You don’t know which in this game are “goats” and which are “hyenas” because it is dark. The only way you know the difference is if they try to enter through the fence the right way.

To access this Boma, a password is required. The password is vaccine and mask. If you hear those words, they are a “goat” and can enter safely. If not, they are a “hyena” and you should keep them out. The goats must shout out the password ‘vaccine and mask’ in order to slip into the Boma. The hyena/s will try to slip in alongside the goats in the chaos.

The game begins when the “fence” is in place (the circle is formed with outstretched arms) and the animals, including the unknown hyenas are all roaming around the outside of the fence.

The objective of the game is for all the animals to get to safety inside the Boma for the night and for the fence to keep out the hyenas.

To begin the game, the facilitator will say, “One-Two-Three and then make the sound of the hyena’s “whoop” and then Start: All the animals will begin to make their way to safety under the arms of the outstretched poles, and the hyenas themselves also will try to enter the Boma in the chaos.

After just a few seconds, stop the game.

### Game Debrief

1. Where are the hyenas? Did they get into the Boma? Allow them to tell their stories. How did they get in? Are any hyenas outside the fence? Where were the weak entry points? Likely there is laughter, fun, and enjoyment here.
2. Where are the goats? Are all inside? Any still outside? How did the goats feel coming in? Was it easy, difficult? (Allow free expression here. Some may have felt confused, some still afraid and uncertain of what would happen next.)
3. Where are the hyenas? (If some are inside the Boma, is there a risk for the goats? Yes. There is a risk for all the goats. This is why we want everyone who is supposed to get vaccinated to get vaccinated



at the appropriate time—especially the most vulnerable.)

Lessons to develop in the game debrief:

- Did everyone feel protected? They had the passwords—vaccine and mask—these will protect against COVID-19, but not everyone was using them. Who was not using them? The hyenas.
- How easy was it for others to get “infected” or destroyed by the hyenas? Did they feel vulnerable? Yes—as long as they knew the hyenas were out there, they knew they were vulnerable.
- What is needed to totally keep out the hyenas or the virus? A strong fence—to be alert—and for everyone to know the password—to be vaccinated or to wear a mask.

## 6. My Family and Village

Now we want to hear from you. Divide into small groups of four to six. You will talk in your groups about any questions and barriers you see to taking the vaccine. Please be as honest and open as you can. Here are the questions you will ask each other.

1. What are some common concerns that you have heard about in your own family or community about COVID-19 vaccine?
2. After what you have learnt today, what do you suggest can address these concerns?
3. What are the expressed fears from your community on COVID-19 vaccine?

## 7. Commitment

Gather the group together to share their small group concerns and solutions. What will you commit to do? (*allow different members to express.*)

Encourage the group to develop a common statement expressing their reasons for getting the COVID-19 vaccine. One suggestion is:

“Because God cares for me and has made a way for me to safely care for myself and others in this COVID-19 pandemic, I am going to get the COVID-19 vaccine.”

**WE COMMIT to registering for the COVID-19 vaccine and ensuring that all the eligible members of our community also have an opportunity for the vaccine.**

## A blessing

Being vaccinated is an opportunity to bless one another by protecting our lives, getting our homes and communities back to normal.

Bless one another, in anticipation of this promise as you leave.



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# 7

## COVID-19 Vaccine Lesson Series - Sermon Guide

### How does God care for us in this era of Covid-19?

*The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right path for his name's sake.*

Psalm 23:1-3

### Introduction

(Preparation: come with a shepherd's stick)

We know the role of a shepherd who cares for the goats and cows. This Psalm describes the Chief shepherd who guides us and provides safety.

Today we will understand how our Chief shepherd cares for us. We will learn how to care for and protect our families and communities as shepherds with God's help.

I have brought a shepherd's stick (show stick). A shepherd uses this stick to guide the goats and cows. God's Word is like the shepherd's stick. It helps us know the way to be Chief shepherds for our families and communities. A shepherd leads goats into the Boma at night for safety. Let us take a closer look to see how our God provides safety for our families.

### Theme of Sermon: *God the Chief shepherd in our turbulence and challenges of life.*

- The Lord is our Chief shepherd. He cares and protects His flock even during difficult times such as COVID-19 pandemic

*"We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed;"*

(2 Cor 4: 8-9)

### Main Points of the Sermon

1. The Chief Shepherd provides for us.
2. The Chief Shepherd gives us strength to overcome our trials.
3. The Chief Shepherd leads us in the right path for protection. **John 14:6**

### Scripture for Sermon: Psalm 23:1-3 (Good News Translation)

*"The Lord is my shepherd. I have everything I need. He lets me rest in fields of green grass and Leads me to quiet pools of freshwater. He gives me new strength. He guides me in the right paths as he has promised."*



## Sermon Outline

### 1. The Chief shepherd provides

This psalm is written by King David who was a shepherd like many of us before he became a king. He knew everything about sheep, what they needed and how to make sure they got water and green grass.

**This Psalm tells us the Lord is our Chief shepherd. Verse 1: *“The Lord is my Shepherd. I have everything I need.”***

In a similar way to the shepherds who know the needs of their sheep, the Lord knows our needs.

We are living in the difficult times of the COVID-19 pandemic. Our lives have changed. We have changed our ways of doing things. Some people have lost their livelihoods. Some have been infected or affected by COVID-19 while others have died. God knows our needs and promises to provide for us.

One of the provisions to thank God for during the time of the COVID-19 is the development of a new vaccine. God has already provided knowledge to our scientists to develop a vaccine to protect his people from severe effects of COVID-19. It is for persons aged 18 years and above. I would like to encourage you all to find this as a provision of protection from our Chief Shepherd.

The COVID-19 vaccine protects us.

The COVID-19 vaccine is SAFE.

The COVID-19 vaccine is given free of charge by the Government.

You must register and reach out to get the vaccine. Right now it is for adults aged 18 years and above. In the future, more of our population will have access. As your pastor, I have registered and received the vaccine as a gift from God to protect myself and my family, and my community.

**Verse 2 says, *“He lets me rest in fields of green grass and leads me in quiet pools of freshwater.”***

The Lord leads us to places to restore our bodies, our minds, our spirits. He leads us to healthy grass where our bodies can be nourished.

He leads us to quiet pools where our minds and spirits can be refreshed and where we can rest.

During this season of COVID-19, many families have been unsettled because life has changed in many ways. Some people have lost livelihoods and jobs impacting their social, and economic lives.

need to know the truth about COVID-19 and the vaccine. We also need comfort and guidance. This is the time we need the refreshing waters of God’s quiet pools. We need each other. We

### 2. The Chief Shepherd gives strength

Verse 2 says, the Lord *“gives me new strength.”*

This verse, tells us that the Lord knows we need His strength daily. It says He gives new strength, each day.

He gives this strength by first making us part of His family. In our families of faith and community, we have those who are weak and need this strength, the aged, people with chronic illnesses such as TB, HIV, diabetes among others. The Chief Shepherd is providing for them, and He is using us to help them.

The COVID-19 vaccine is developed to strengthen the body's ability to protect itself from getting severe complications and death if they get infected. For that reason, the COVID-19 vaccine is being given to all persons aged 18 years and above.

We can support this by finding eligible people in our families and communities and helping them to know about COVID-19 vaccine and where to get it.

### **3. The Chief Shepherd leads in the right path.**

Verse 3 says, "He guides me in the right paths as he has promised."

God will always keep his promises. We can trust him even when the path we are walking is hard. He knows the way ahead. We can trust Him if we are following Him.

I have seen sheep trying to go their own way. That brings danger and trouble.

This verse tells us that the Chief shepherd knows the right path. We need to follow Him for it is written in **John 14:6 that "... I am the way, the truth, and the life: no man cometh unto the Father, but by me"..**

He uses the stick to help us know the right direction. That stick is God's Word and should be trusted by all including friends, spouses, family members, and others.

A whole group of sheep may go in the wrong direction, one following the other. It is necessary for us to make sure we are following the Chief shepherd and not just going with the crowd.

In our communities, we need to be sure we are going on the right path. If we are following the Chief shepherd, we trust in His guidance when He uses the stick to direct our path.

A shepherd in our communities leads from behind the group of animals. That way, he can see the direction the animals are going and help them make corrections. It also means he guides the whole group as well as individual sheep. This gives protection and help to the weak animals in the herd as well.

God gives us responsibilities in life to protect ourselves and others.

Our responsibility is to make sure we are protecting one another from COVID-19 by observing preventive measures such as; wearing a mask in public and getting vaccinated if we are eligible.

**Let's review our lesson together.**

*“The Lord is my shepherd. I have everything I need. He leads us to rest in fields of green grass and leads me to quiet pools of freshwater. He gives us new strength. He guides us on the right paths as he has promised. He protects us.”*

**Psalm 23: 1-3**

In summary, the Lord is our Chief shepherd. He gives us a SAFE place. In this time of COVID-19 God does care about COVID-19 and this is how he provides for us.

We are safe and will stay SAFE away from COVID-19 if:

1. We take the vaccine, we get protected from severe COVID-19.
2. People with health conditions like diabetes, heart disease, TB, HIV, and other conditions be vaccinated and encourage others to be vaccinated.
3. We stay informed and share facts on COVID-19 and avoid rumours, myths, and misconceptions on COVID-19 vaccine.
4. We become COVID-19 vaccine champions and adhere to all preventive measures outlined by the Ministry of Health.

(In a playful way, wave the shepherd's stick at the congregation and say):

*“Stay SAFE! The Lord is your Chief shepherd! He will bless you and keep you SAFE!”*



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# 8 COVID-19 Vaccine Lesson Series

## For COVID-19 Prepared Communities

### Training Guide for Faith & Community Leaders in COVID-19 Vaccine Preparedness

**Lesson structure** (This structure is based on the very success Care Group model)

1. Introduction

This includes a brief description of COVID-19 and the vaccine.

2. Objective—to help you know the purpose of the lesson

3. Story and story questions (may be acted out—this is usually very effective, but takes some work)

4. Lesson (includes main content)

5. Learning Activity (game and debrief with guided questions and suggested answers)

6. My Family and Village

This is small group discussion and allows participants to interact with content. In this section, peers interact with each other and will feel free to discuss their real concerns and issues, empowering one another.

7. Commitment

Perhaps the most important part—taking the next step toward action. An actual action step is encouraged here.

*(Before proceeding with this section, review the last page of this training guide for the Pre/Post-test and have each participant take the Pre-Test. Then proceed with this section).*

## Introduction

The emergence of the global COVID-19 pandemic led to the development of COVID-19 vaccines to prevent death and severe complications. Government has taken quick action to ensure people are vaccinated as a preventive measure.

All community leaders are required to help community members to understand the importance of getting vaccinated.

To support this initiative, we have developed education materials to facilitate community leaders.

The primary message to promote is that the COVID-19 vaccine is safe, effective and offered free of charge to the eligible population.

### **Our homes and communities are SAFE with the COVID-19 Vaccine:**

1. Covid-19 vaccination helps prevent severe illness and death caused by the disease. When you get vaccinated you protect yourself and the whole community. When more people are vaccinated it slows down the spread of the disease. Higher vaccination rates make outbreaks less likely, this in turn reduces the need for preventive measures such as curfews, lockdowns and movement restrictions.
2. To get vaccinated, one needs to get registered, take the vaccine and adhere to follow up as advised by your health care provider/vaccinator. The government has very strict guidelines for this—where, when,



and who is to be vaccinated. It is important for community leaders to learn them and follow them.

3. Communities must stay informed and share facts on COVID-19 and avoid inaccurate information that is circulating hindering the uptake of the vaccine. This is why accurate information approved by the Ministry of Health is so important. It is also important that trusted community leaders have this accurate information to inform people. People need trusted and accurate information from a credible source.
4. Individuals, families and communities have the opportunity to get credible information that will enable them get vaccinated and stay healthy, wear a mask in public and protect one another.

## 1. COVID-19 Vaccine Facts

COVID-19 pandemic is causing hardships and deaths in every country. We are very blessed that within a short time a number of effective vaccines have been developed that prevent the spread of the virus, severe complications and death. So far the vaccine is only tested and known to be safe for persons above the age of 18 years. The Ministry of Health has developed guidelines and regularly reviews them to guide on who, how and when to get the vaccine. The vaccines come through a global coordinating organization known as COVAX, established in part by the World Health Organization and the local governments decide which vaccines are used in their countries.

In Kenya, the current vaccines available are either in 1 or 2 doses depending on the manufacturer. Currently the vaccines with 2 doses require a second dose between 4 to 12 weeks. It is very important to return for the second dose. Community leaders have a very important role in helping members be reminded about returning for the second dose.

No	Name of Vaccine	Doses	Schedule
1	AstraZeneca	2	12 Weeks
2	Pfizer	2	28 days
3	Sinopharm	2	28 days
4	J & J	1	Once
5	Moderna	2	28 days

In Kenya pre-registration is important because vaccines are difficult to transport and appointments important to keep. This emphasizes the need for community leaders to emphasize the importance of pre-registering and keeping vaccine appointments. Vaccines are costly and hence the importance to minimize wastage.

The vaccine will NOT give you the virus. The vaccine will not make you sterile. It does not have a chip or any other hidden drug. It is not a curse or mark of the beast. The vaccine was made by very many highly skilled scientists from all over the world. While the first vaccine came out 1 year after the onset of the pandemic, it built upon many years of experience and learning in vaccine production.

Many people do not get any side effects at all following vaccination. Some people however, get minor side effects such as soreness at the site of injection, fever, fatigue or body aches. With consultation from a health care provider, you can take paracetamol if that happens, but this will go away. If the side effects persist or are severe, seek medical attention. But the vaccine will never give you the disease itself.

Some people are hesitant about taking the vaccine because of fear of unknown. Adults are not accustomed to taking vaccines. People are afraid of the side effects of the vaccine, additionally COVID-19 is still an unknown disease and it's important to let people talk about their fears. It is important that credible community leaders provide truthful information and are a good role model by taking the vaccine themselves.

Adhere to all the information from the Ministry of Health and get vaccinated if eligible.

Share all this information with the community members to enhance demand generation.

## 2. Lesson Design

The lesson for the communities is learner-centered and designed to be integrated into existing community meeting structures such as Care Groups, Couple's Groups, Savings Groups, Farmer's Groups and organized community groups. All the learner-centered lessons are designed to engage men and women in an interactive way with a game, small group discussion, and storytelling. The sermon, if used, is a typical Sunday morning pulpit message. It is vital that individuals prepare for the lessons and debriefing comments are included in the lessons.

The lesson structure is very carefully designed and should not be changed or substituted. Each part feeds to the next and has a particular function for learning.

## 3. Lesson Adaptation

All the lessons will need to be adapted for context, language, names, etc. A guide for contextualization is included in this toolkit.

## 4. Lesson Use

No community is "safe" with the COVID-19 virus still active. Our communities will continue to struggle with health, economic, and educational fallout for years to come until a sufficient number of people are vaccinated. World Relief's mission is to help the most vulnerable. This lesson has the mandate to aid individuals and families vulnerable to COVID-19 —to ensure they are identified, provided information, have access to the vaccines and ongoing support. The sermon may be used on worship days in pulpits or in Catholic community groups. The Muslim lesson can be adapted for use after Friday prayers.

## 5. Pre/Post Test

*(It is time to take this test again, as a Post-test).*

This is a pre and post-test that will help to evaluate what participants knew and will know about the lesson. To make it easy for learners, the test is not taken with pen and paper but orally and with stones. Ahead of time, gather a pile of large and small stones and a bucket.

The statements will be read out loud. The answers are either Yes or No. Everyone will come up and respond at once by putting a large stone in the bucket if the answer is YES, and a small stone in the bucket if the answer is NO. Each answer is counted and recorded after each question. The answers are not individual but only collective.

### COVID-19 Questions

1. The COVID-19 vaccine will give you the COVID-19 disease.  
(NO. It only helps your body fight against the virus)
2. The COVID-19 vaccine helps prevent severe disease and death from COVID-19.  
(YES. Definitely, and the more people who get the vaccine, are less likely to get severe disease.)
3. If I get the COVID-19 vaccine, I might have some mild sickness like a headache or fever or achy joint for few days.  
(YES. Some people, but not everyone, may get some mild sickness for days.)
4. If I get the COVID-19 vaccine I might have no mild sickness at all like headache, fever or achy joint. (YES. Some people have no mild sickness at all except maybe a slightly sore arm from the injection site.)
5. The COVID-19 vaccine is for babies.  
(NO. The COVID-19 vaccine is not yet for babies. Other vaccines are for babies like measles and polio. The COVID-19 vaccine is for people aged 18 years and above)



6. The COVID-19 vaccine can sometimes make you sterile and not able to have babies.  
*(NO. The COVID-19 cannot make your sterile. It has no impact on reproductive health.)*
7. The COVID-19 vaccine protects me from getting severe complications of COVID-19 disease.  
*(YES. The COVID-19 vaccine protects me from getting severe complications of the virus, therefore less likely to be hospitalized and incur expenses to impoverish the family.)*
8. It is important to wear a mask in public to prevent the spread of COVID-19 disease.  
*(YES. We do not know who is vaccinated. To protect each other, it is important to still practice hand hygiene, avoid touching contaminated surfaces and wear masks in public places like the bus, church, the market.)*
9. I believe that taking the vaccine is a civic and moral responsibility.  
*(YES. Taking the vaccine is everyone's responsibility. It is the community's responsibility to help one another. We live together and need to be responsible for each other, to protect one another and help one another.)*
10. It is OK to get the vaccine at any clinic.  
*(NO. Only an authorized health facilities by the government that officially registers you for the COVID-19 vaccine. Beware of anyone trying to trick you, take your money or give you a false vaccine.)*

## 6. Review

During this last part of training, it will be important to designate how reports will be made and filed, how collaboration with the government will be maintained and updated, and how ongoing revisions to program interventions, plans, materials will be made. Also review the findings of your pre/post tests and take a moment to reflect on what you learned during the training.



# 9

## COVID-19 Vaccine Lesson Series

*For COVID-19 Prepared Community*



### Adaptation Guide for Faith and Community Leaders

#### COVID-19 Vaccine Preparedness Materials

##### Summary

This “COVID-19 Vaccine Lesson Series” will enable Faith and community leaders in the designated SCOPE COVID Project in Kenya, to assist the community members to confidently demand COVID-19 vaccination.

COVID-19 has adversely affected our country in many ways. This adaptation guide is an attempt to help us to adjust and restore our country to normalcy.

##### Translation

The document will be translated to local vernacular words for a clear understanding of the COVID-19 messages. Here are several questions to help you determine what will be most helpful for the end-users.

1. Make the community accurately understand COVID-19 in their language.



2. Keep in mind that the end-users are not medical people, but laypeople. What is used on the radio? What is used in the marketplace? What is the commonly used word for COVID-19? Some places shorten the word to COVID, some use COVID-19, some use Coronavirus, or perhaps something else more local. But whatever it is, it needs to be understood by the community, be accurate for COVID-19 and be consistently used throughout all the materials.
3. It would be helpful to see what words are consistently used in government publications for COVID-19. If this word is different from a common market term, it could be referred to at the beginning of materials, but the accepted government term is used throughout the materials.

## Government Policies, Guidelines on COVID-19 vaccine roll-out

Not all government policies on COVID-19 vaccine rollout were up-to-date or available and some may be changing. It will be important to check these guidelines and update them as necessary. Of particular importance are the following:

- The qualifying age for vaccination
- Qualifying health conditions for vaccination—i.e., heart conditions, TB, HIV, diabetes
- Requirements for registration (ID, anything else?)
- Locations for registration (who is allowed to register where)
- Types of vaccination: The current vaccines are available in different doses. The current vaccines are available in either one or two doses depending on the manufacturer. It is very important to complete the vaccination schedule for maximum protection against COVID-19.

**Note:** *Just to be aware, several government documents listed “rumor control” as a major issue. It will be helpful to keep ears to the ground and work with others in understanding more about this. Allowing for ample discussion is part of the lessons.*

### Information, education and communication materials:

It will be important to review all materials and make sure they are in complete congruence with any published government documents. In reviewing international documents (WHO), and COVAX documents (relating to the vaccine) and available national government documents there should not be any discrepancies.

## Story Characters

All the materials are rich with stories, illustrations, local metaphors, proverbs, and scriptural references. Please pay particular attention to these when reviewing these materials.

Pay attention to all names that may need to be adjusted to your community and culture.

The stories are deliberately designed and sometimes introduce new concepts.

## Culture

Please review story settings, conversation, learning activities, proverbs for cultural appropriateness. One aspect that has to be guarded against is, any direction toward a connection between stigma and the COVID-19 vaccine. If this is linked in any way in any of the learning activities, especially in the fencing learning activity with the goats, hyena, and passwords, that will be important to identify.

## Timing

Timing is always a challenge. Since getting vaccines into people and getting lives saved is a huge challenge, this is a critical piece. As these lessons are reviewed, it will be important to consider how much time they take. Also, there may not be enough time to adequately discuss concerns and fears in some of the lessons. These issues must be considered. Here are some critical questions to answer.

1. Are essential questions by participants concerning the COVID-19 vaccine answered?
2. Do these lessons deal with the most important issues surrounding the vaccines from the government roll-out perspective?

## Program Integration

Even if COVID-19 does not bring serious illness into our homes, there are so many issues revolving around the vaccine impact all of life and all the health programming—livelihood and economic development, health and the future of our children, family relationships. The importance of this vaccine and getting life back to normal cannot be overstated. This requires multi-sectoral collaboration to adequately address the various concerns of COVID-19 disease impact.

It is expected that there would be drawbacks to vaccine uptake. It will be prudent to plan how to prepare for multiple message reinforcements because the issues are critical. The messages in these lessons are transferable and easily adaptable in any community setting.

## Training

A separate training guide is prepared for these lessons. It is important that each lesson is taught so that it can be adapted and understood. It is anticipated that further field testing with the illustrations will be done.



# 10 COVID-19 Vaccine Lesson Series for Faith and Community leaders - Trainers Illustration Guide

## 1. *Does Religion advocate for COVID-19 Vaccine? (Part 1)*

This basic lesson has 4 versions; a Generic Faith version, a Christian faith version, a Hindu version and a Muslim version. This Part 1 version assumes a belief in a Supreme Being, is interactive, built on sound adult-learner principles, and may be used for any faith-based group in a single setting.

**Scene 1:** Illustration of homestead with Grandson (Stephen, Vivik, Rafiki) sitting outside house with Grandfather (Peter, Dada, Babu) chatting together.

**Scene 2:** Illustration of Grandfather (Peter, Dada, Babu) on 3-legged stool and friend (Paul, Ravi, Salaam) coming to visit with mask on face.

**Scene 3:** Illustration of Grandfather (Peter, Dada, Babu) and (Paul, Ravi, Salaam) sitting together drinking tea - 6 feet apart, under a shade. Grandfather (Peter, Dada, Babu) has put on sandals that are rather obvious.

**Scene 4:** Illustration of Grandfather (Peter, Dada, Babu) being given the COVID-19 Vaccine by a health worker and (Paul, Ravi, Salaam) waiting in line (proper social distancing evidence in the line waiting)

## 2. *COVID-19 Vaccine – Community Group Lesson (Simon and Margaret story)*

This is a generic community group lesson, adaptable for any group: care groups, families for life couples, church network committees, savings groups, farmer’s groups, mother to mother groups, father to fathers groups, breastfeeding support groups, outreach groups among others. This lesson focuses on protecting one another and utilizes a fencing illustration to describe what a vaccine does. It is modeled after the basic Care Group model lesson—with a story, lesson, learning activity, application to family and village, and commitment statement. This is a lesson that can be completed in one session.

**Scene 9:** House of Simon and Margaret. Margaret and Simon sitting outside, drinking tea and talking.

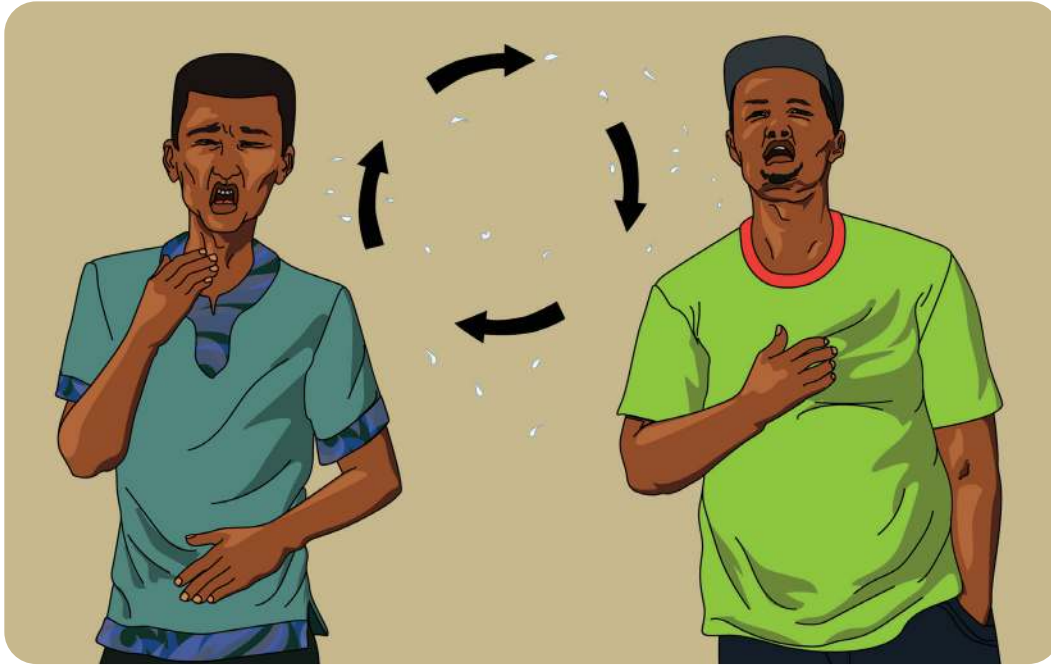
**Scene 10;** Boma with poles fencing in sheep inside

**Scene 11;** Simon and Margaret visiting health center to register for COVID-19 vaccine

### **Lesson Card about COVID-19 and how it is spread:**

**Scene 12:** Two people coughing and spreading their germs between each other.

**Scene 13:** What we do to prevent spread of COVID-19: **needle** for vaccination; **registration** at official MOH clinic, **Mask** on face; hand washing; **keeping physical distance**, not listening **to gossips** (hand over ear) and following instructions from good sources of information—so putting hands over ears and saying “no” to rumors. **Washing hands often**



**Scene 13** break-out sets

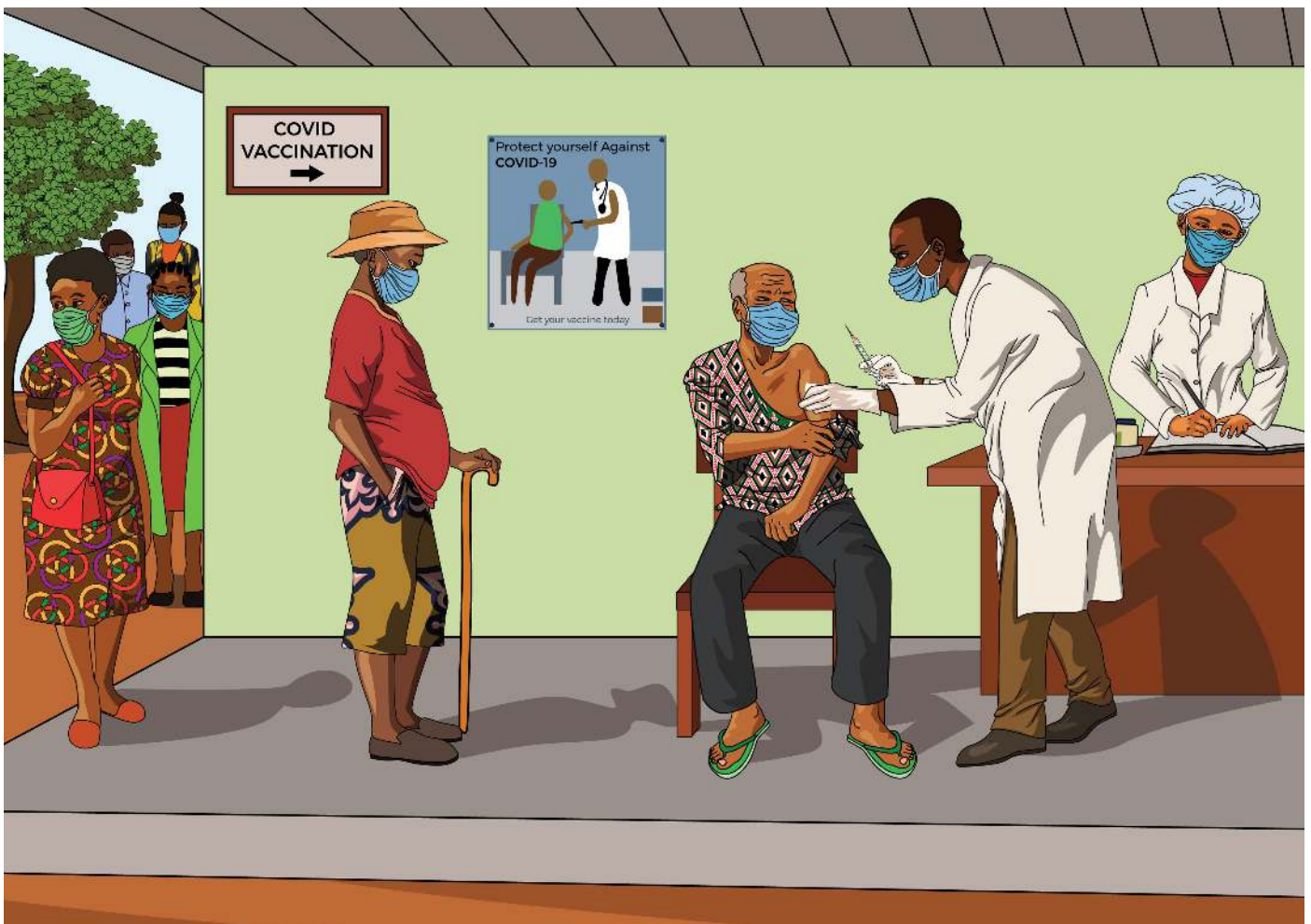
a. COVID-19 prevention

- A. Wearing of face mask correctly
- B. Maintaining physical distance
- C. Washing hands with soap and running water or Hand sanitizer





- b. Vaccine Preparedness/promotion
  - A. Registering at MoH facility
  - B. Needle (in arm) for vaccination
  - C. Avoid listening to gossips.





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- |                           |              |
|---------------------------|--------------|
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| 4. Salim M. Charo         | NAMLEF       |
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