

# COVID-19



Government of The Gambia

## LET'S PROTECT OUR FAMILIES AND COMMUNITIES FROM CORONAVIRUS



**WE'RE ALL INVOLVED!**



**Tostan**  
Dignity for All

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**TOSTAN Address:**

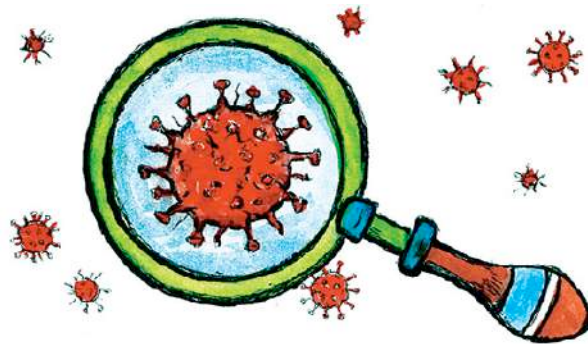
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## What is a virus?

A virus is a tiny organism which is invisible to the eye, but which can infect people and cause a common cold, the flu or respiratory diseases if it enters the body.

## What is a coronavirus?

The name corona refers to a crown because this tiny virus has crown-topped antennas on its surface.

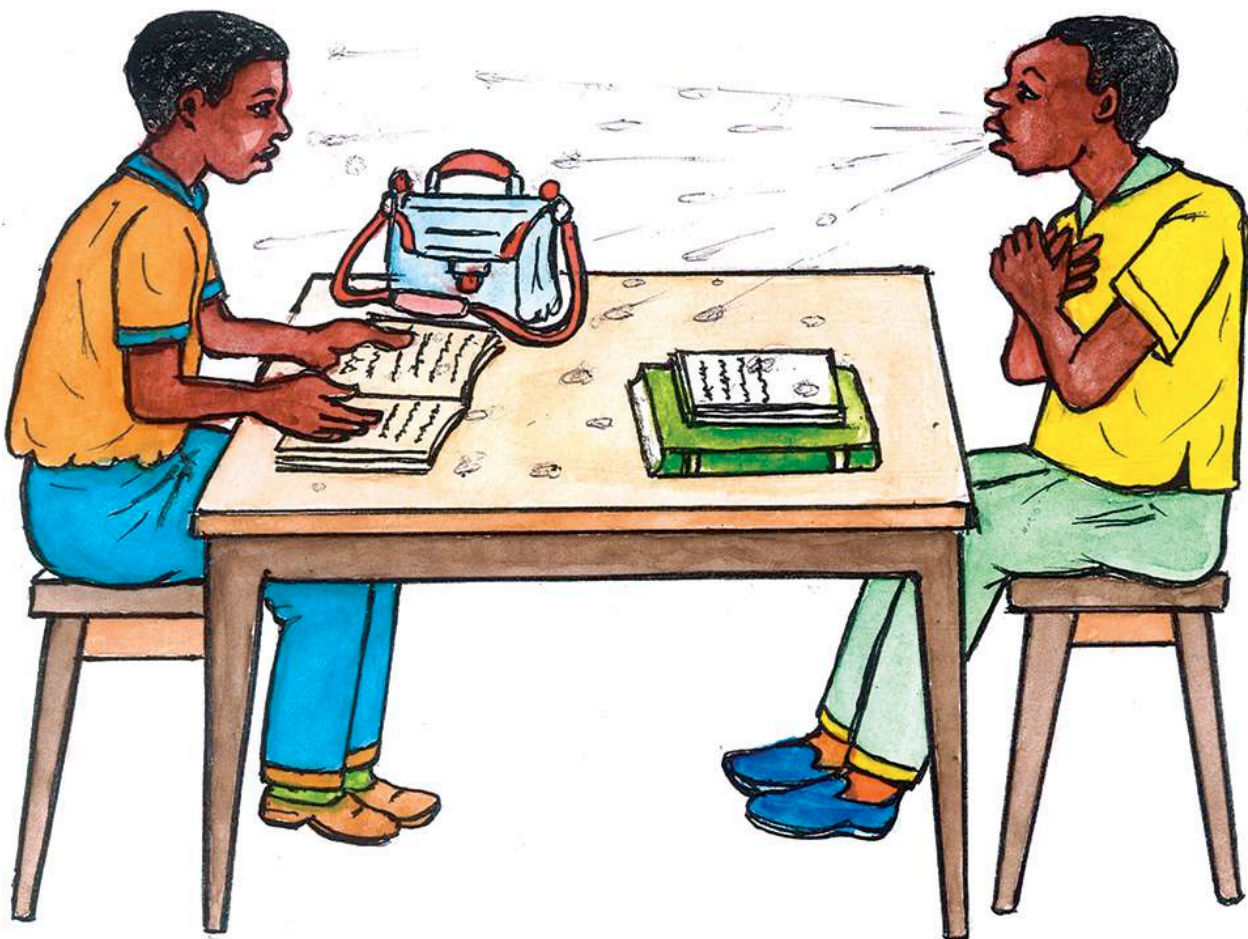


A coronavirus which had only infected animals recently spread from animals to people. The coronavirus is very contagious and is now spreading rapidly from one person to another. The virus has infected more than three million people in all countries of the world causing a disease called COVID-19.



## How is the coronavirus transmitted from one person to another?

The coronavirus is transmitted by people already infected with the virus who cough or sneeze without covering their mouth and may even be transmitted simply by talking. The tiny droplets are invisible to the eye, but they float in the air and can easily be inhaled by people. These droplets can also land on surfaces closeby where the person has sneezed or coughed.



When we touch surfaces where droplets of coronavirus have fallen and then we touch our eyes, nose, or mouth, the virus can enter our body and lead to us contracting the COVID-19 disease.

The coronavirus is also found in the feces of infected people and can be transmitted if we don't wash our hands carefully with soap and water after going to the toilet.

## What happens when the coronavirus enters our body and we contract the illness called COVID-19?

Symptoms might include any of the following:

- cough (usually dry)
- headache
- sore throat
- fever
- shortness of breath
- a general feeling of discomfort
- loss of smell and taste (in some people)
- it can sometimes cause respiratory illnesses like pneumonia or bronchitis.

However, some people who have COVID-19 do not feel sick at all; however, they can still spread the disease to people in their environment.

Most people with COVID-19 start to feel sick 1 to 14 days after being infected; many feel sick 5 or 6 days after infection.

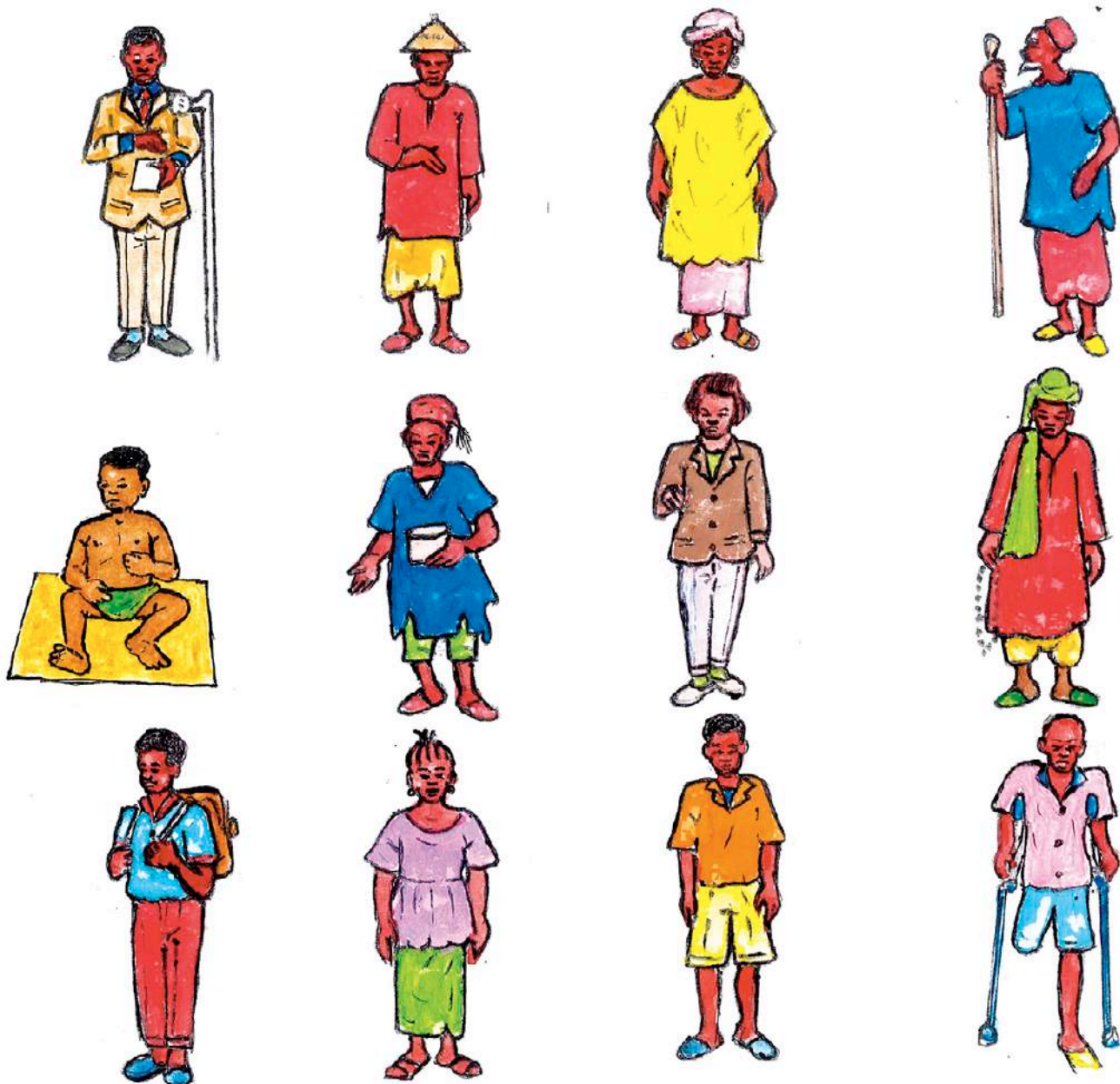
In many cases, people who have been infected display NO SYMPTOMS. This is dangerous because despite the lack of symptoms, they can infect their families, friends and everyone with whom they come into contact.

**It is very important to start preventative measures IMMEDIATELY and help others to do so because we can't be sure if the coronavirus is already in our community.**

## Who are the people at risk for contracting COVID-19 ?

The coronavirus spares no one! All human beings are at risk: women, men, youth, elders, wealthy people, local authorities, people in good or poor health, kings, queens, people of all religions, presidents, sports personalities, movie stars, farmers, workers, drivers, students, Africans, Europeans and Americans -

## All of us can contract COVID-19!



## DANGER!

Experience has shown that the COVID-19 can be an extremely serious disease and lead to death, particularly for people over 60 years old or people with underlying problems - such as heart, lung or kidney disease, diabetes or hypertension. People who are in these vulnerable groups or who smoke are also at greater risk.

Those of us who do not follow preventive measures will endanger the lives of our parents, grandparents or anyone who is more vulnerable!



Think of our beloved elders and other vulnerable people! Please follow prevention guidelines to help save their lives !

## What are important preventative measures we need to take ?

- ❖ One of the best ways to prevent COVID-19 is to wash our hands very often and carefully with soap for at least 20 seconds. If soap is not available when we are outside our homes, we can use a hydroalcoholic solution to disinfect our hands.



**Note:** The coronavirus is very fragile. The only thing protecting the virus is a thin layer of exterior fat. That is why using soap or detergent is so important. The foam created by soap or detergent breaks through the fatty layer. **This is why we need to rub our hands carefully with soap - for at least 20 seconds or more - and make sure there's lots of bubbles.** By dissolving the layer of fat, we destroy the coronavirus!

### NOTE:

Using a solution of one part bleach and five parts water also creates a solution which immediately dissolves the coronavirus.

## How can we wash our hands in order to kill the coronavirus?

1. Wet your hands with water and put lots of soap on your hands.



2. Rub your hands together to make lots of bubbles.



3. Wash the back and front of your hands very well.



4. Rub between your fingers.



5. Wash underneath your fingernails.



6. Rub your hands with soap for at least 20 seconds.



7. Rinse your hands with water.



8. Dry your hands with a clean towel or paper napkin.



- ❖ We can protect our families and our communities by using a paper tissue whenever we cough or sneeze to prevent the virus from spreading through the air and infecting other people. Afterwards, It is important to throw the tissue in a trash can, then wash our hands with soap for at least 20 seconds.



- ❖ When there is no tissue available, cough or sneeze into the crook of the elbow.



- ❖ It is also important not to touch our face - especially our nose, mouth or eyes - to keep the virus from entering our body.
- ❖ Keeping fingernails short helps to ensure the virus won't hide underneath the nails.



- ❖ When we often clean frequently touched surfaces, it helps to destroy the virus. It is very important to keep surfaces in the household clean by wiping them with soap and water, then disinfecting the surfaces with a mixture of 4 teaspoons of bleach in 1 litre of water.

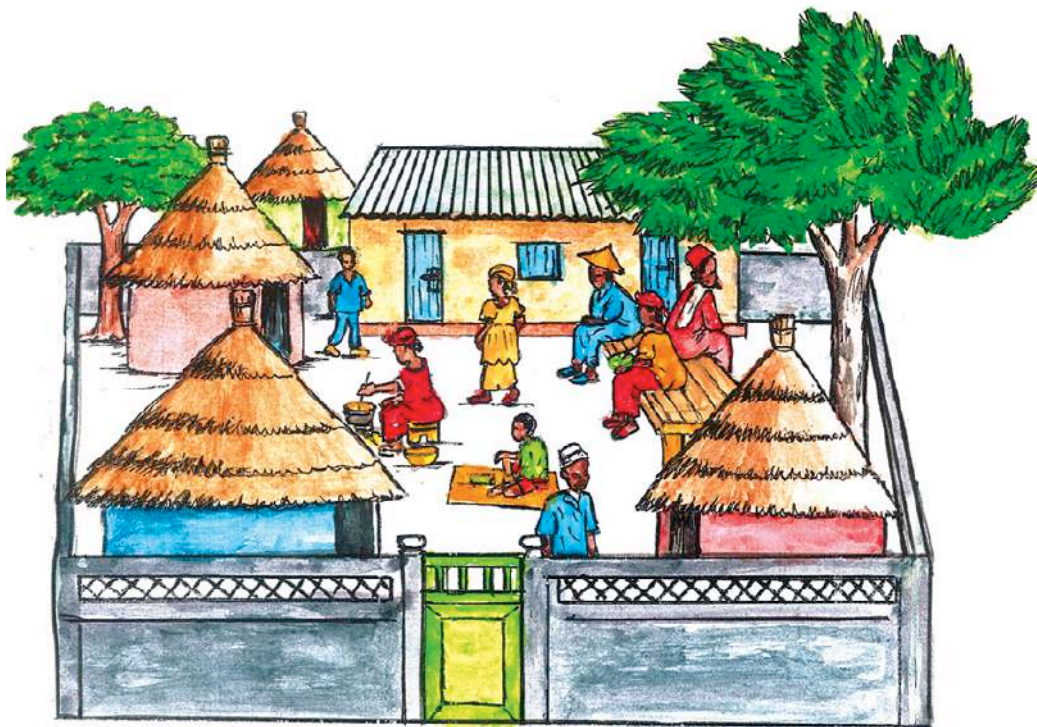


- ❖ During this period when there is not yet any treatment or a vaccine to prevent the COVID-19 disease, health experts and religious leaders recommend that people refrain from group meetings and assemblies. The government has banned such activities because it poses a great danger to many people gathered at the same time.

We now know that people can be infected with the coronavirus up to 14 days before they have any symptoms of the disease. During this period, we can contaminate all the people around us.

Thus, we are asked to stay at home so as not to be contaminated by others, but also so as not to contaminate others.

Also, if many people get sick at the same time, health facilities will be overwhelmed. No one will get the care they need.



## LET'S STAY AT HOME!

**NOTE:** The more limited the space, the more the Coronavirus will be concentrated. If the space is open and ventilated, there will be less concentration of the virus.

- ❖ Many COVID-19 experts encourage everyone to wear a mask, especially when someone needs to leave their home and go outside for a short time. This is important since people can be infected with the coronavirus 14 days before having symptoms related to the COVID-19.

If everyone does this, you avoid infecting others and they avoid contaminating YOU!



My mask protects you!  
Your mask protects me !

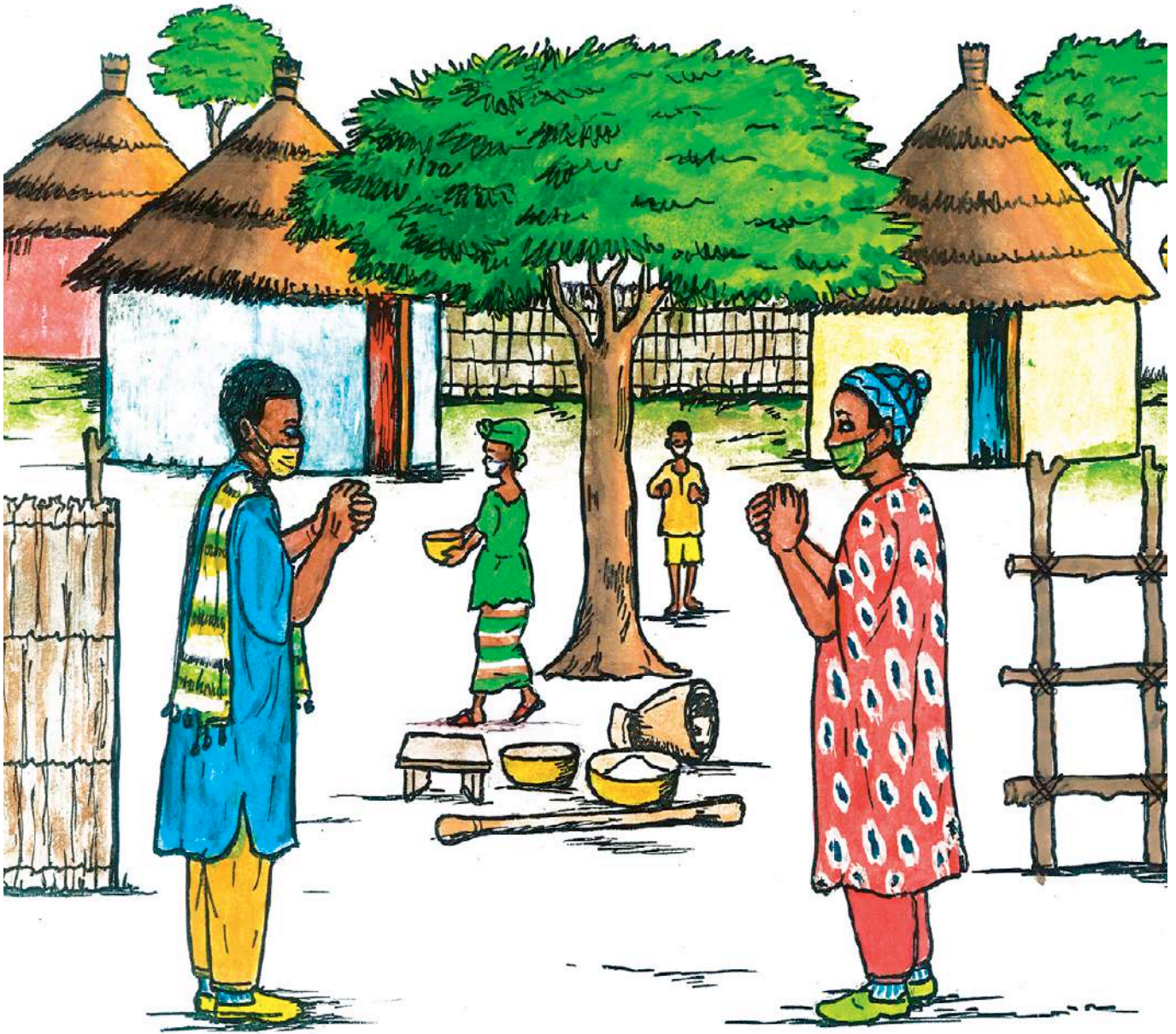
**Encourage everyone  
to wear a mask!**

## Advice for wearing a mask:

- ☞ Wash hands well with soap or an alcohol-based disinfectant.
- ☞ Before putting on the homemade mask, wash the mask thoroughly with soap and water.
- ☞ Cover the mouth and nose with the mask and make sure there is no space between the face and mask.
- ☞ Avoid touching the mask when using it; if we touch our mask, it is important to wash our hands again with soap or an alcohol-based disinfectant.
- ☞ On arriving home, we need to remove the mask from behind (the virus might be on the front of the mask) and place it in a bucket of water mixed with soap or detergent. The mask then needs to be washed well with soap and dried in the sun.
- ☞ Wash hands with soap or an alcohol-based disinfectant.



- ❖ Greeting others is a sign of respect and acknowledgement of another person in African society. We can continue to greet other people but without shaking hands with them. We also need to stand at least 2 meters away from another person.



**True friends protect  
one another!**

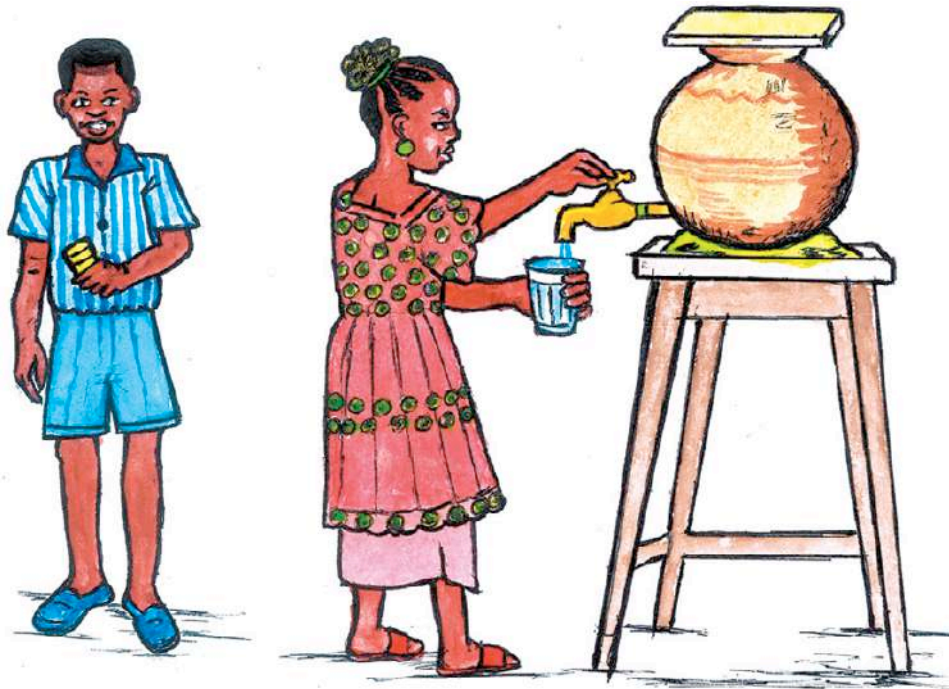
- ❖ If people wash their hands in the same bowl of water before eating, one person risks spreading the coronavirus to everyone else who is washing their hands. Using a plastic teapot prevents transmission of the disease to everyone.



- ❖ If people eat from the same bowl and someone has contracted the COVID-19 without knowing it, they risk infecting everyone else who eats. If possible, providing everyone with their own separated small bowl is the best way to keep the whole family safe and healthy.



- ❖ Drinking water or other beverages from the same cup or dipping the cup in the same clay drinking pot can transmit COVID-19 to everyone if a member of the family has been infected by the coronavirus.

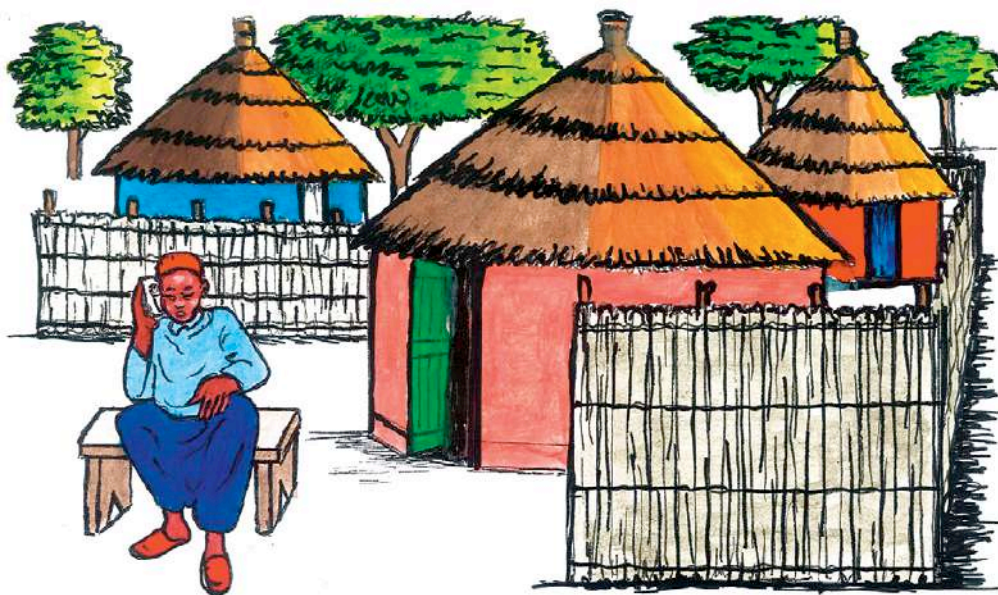


- ❖ Drinking tea (attaya) from the same tea glass without washing the glass with soap between each serving can also contaminate all of those drinking. If possible, it would be better for each person to have his own tea glass to protect himself and others from being contaminated with the coronavirus.



## What should we do if someone manifests symptoms of COVID-19?

If people have symptoms of cough, sore throat, body aches, shortness of breath, or a general feeling of discomfort, they should immediately isolate themselves from other people. They should not go out and should not be in direct contact with anyone else. They should call the appropriate health service in order to be tested for coronavirus.



If a person or a group of people has been in contact with someone who has tested positive for coronavirus, the person or the group of people will be quarantined and will no longer be able to move about freely. There will be a waiting period of 14 days in order to make sure they have not been infected with the virus.



If you feel sick and have any of the following symptoms:

- \* cough
- \* fever
- \* difficulty breathing
- \* body aches or
- \* a general feeling of discomfort,

please stay at home and call this toll-free number for any questions, reports of symptoms or emergencies related to COVID-19:

**1025**

This is a toll-free number for any questions, reports of symptoms, or emergencies related to COVID-19

Or call any of the following numbers:

**9001025**

**3411025**

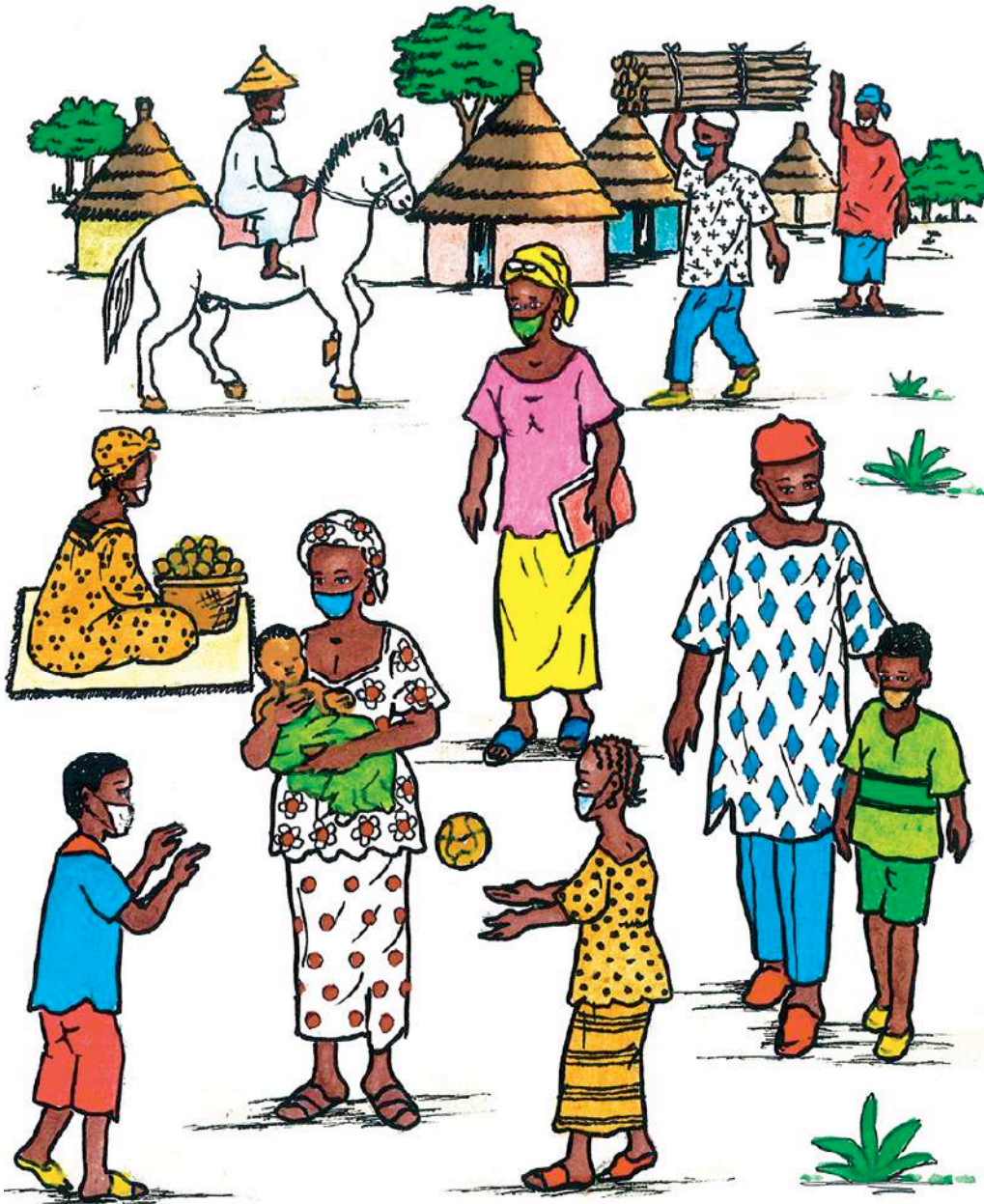
**6221025**

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It might be difficult to adopt many of the new behaviors required, but by doing so, we will be protecting ourselves, our families and everyone else from the COVID-19 illness.



Together we are making changes for the well-being of our families, communities and for the entire world.