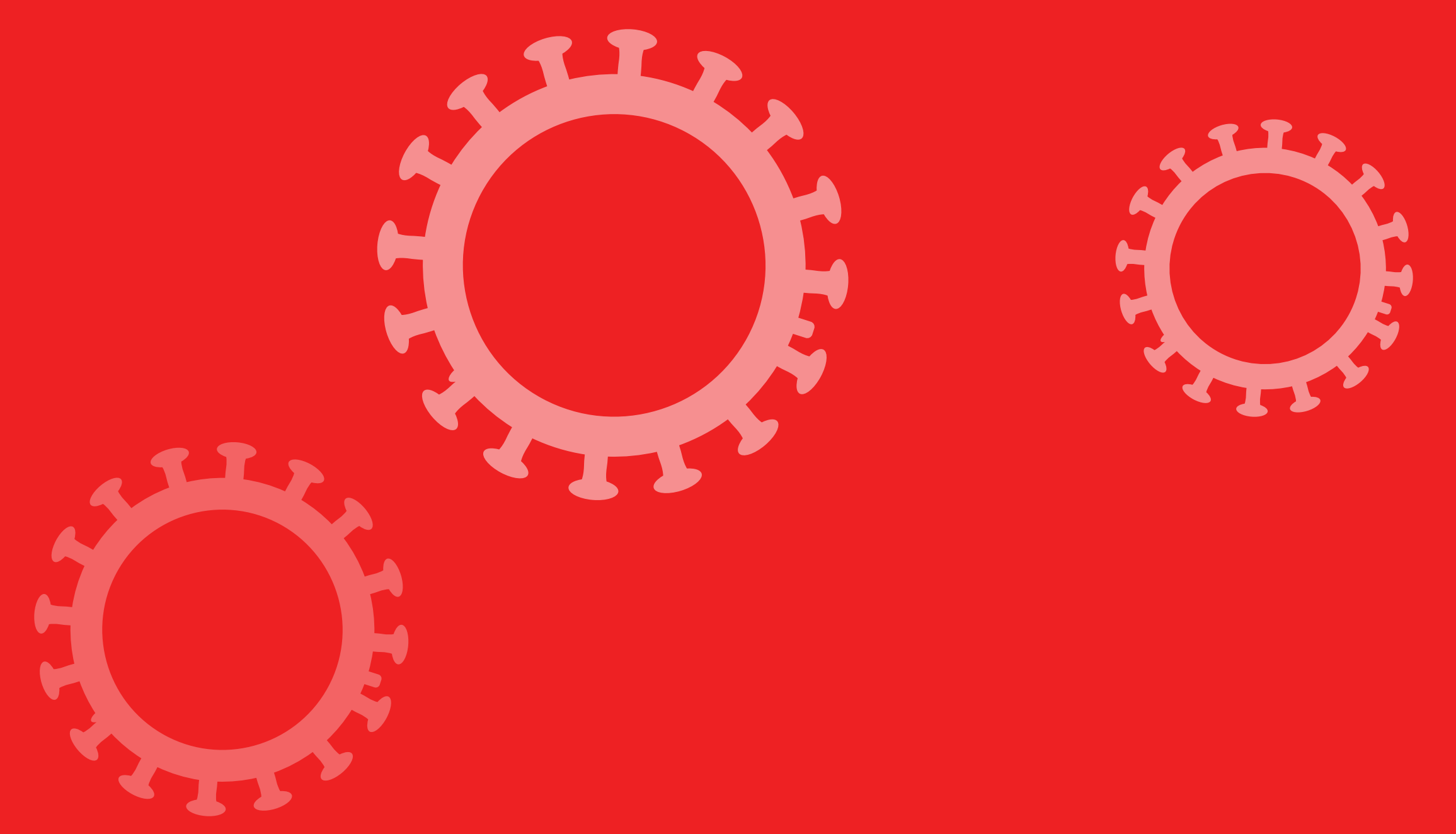


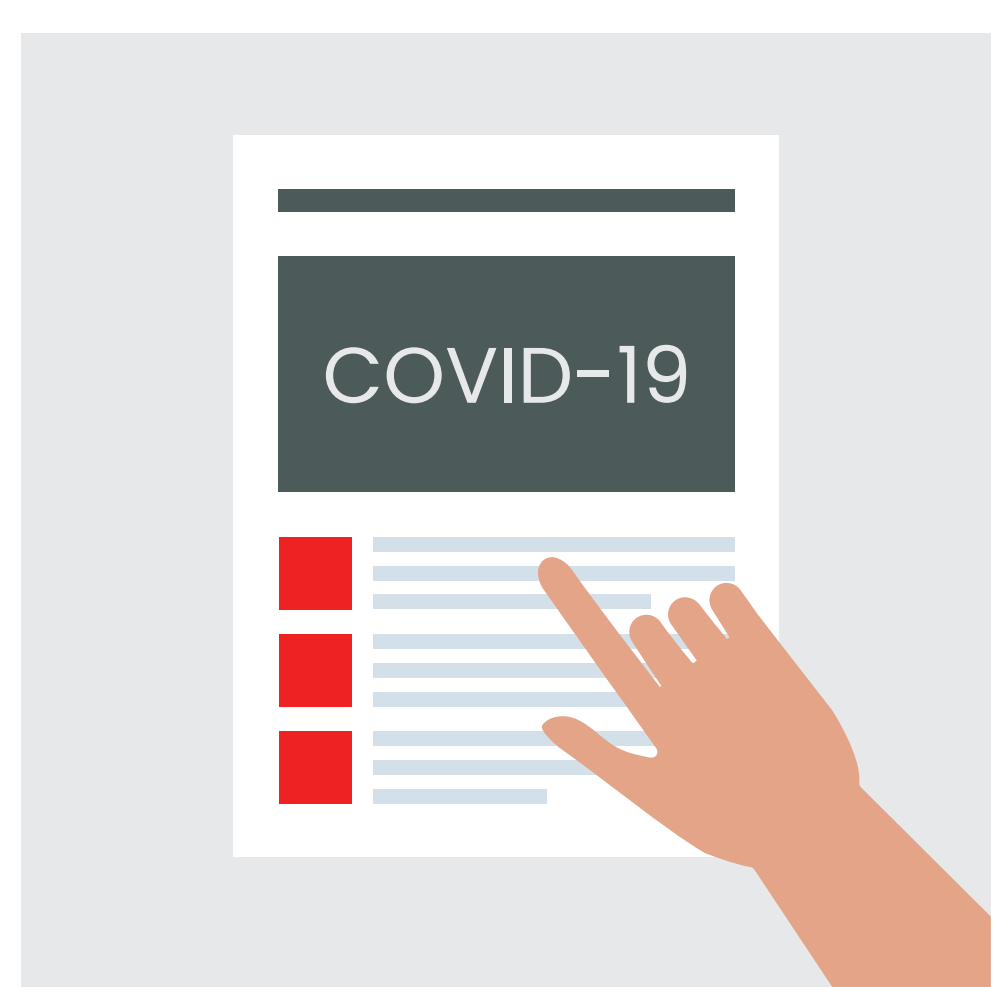
COVID-19

SAFETY ADVICE FOR STAFF



GENERAL SAFETY WORKING IN A CORONAVIRUS ENVIRONMENT

- Be aware of **your safety**, and of your **co-workers** and those you work with at all times;
- Follow standard safety precautions like **safe distancing (2m)**, **wearing masks**, **washing hands regularly and avoid crowded spaces**;
- Ensure you have enough **Personal Protective Equipment (PPE)** to avoid passing coronavirus from one person you interact with to another (change gloves after making physical contact with one person before touching another);
- Understand that people under stress or prolonged fear may not behave normally, **be prepared for unexpected behaviour**.



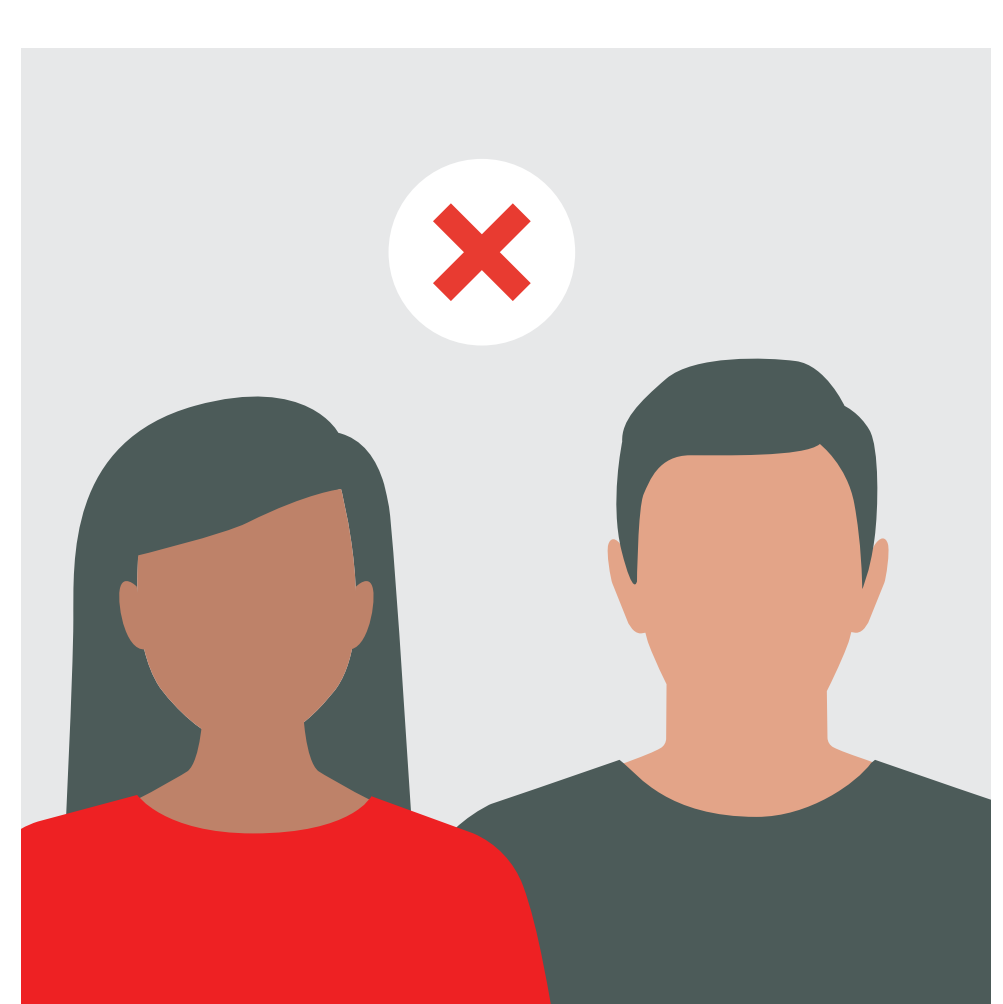
PROGRAMMING

- We are all eager to keep our current programs running and deliver new responses to those affected by coronavirus. But each activity should be carefully considered to ensure **duty of care for staff and do no harm for the communities we support**.
- Develop a **'buddy system'** with staff who can support and monitor each other for health and safety
- Be cautious of threats and **mistrust** of some organizations, especially those that are linked to international donors. You may need to rebuild acceptance in the community.
- Be aware that a full return to **'normal' programming may be a year or more away**. Ensure staff at all levels and the communities you engage with understand this.



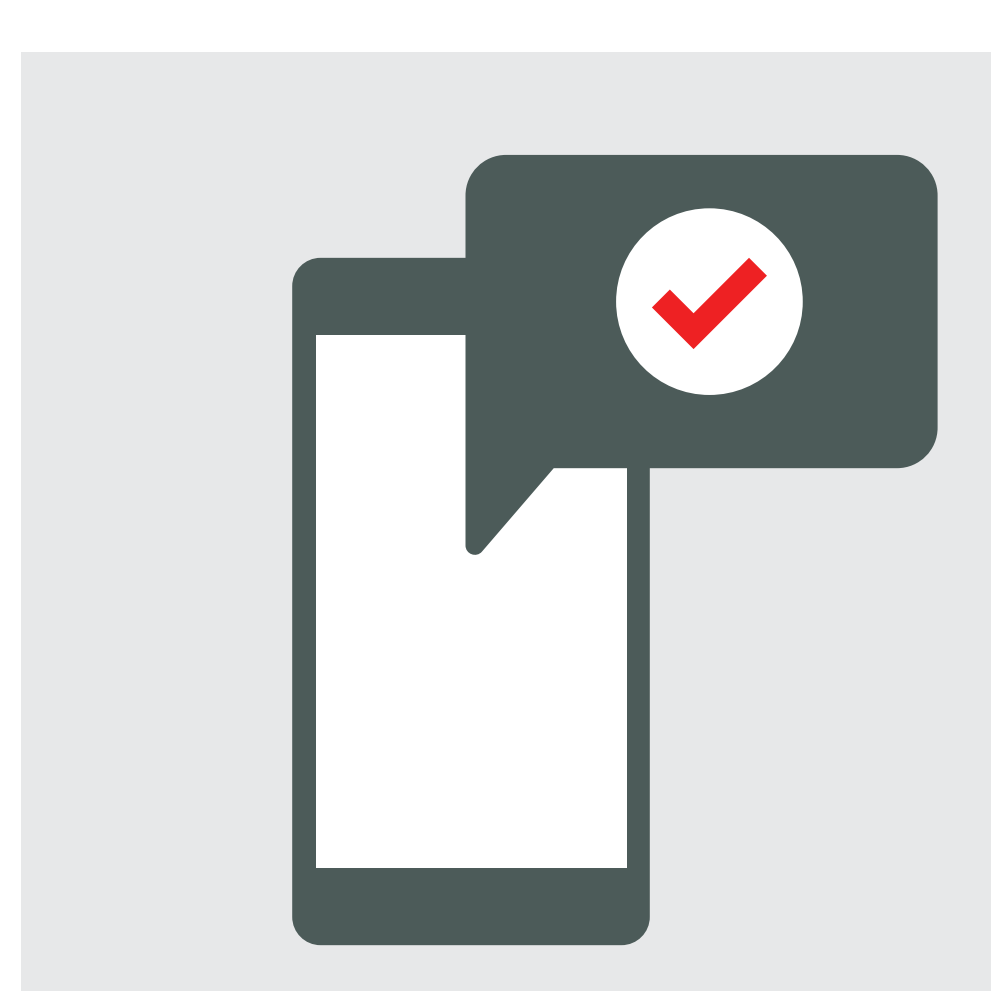
MENTAL HEALTH

- **All of us are under stress**. In ourselves, in our families and in our communities. Working with communities hard hit by the pandemic will add additional stress.
- Monitor your own stress levels and find healthy ways to manage this like proper rest periods, exercise, manageable work-loads and healthy food.
- Use the **'buddy system'** to agree to watch each other for signs of excessive stress or other health issue.
- Understand and take training on **Psychological First Aid (PFA)** as this can help you deal with family, friends or community members who may have suffered a tragedy.



GENDER SAFETY

- All genders experience risk differently. During the pandemic, men, women and LGBTI will all experience heightened risk levels.
- **Women can be significantly affected** by domestic abuse while forced to remain in the home with an abuser.
- Women are also often primary caregivers and are much more likely to be exposed to sick family members who may have CoVid-19.
- All genders are advised to make smart choices to protect themselves, their children and their health and safety during this time.
- Reach out for help and support if you feel threatened or are suffering abuse.



FINDING INFORMATION YOU CAN TRUST

- In times of stress and crisis people often do come together in mutual support but there are always those who attempt to use the situation to their advantage or drive political, religious or ideological agendas.
- **Seek out good sources of information** that you feel you can trust
- Multiple, reliable sources with the same information are always preferable.
- **Be cautious around any superstitions or local 'miracle' cures** promoted in your area.
- **Avoid rumours** or agenda-driven media in making good choices about your own health and safety and in your programming work