**KIKOP Care Group**

Coronavirus Field Practices & Safety Guide

Preparing for the Group Meeting and/or Home Visit

* If you or another member of your household **is experiencing mild symptoms or feels unwell, stay home!** (mild symptoms include coughing, sneezing or runny nose, fever, head and body aches)**.**
  + Call your facilitator or another facilitator to see if they can cover the training for you. If no one is able to cover the training, alert the mothers that the meeting is canceled.
  + For home visits, call the mother instead of visiting.
* **Pack soap** or hand sanitizer to take with you
* Pack counseling cards and educational materials on coronavirus

Conducting the Home Visit and Group Meeting

* Greet **without touching.** 
  + **Don’t shake hands. Don’t elbow bump**
* **Wash hands with soap** upon arrival and demonstrate proper handwashing.
* Bring soap to every home visit and group meeting
* While talking **maintain 1-2 meters of distance** from all participants
* Explain why you are keeping your distance and promoting safe greeting.
* Meet outside if able. If not, look for the space with the most air flow
* Avoid touching surfaces with your hands
* If you cough and sneeze, do so into your elbow or a tissue and throw it in the trash immediately. Wash your hands after discarding the tissue.
* Wash hands after the visit or meeting

Specific to Care Group and Neighbor Group meetings:

* Advise mothers to leave kids at home and to not bring them to group meetings. If mothers are unable to leave children at home, wash child’s hands before lesson and break into smaller groups as needed
* Limit participants to 10. Conduct two meetings as needed to maintain small groups
* Conduct meetings outside and sit 1-2 meters way from one another
* Encourage participants not to touch or hug one another
* Instead of passing around images, facilitator should walk slowly around the circle so each mother can see the images. If images must be passed around, sanitize as able.

Things to emphasize during Home Visit

Cover the lesson as planned, and include the following:

* The importance of **handwashing with soap** throughout the day. If a family does not have a handwashing station with soap, offer to help them build one using materials they already have in the home.
* The importance of washing hands for 20 seconds in order to adequately kill the virus (participants can sing “happy birthday” song to themselves as way to count the 20 seconds).
* The importance of **social distancing (1-2 meters)** – and being around as few people as possible.
* Avoiding crowds, travel and public transport when able.
* Sanitizing surfaces in the home. All surfaces can hold the coronavirus for up to 3 days, including cardboard, food products, and door handles.
* Address any rumors or myths
* Encourage participants not to discriminate against those with the Coronavirus
* Be sure to allow time for mutual emotional support. Recognize that people may be stressed and afraid.
* Listen carefully and respond to questions and concerns.
* Discuss barriers to the behaviors being promoted, and to ask for a commitment to practice the behaviors.
* **Collect cell phone number** from the mother and provide her with your cell phone number

If there is someone who is sick in the household, explain to this person that they should

* **Stay home and self-isolate** (unless they need to go to hospital – see table below)
  + Sleep in a separate room if possible
  + Wipe all areas that sick person uses or touches with soap and water (this includes tables, chairs, dishes, etc.)
  + If sick person not able to self-isolate, entire family should isolate themselves from the rest of the community for 14 days
* **Avoid contact** with other people in the home and prohibit visitors to the home
* Avoid sharing utensils like plate or cup.
* Avoid preparing food
* Cough and sneeze into your elbow or a tissue and throw it in the trash immediately. Wash your hands after discarding the tissue.
* **Wash hands with soap and water often**
* Drink plenty of water and eat nutritious foods like fruits and vegetables.

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| Go to the health facility for treatment immediately | Stay home and treat with cold/flu and pain medicine |
| * Difficulty breathing or shortness of breath * persistent pain or pressure in chest * New confusion or inability to arouse * Bluish lips * Unbearable symptoms | * Mild flu-like symptoms * Cough * Sneezing or runny nose * Fever * Headache |

**Resources:**

Phone numbers for MOH-DDSR hotlines – Read numbers to women to put in their phones or give to them on slips of paper.

* Kisii County MOH Hotlines
  + 0711 179 794
  + 0724 981 929
  + 0725 994 002
  + 0702 296 848
* Ambulance Number
  + 0711 719 794