

# **REPORT OF KARSHI COMMUNITY WOMEN GROUPS ON “COVID 19 AWARENESS, PREVENTION AND RESPONSE” HELD IN DECEMBER, 2020 AND FEBRUARY, 2021**

## **1. Executive Summary**

The Corona Virus pandemic has rapidly spread across states in various communities creating fear that if not halted, it may overwhelm the already weak health care system. The Government took measures to help curb the spread and imposed a lockdown and the compulsory use of face mask, maintaining of social and physical distance as well as frequent hand washing. Public gatherings and facilities were shut down except for essential service providers which had to follow some strict protocols and attend to only twenty persons at a time. These and other measures helped to minimize the spread and the number of new infections started to drop.

Many speculations and false news particularly on social media influenced some persons to disregard the Governments instruction or not take them seriously to the extent that some believed the corona virus disease (COVID-19) case were a mere hoax. The ENDSARS protest saw many young people flouting the no large gathering directive and many failed to wear their mask or wash their hands regularly anymore. Shortly after, the second wave which had been predicted started to rise in Europe and other places. Lagos started to record new cases as well as the FCT and other States. Therefore with the resurgent of the COVID-19 in many other in the FCT and gradual increase in the number of new cases in Nigeria, Universal Disaster Recovery Foundation (U-DIREF) thought it necessary to increase awareness women communities in Local communities through aggressive sensitization on COVID-19 prevention and response. The training is aimed at building the resilience of women Communities through improved knowledge on what the virus is, its mode of transmission and preventive measures to be taken to achieve this.

U-DIREF after leveraging from the support of King Abdullah Bin AbdulAziz International Centre for Inter-religious and Intercultural Dialogue (KAICIID) to train 100 community leaders on the fight against the COVID-19 in Karshi saw the need to cascade the sensitization downward using some of the beneficiaries of the five-day training workshop which was dubbed “Building Community Resilience Against COVID-19”, to focus on women who are mostly neglected in such public trainings.

**2. Target Beneficiaries:** 5 Christian and Moslem women groups, targeting 150 Women

## **3. OBJECTIVES OF THE TRAINING**

- a) To improve the awareness and knowledge of Women on the management of the outbreak of COVID-19 and related diseases of public health concern.
- b) To share experience and best practices in containment of COVID-19 outbreak
- c) To alert the participants on the importance of real time response to any disease outbreak
- d) To strengthen collaboration among religious groups within the community to fight any disease outbreak and other religious/ethnic divisive issues.

## **4. DESIRED OUTCOME**

- a) Adequate information to different women groups on the impact of COVID-19, prevention and response.
- b) Foster unity amongst the different women religious and traditional groups
- c) Encourage inter religious and ethnic harmony amongst women in the community.

## **5. Sensitization guidelines:**

- Basic Facts about COVID-19
- Basic Strategies on Prevention of COVID-19

- Fact and Rumours about COVID-19
- Risk Reduction while carrying out their work,
- Stigma Reduction for COVID-19
- Basic Fact About Hand washing
- Hand washing as a strategies for the prevention of COVID-19 and Hygiene Promotion
- Process for Waste Disposal of Materials after used such as face mask, hand gloves and disposable sanitary tissues.

## **6. Methodology**

- a. Discussions, Question and Answers
- b. Brainstorming, Role Play, Demonstration & Discussions
- c. Story Telling, Experience sharing and discussions
- d. Flip chat Board
- e. Handout manual on COVID-19

## **7. Training and Knowledge sharing**

The facilitator discussed the various COVID-19 basic structure, brief history of the previous Corona Virus Disease (COVID-19) outbreaks, COVID-19 transmission cycle, sources, routes of entry into human and incubation period.

The participants were thought about various basic strategies for Prevention of covid 19 this was done by practical demonstrations of the basic techniques for prevention and transmission of the virus and pictures from the training manual. The participants asked various questions on prevention and transmission of the virus including from Animal to human via-vis, described the basic preventive measures (hand washing, respiratory hygiene, and social distancing)

The facilitator asked the participants about the fact and rumors of COVID-19 which several stories were said by the participants about the virus, the facilitators discussed the various myths and misconceptions about COVID-19, the source of accurate information about COVID-19 and understanding rumours, the importance of addressing rumours and encouraging community members not to be victims of them.

Risk Reduction while carrying out their work, the participants were thought on knowing the risks of transmission of the virus to themselves and others, know how to limit transmission of COVID-19 during the conduct of their work, understanding the importance of protecting themselves and others from contracting the disease.

The facilitator asked the participants how the disease is transmitted, why are people told not to shake hands during this COVID-19 Pandemic? Remind them of how the virus is transmitted through hands and explain alternatives to handshaking from the poster and demonstrate physically for the participant to see and practice the various ways.

Maintaining physical distance, the facilitators explain the rational of the distance the droplets can get to from someone coughing and why keeping physical distance important, the minimum distance between two persons in order to reduce the likelihood of the other person getting infected through cough or sneezing. A distance of at least 2 meters or 6 feet ( 2 arm's length) Social distance, avoid crowded places during this COVID -19 pandemic, people are advised to avoid crowded places and places where people congregate as crowding will reduce distances between persons and increase the risk of transmission. The facilitator explain that was the reasons School are closed, Weddings, parties and ceremonies are banned, Churches and Mosques are not open and Markets are closed.

The facilitator discussed the various ways of Hand hygiene so as to reduce transmission of the disease through our hands by avoiding touching your face with your hands, wash hands regularly with soap and running water or when not feasible use hand sanitizer. The facilitator, demonstrate the correct technique of hand washing and asked the participants to practice the correct techniques. Hand washing Strategies on prevention of COVID-19 and Hygiene Promotion was well demonstrated by both the facilitator and participants

The facilitators demonstrate the correct process for waste disposal of materials after used Face Mask, Hand gloves. How to wear or donn, use, take off of doff them and how to dispose face masks: he explained that a mask should only be used by health workers, persons caring for COVID-19 patients, and individuals with respiratory symptoms, such as fever and cough. Ensure hand hygiene before and after putting on a mask.

#### **8. The participants will be able to:**

- Sensitize members of their communities on COVID – 19
- Dispel COVID-19 related rumors and misconceptions
- Demonstrate to community members appropriate COVID – 19 preventive protocols
- Model appropriate COVID – 19 preventive behaviours
- Imbibe practices that reduce risk of transmission of COVID -19 at their workplaces and the services they provide
- Document and report activities carried out in their communities for appropriate response.

#### **9. Participants Expectations**

- ✚ What is sensitization all about
- ✚ What the difference between the first and second wave of COVID-19 is.
- ✚ Whether the prevention of the first COVID-19 is different from that of the second wave
- ✚ How do know the symptoms of the second strain of COVID-19
- ✚ Still want to know if Corona is actually real or not
- ✚ How to know and differentiate between Corona symptoms and other related symptoms
- ✚ How then is the second wave of COVID-19 transmitted / prevented?
- ✚ Is COVID-19 Curable through vaccination
- ✚ Should we accept to be vaccinated

#### **9. Recommendations**

The sensitization was a success however the real success lies in what the participants do with the knowledge acquired. It is strongly recommended that they pass on the information received to other community members especially members of their immediate families.

#### **10. Conclusion**

The participants in all the venues show high level of good understanding of the impact of COVID – 19 and how through hand washing, use of face masks and social or physical distancing they can avoid being infected by the virus. They also understood that by regular hand washing and wearing of face masks they are not avoiding being infected by Corona virus alone but other diseases which they might pick through touching or inhaling. The need of strict compliance to covid-19 protocol to avert the wrath of the law which now impose a fine and prison terms for defaulters.

**11. Pictures:**



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