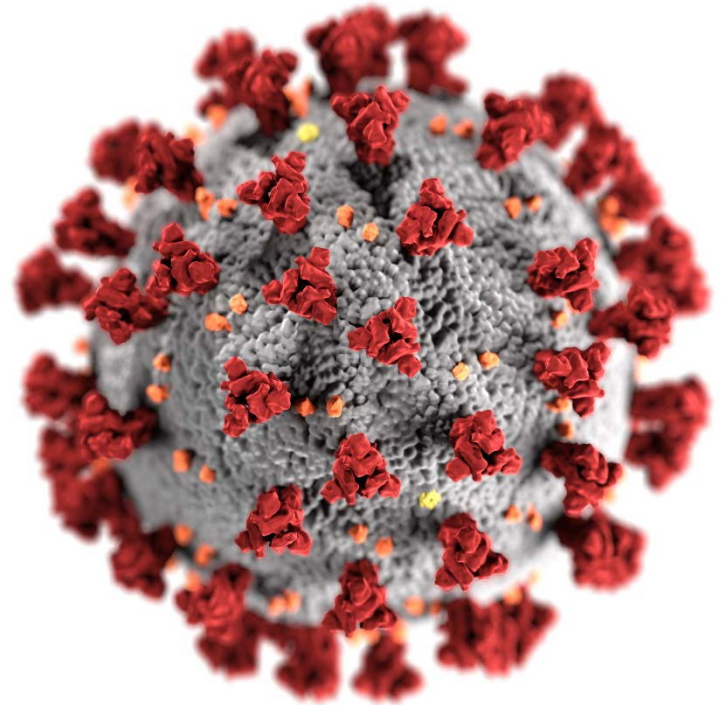


Coronavirus Disease 2019 (COVID-19) for Global Faith and Community Leaders



cdc.gov/coronavirus

www.cdc.gov/coronavirus/2019-ncov/global-covid-19

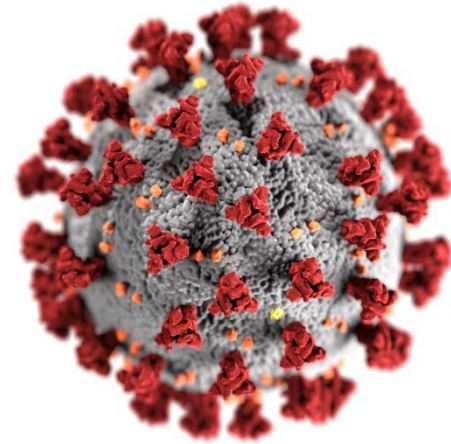
STEP ONE:

**Know the facts to help you and your
community stay safe!**



What is COVID-19?

- COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans
- A novel coronavirus is a new coronavirus that has not been previously identified.
- The virus causing coronavirus disease 2019 (COVID-19), is not the same as the [coronaviruses that commonly circulate among humans](#) and cause mild illness, like the common cold



COVID-19: How it spreads

- The virus is thought to spread mainly from person to person.
 - Between people who are in close contact with one another (within 2 meters)
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some people who are not showing symptoms may be able to spread COVID-19.



Symptoms of COVID-19

Symptoms of COVID-19 may include

- Fever
- Cough
- Shortness of breath
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell



It can take anywhere from 2 to 14 days for symptoms to appear.

Potential Complications of COVID-19

- COVID-19 can range from a mild to severe illness.
- Severe cases of COVID-19 may lead to complications such as pneumonia.
- COVID-19 can lead to death among people who experience severe illness and complications.



People at high risk of severe illness from COVID-19

People of all ages with underlying medical conditions, particularly if not well controlled, including people who have:

- Chronic lung disease or moderate to severe asthma
- Serious heart conditions
- Weakened immune system
- Severe obesity (body mass index [BMI] of 40 or higher)
- Diabetes
- Chronic kidney disease and are undergoing dialysis
- Liver disease



STEP TWO:

Use your voice to change the course of COVID-19, by using on-line, digital, virtual, radio and other media options to reach congregations and communities with important prevention messages



Maintain social distancing which means physical distancing, to help prevent COVID-19

- Keep space between yourself and others
- This can include:
 - **Personal protective measures**
 - Stay at least 2 meters away from people in public
 - Stay home if you have been exposed to someone with COVID-19
 - Stay home if you feel sick
 - **Community measures**
 - Postpone or cancel gatherings
 - Dismiss schools, child care
 - Encourage people to work from home, if possible



Share Messages on How to Prevent COVID-19

Maintain social distance and be sure to wash your hands; sacred writings can be used to support prevention messages for faith communities

- Wash your hands often with soap and water for at least 20 seconds.
 - If soap and water are not available, you can use an alcohol-based hand rub with at least 60% alcohol
 - If neither are available, use a chlorine based solution (bleach and water)
- Do not touch your eyes, nose, and mouth with unwashed hands.

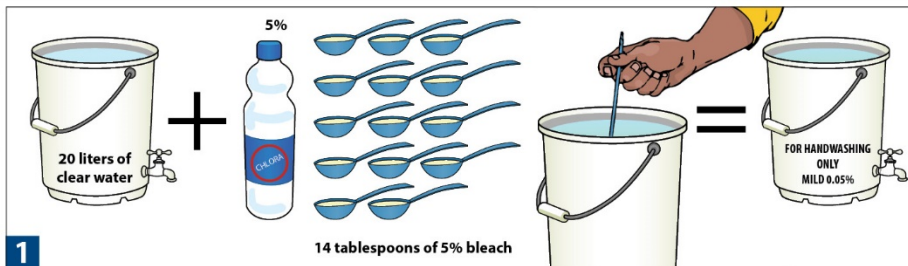


MAKE A HANDWASHING SOLUTION

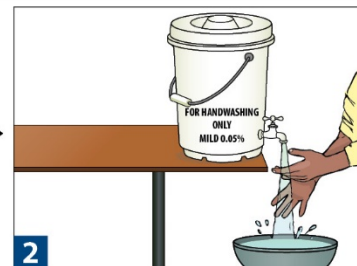
Remember, only use chlorine-based hand washing solutions when soap and water or alcohol-based hand rub are not available.

Making handwashing solution from 5% liquid bleach

Use the **MILD** chlorine water to wash hands.
Make new **MILD** chlorine water every day.



Mix 14 tablespoons of 5% bleach into 20 liters of clear water every day. Stir well.
Label plastic bucket for handwashing only / **MILD** 0.05%. Do not drink or use for cooking.



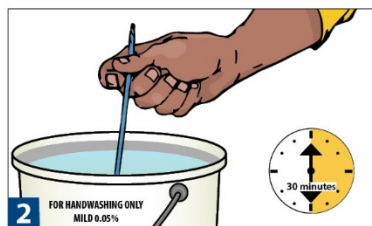
Make sure the bucket is covered. Use the **MILD** chlorine water to wash hands.

Making handwashing solution from HTH chlorine powder

Use the **MILD** chlorine water to wash hands.
Make new **MILD** chlorine water every day.



Mix 1 tablespoon of HTH chlorine powder into 20 liters of water every day. Stir well. Label plastic bucket for handwashing only / **MILD** 0.05%. Do not drink or use for cooking.



Stir well and wait 30 minutes.



Use the **MILD** chlorine water to wash hands.



Do NOT drink chlorine water.
Do NOT put chlorine water in mouth or eyes.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Educate the Community on how to Prevent COVID-19

Use on-line, virtual, digital, and media options to maintain connection and continue religious practices. They can also be used to educate congregations and communities on behaviors that help prevent COVID-19.

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneeze with a tissue, then throw it away.
- Wear a cloth face covering (double layer) in public settings, **especially** in areas of significant community-based transmission.
- Follow government guidance about avoiding mass gatherings, including faith-based religious services.

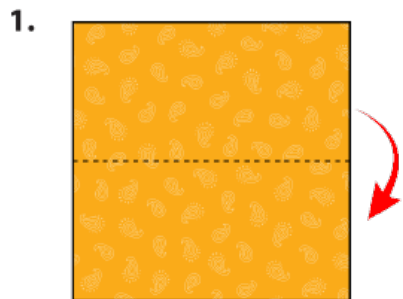


Know What Matters about Cloth Face Coverings

- CDC recommends wearing cloth face coverings in public settings.
- Cloth face coverings can help people who may have the virus and do not know it from spreading it to others.
- Cloth face coverings should:
 - Fit snugly but comfortably against face
 - Be secured with ties or ear loops
 - Include multiple layers of fabric
 - Allow for breathing without restriction
 - Be able to be washed and dried without damage or change to shape



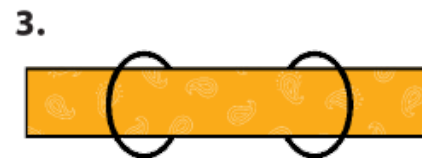
How to Make a No-Sew Cloth Face Covering



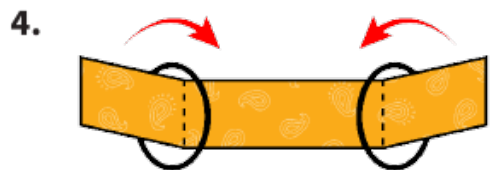
Fold bandana in half.



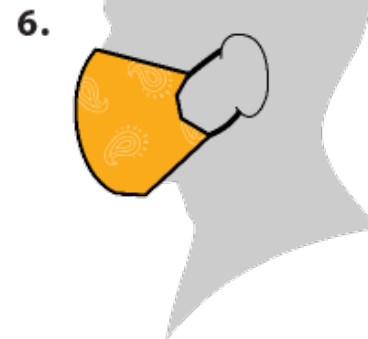
Fold top down. Fold bottom up.



Place rubber bands or hair ties about 6 inches apart.



Fold side to the middle and tuck.



Educate the Community on What People Should Do If They Have Symptoms of COVID-19

- Stay home and contact a healthcare provider if possible.
 - Most people recover at home without medical care.
- Monitor your symptoms and call a healthcare provider if you have trouble breathing.
- Stay away from people and in your own 'sick room' if possible.
 - Keep your distance and wear a cloth face covering if you must be around other people.
- Wash your hands often.
- Don't share personal household items.
- Clean and disinfect frequently touched objects and surfaces.
- There is no specific treatment and no vaccine yet, so doctors recommend rest and medicine for fever (like paracetamol).



Educate the Community About Stress and Coping

The outbreak may be stressful and cause strong emotions in adults and children.

Ways to cope with stress

- Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body.
- Make time to unwind. Try to do activities you enjoy.
- Connect with others. Talk with people you trust about concerns and how you are feeling.

Need help? Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

- Call a helpline if available
- Call a trusted friend, or a faith or community leader and ask for help



What You Should Do (Summary)



STEP THREE:

Raise your voice to change the course of violence and abuse of children in your community!



Increases in domestic violence reported in Wuhan, China are also occurring elsewhere around the world. The UN Secretary General reported a “horrifying global surge in domestic violence” linked to COVID-19, noting “for many women and girls, the threat looms largest where they should be safest. In their own homes.”

<https://www.un.org/sg/en/content/sg/statement/2020-04-05/secretary-generals-video-message-gender-based-violence-and-covid-19-scroll-down-for-french>

<https://www.sixthtone.com/news/1005253/domestic-violence-cases-surge-during-covid-19-epidemic>



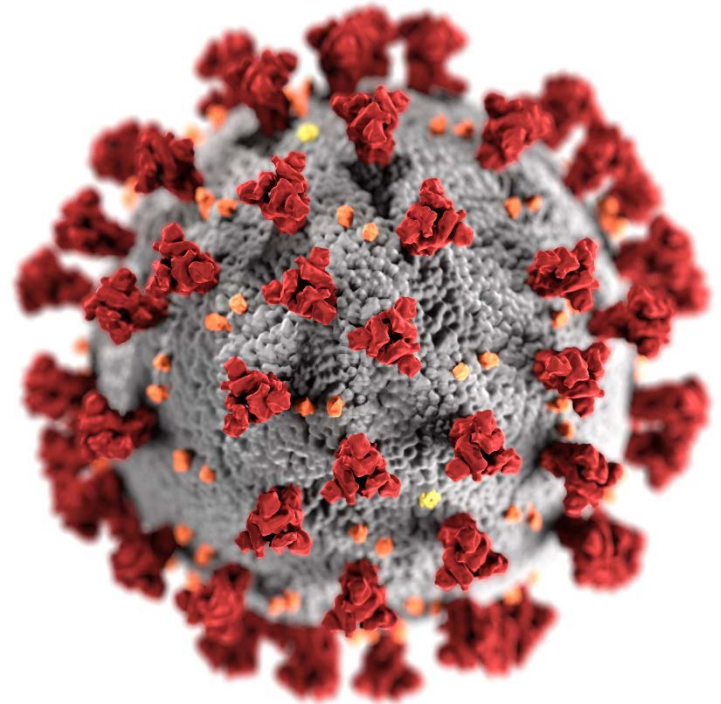
Faith and Community Leaders Can Use their Influence and Trust to Help Keep Children in their Communities Safe

- Advocate governments for child protection and gender-based violence services to be considered “essential” and remain open during lockdown
- Keep an updated list (e.g. contact information, opening hours) of all local Gender-Based Violence/Child Protection services and national Helplines that are functional and can provide assistance for children who are victims of abuse
- Stay in touch with families and children by phone, WhatsApp, and SMS during lockdowns, social distancing orders, etc., as isolation may make them more vulnerable to family conflict
- If someone needs help, refer them to appropriate services right away



Thank You!

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention



cdc.gov/coronavirus

www.cdc.gov/coronavirus/2019-ncov/global-covid-19