

Community Health Worker (CHWs) Training for COVID-19



Somalia, April 2020

Outline

- .COVID-19 Quiz**
- .Be first with the right info!**
- .Protecting my household**
- .Protecting my community**
- .Training caregivers on measuring MUAC at home**
- .Advising caregivers on malnutrition service changes**
- .When to wear a mask?**
- .COVID-19 and children, pregnant and lactating women**
- .Treatment for uncomplicated wasting at the community level**
- .Monitoring and reporting on wasting with the use of mobile technologies**

Quiz Time



How is the coronavirus disease (COVID-19) transmitted?

Respiratory droplets through coughing and sneezing

Touching surfaces contaminated with the virus and then touching your face

Both

Quiz Time



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Quiz Time



Can I catch the coronavirus disease (COVID-19) from animals?

Yes

No

Quiz Time



Can I catch the coronavirus disease (COVID-19) from animals?

Yes

No



Quiz Time



What are the best ways to protect yourself from catching the coronavirus disease (COVID-19)?

Wash hands frequently using soap and water or an alcohol-based hand rub

Avoid close contact with anyone who has cold or flu-like symptoms

Avoid touching your face

All of them

Quiz Time



What are the best ways to protect yourself from catching the coronavirus disease (COVID-19)?

Wash hands frequently using soap and water or an alcohol-based hand rub

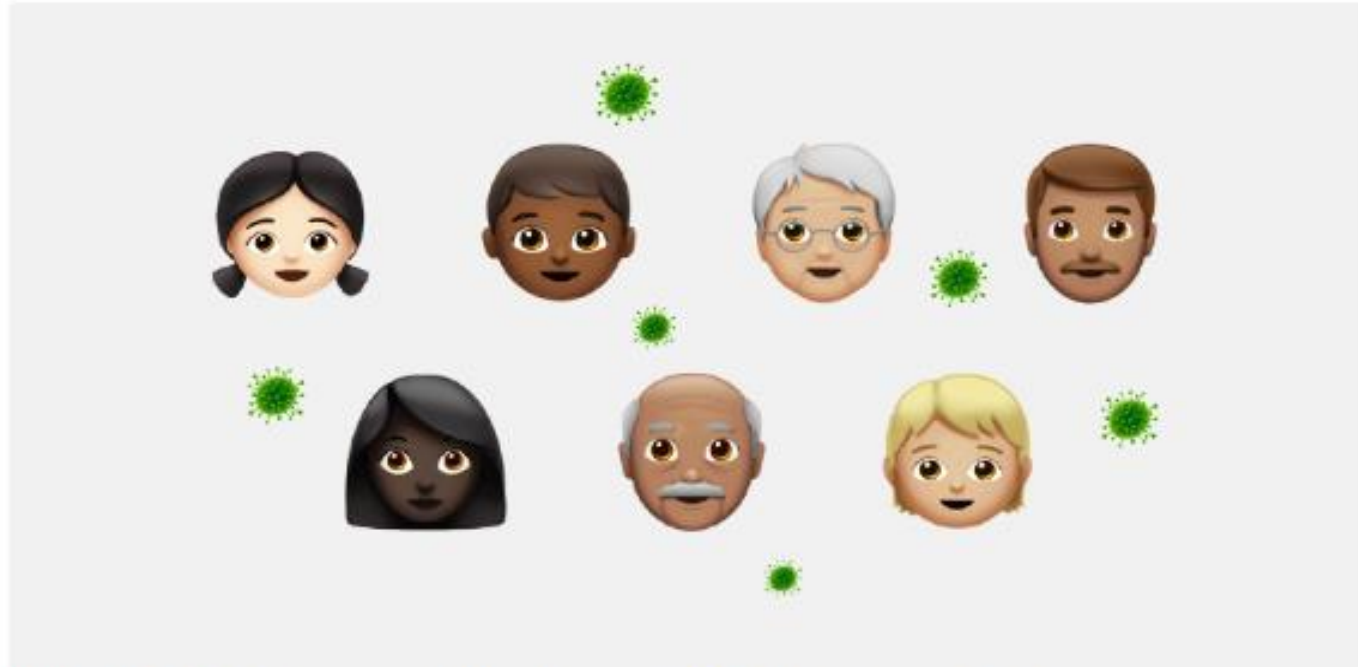
Avoid close contact with anyone who has cold or flu-like symptoms

Avoid touching your face

All of them



Quiz Time



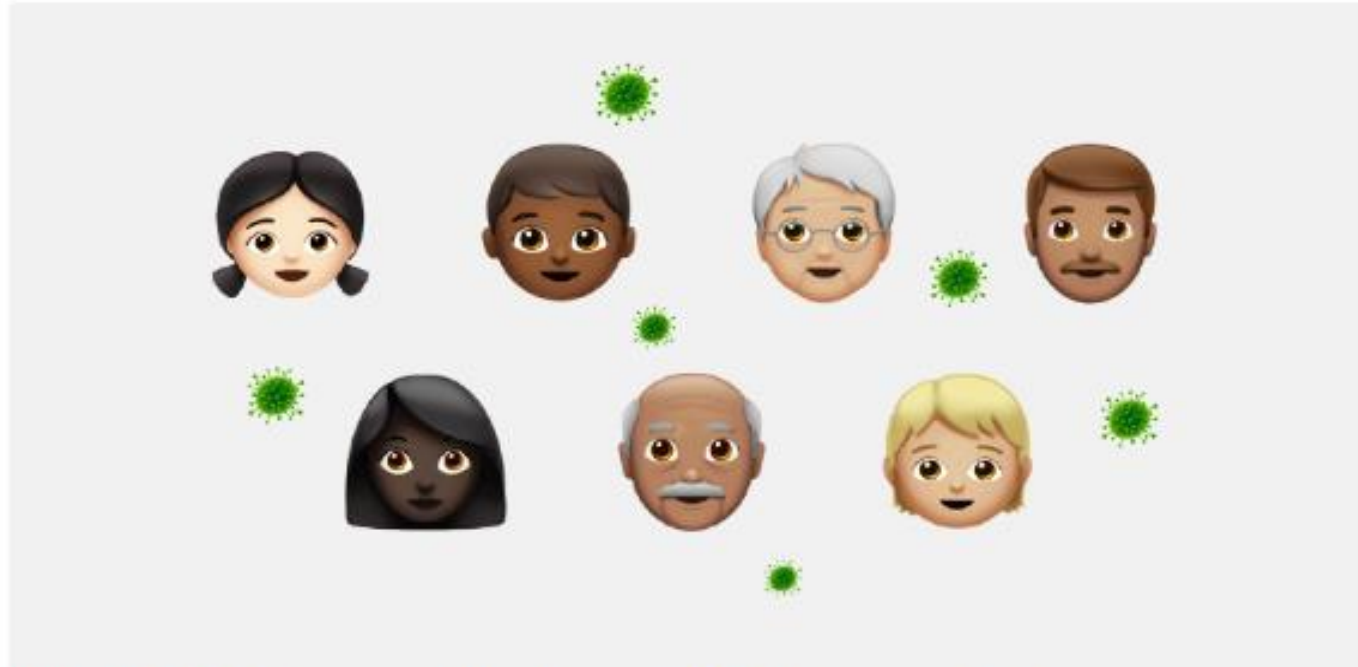
Who does the coronavirus disease (COVID-19) affect?

Older people

Younger people

Everyone

Quiz Time



Who does the coronavirus disease (COVID-19) affect?

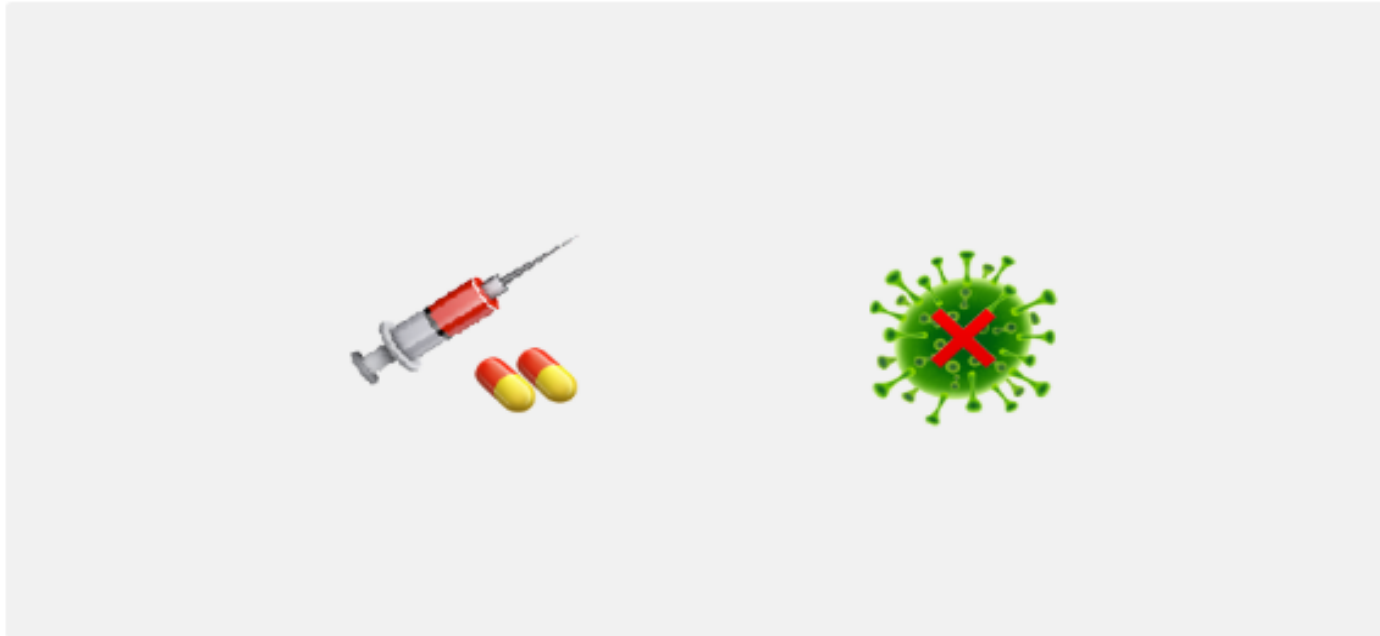
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Quiz Time

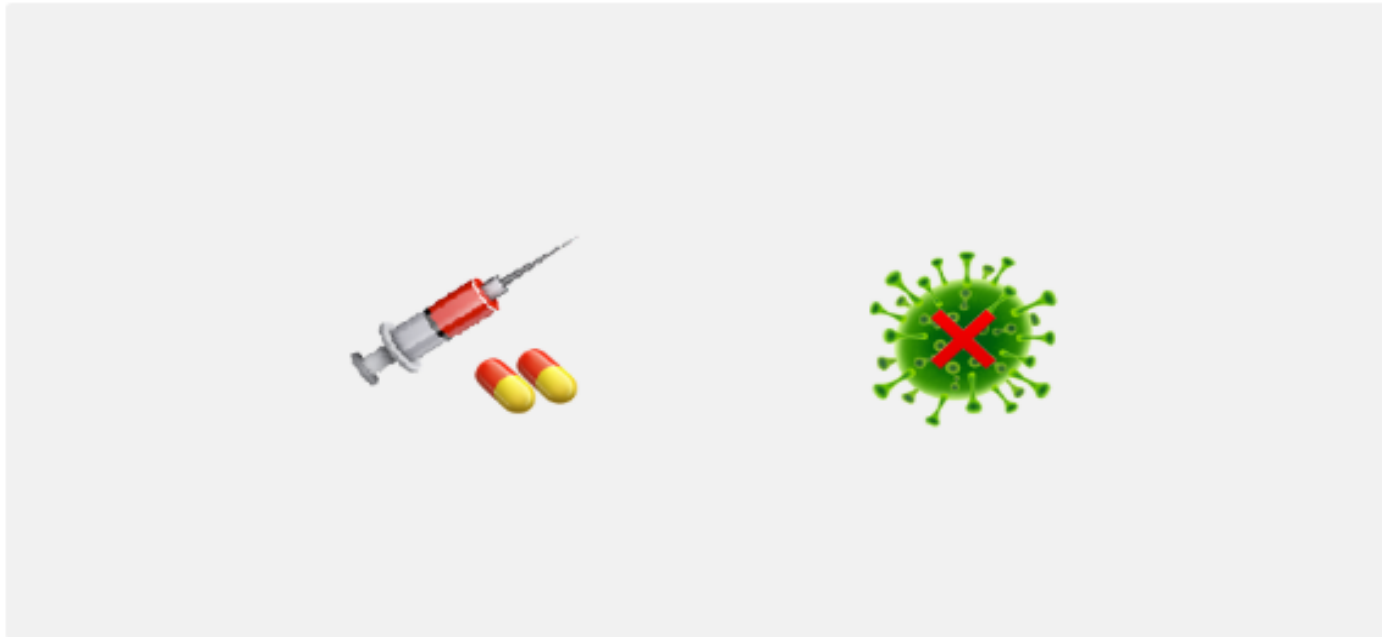


Is there a vaccine or a specific medicine to prevent or treat the coronavirus disease (COVID-19)?

Yes

No

Quiz Time



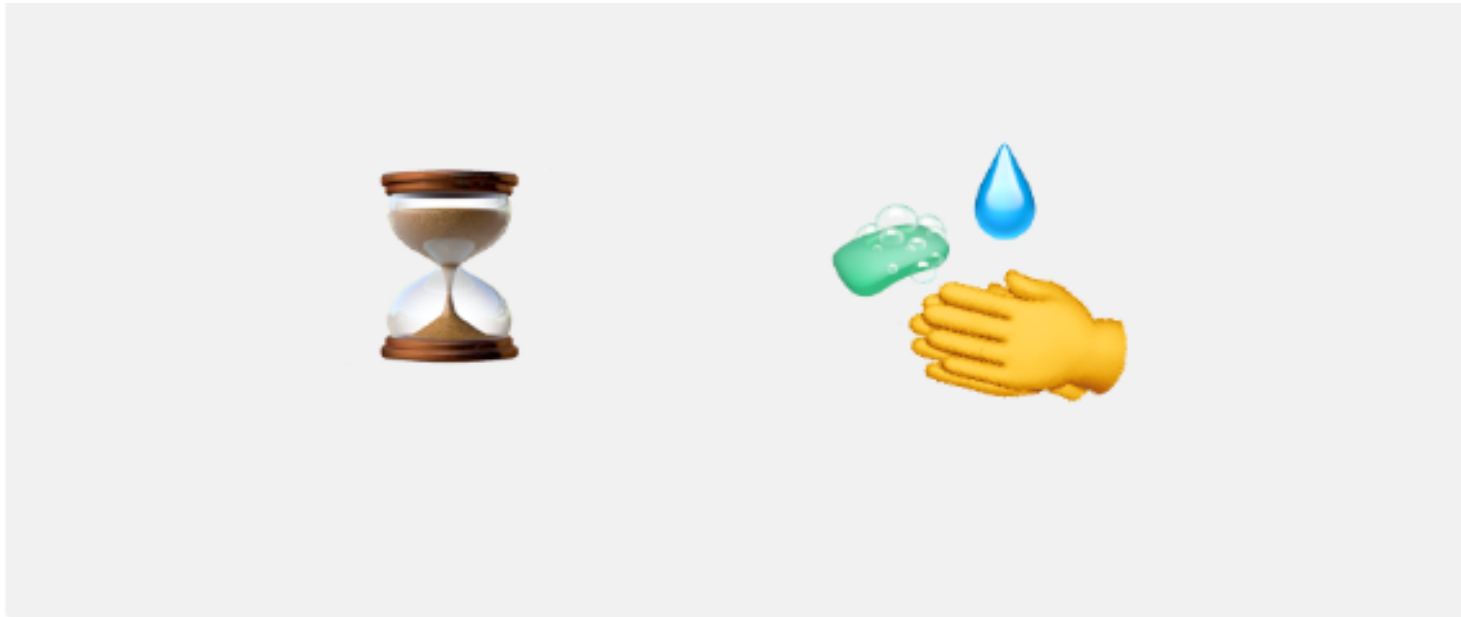
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Yes

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Quiz Time



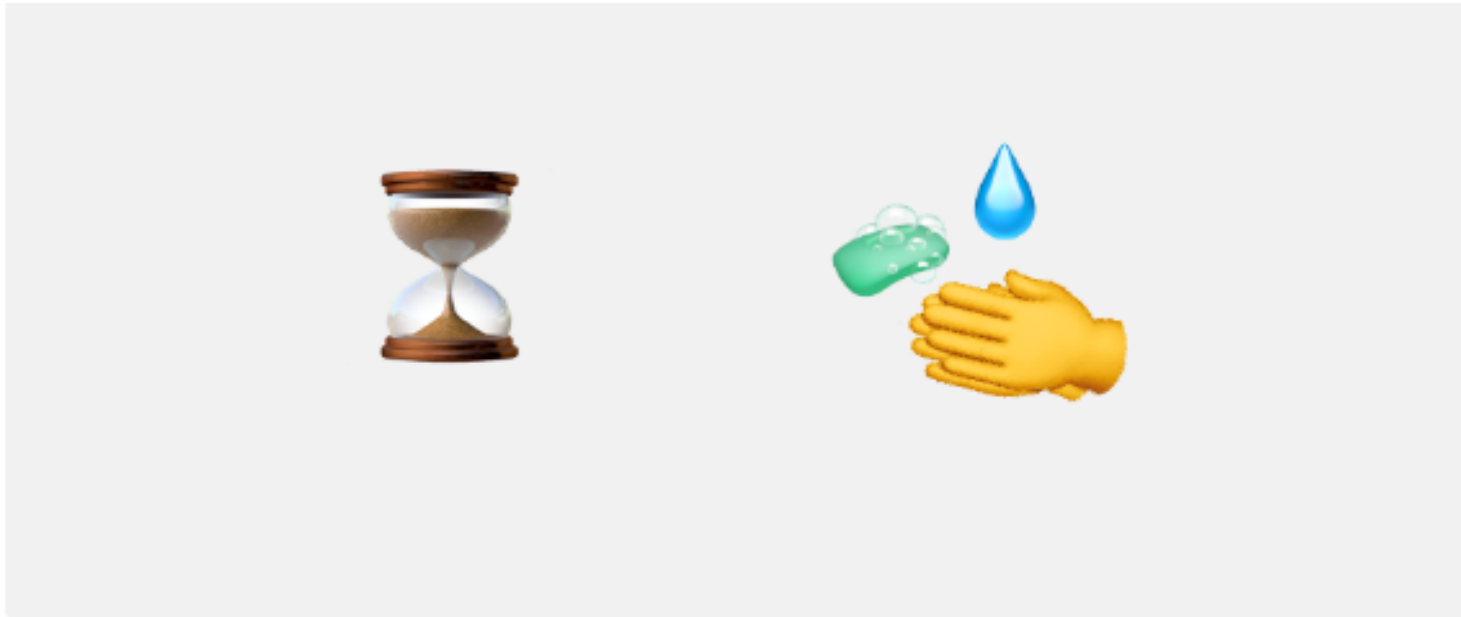
For how long should you wash your hands to kill the coronavirus disease (COVID-19)?

5 seconds

15 seconds

20 seconds

Quiz Time



For how long should you wash your hands to kill the coronavirus disease (COVID-19)?

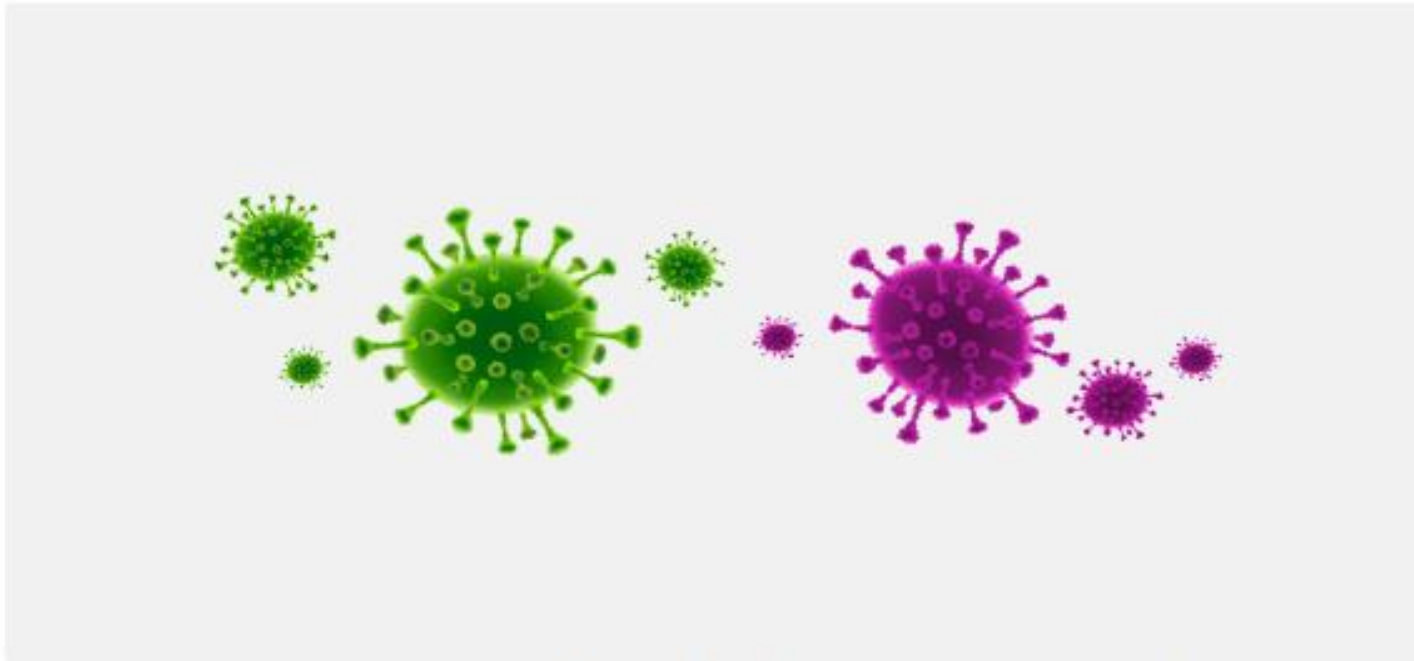
5 seconds

15 seconds

20 seconds



Quiz Time

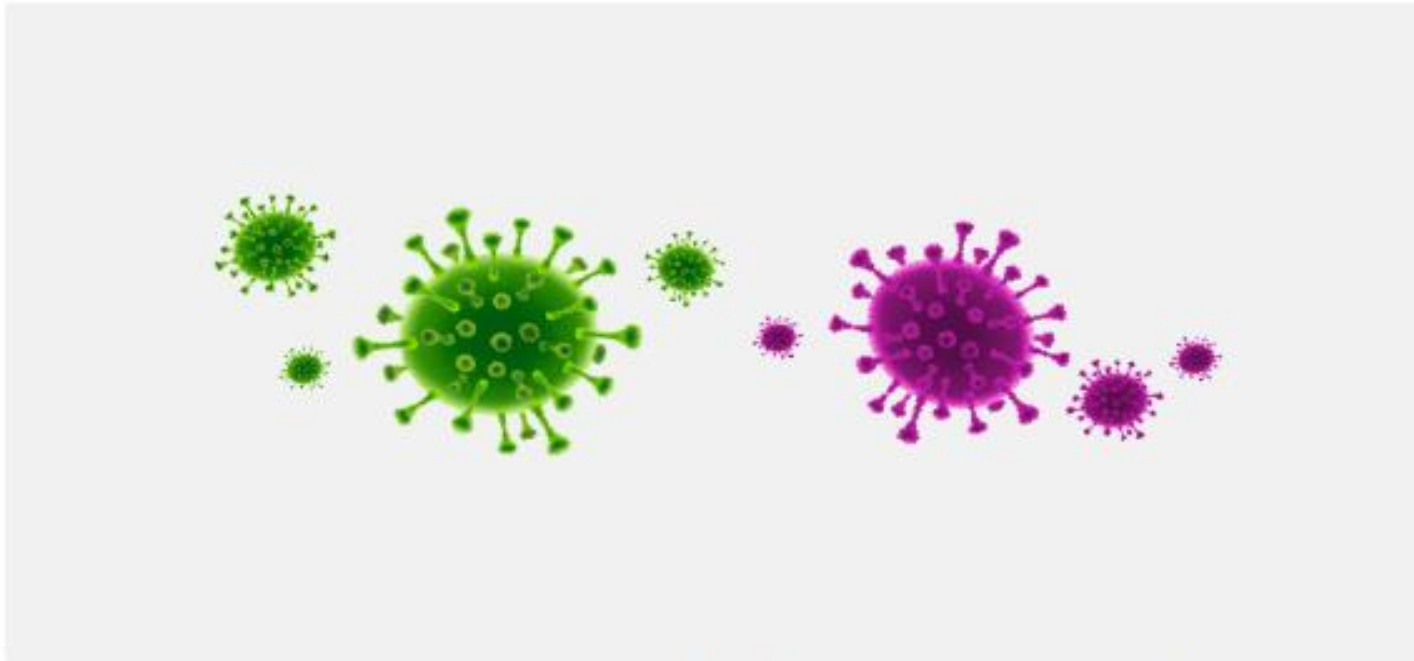


Is the coronavirus disease (COVID-19) the same as the flu?

Yes

No

Quiz Time



Is the coronavirus disease (COVID-19) the same as the flu?

Yes

No

Quiz Time

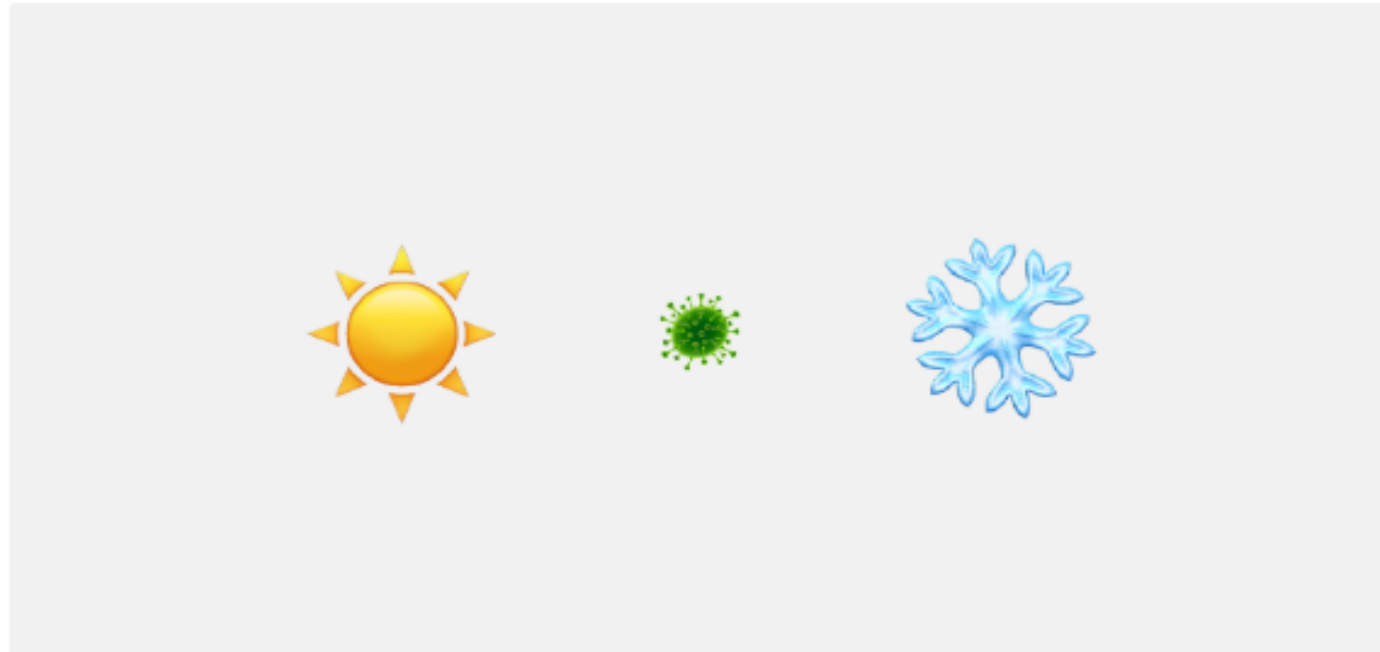


Can the coronavirus disease (COVID-19) be transmitted in both hot and cold temperatures?

Yes

No

Quiz Time



Can the coronavirus disease (COVID-19) be transmitted in both hot and cold temperatures?

Yes



No

Quiz Time



Can letters, products and packages be contaminated by the coronavirus (COVID-19) virus?

Yes

No

Quiz Time



Can letters, products and packages be contaminated by the coronavirus (COVID-19) virus?

Yes



No

Educated on COVID-19!



Be First with the Right Info!

Check the facts with health facility workers.

Know the facts.

Share them with your community.

If you know the facts, you can stop the myths!



Protecting my Household and Community

The four essentials for everyone

Wash your hands regularly with **soap** and **water**.



Cover your mouth and nose while **sneezing** or **coughing**.



Avoid close contact with anyone who has a cold or flu-like symptoms.



Seek Medical Care quickly If you or your child has difficulty in breathing



Gacmahaaga si joogta ah ugu dhaq **saabuun** iyo **biyo**.



Dabool afkaaga iyo sankaaqa marka aad **Hindhisooneyso** ama **qufacayso**.




Iska ilaali in aad ku dhawaato qof ay ka muuqdaan calaamadaha durayga ama hargabka.



DHAQSO U RAADSO DARYEEL CAAFIMAAD
HADDII ADIGA AMA ILMAHAAGU AY
DHEB KU TAHAY NEEFSASHADA



Sing a Song for Hand Hygiene

 Duration of the entire procedure: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.

When to Wash Hands?

- After visiting a public space, markets and places of worship
- After touching surfaces outside of the home, including money
- Before, during and after caring for a sick person
- Before and after eating and feeding children
- After using the toilet
- After handling garbage
- After touching animals
- After helping children use the toilet
- When your hands are visibly dirty

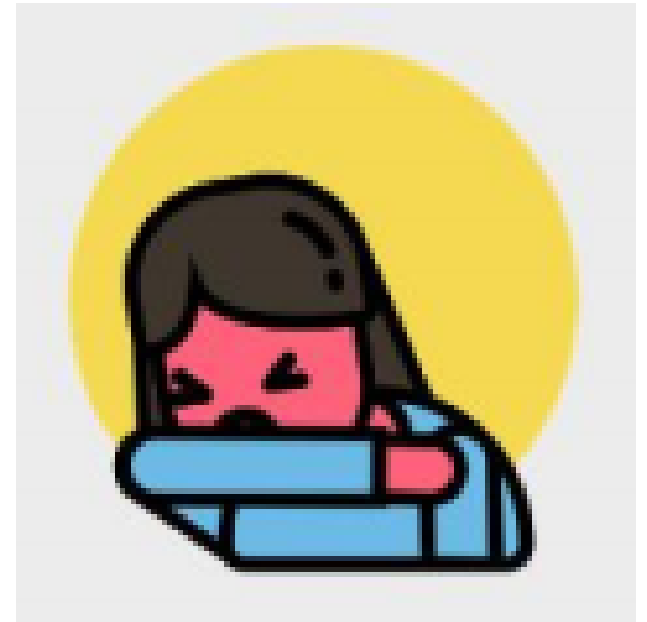


Coughing, Sneezing, Spitting, Touching your Face

Sneeze and cough into your elbow, this helps to stop droplets from spreading longer distances.

Try also to avoid spitting because this also spreads droplets that could transfer the virus.

Try to avoid touching your face.
Wash your hands after noticing you've touched your face to help keep your hands and face clean.



Can I still provide health care to my community ?

YES

- Avoid community gatherings and group education sessions
- See one caregiver/child at a time
- As much as possible **do not touch**, however look and listen carefully to the complaints
- Remind caregivers that they are still entitled to register complaints if they are unhappy with any of the services they receive.



Keep at least 1m apart (two big steps)

Protecting my Community

- Set a good example in your household.
- Show empathy and respect.
- Listen and build trust with your community.
- Encourage families to keep their home well ventilated.
- Reassure families who might be worried that there is a lot they can do to protect themselves and their loved ones.



Health promotion tips

- Conduct house to house visits using space outside the house
- Provide key messages on prevention of COVID-19
- Provide other relevant health messages as usual, maintaining physical distance



Screening and advising patients for COVID-19 in the community

Check for:



Cough



Fever



Difficulty in breathing

Register all patients

Mild Symptoms- Advice to patients

- Stay at home and self-treat symptoms
- Drink plenty of water
- Keep a safe distance from others if you can
- Frequently wash your hands
- Refer, if symptoms worsen (e.g. difficulty breathing)

Severe Symptoms- Advice to Patient

- Immediately refer to designated health facility
- Call the health facility in advance if you can

What about the management of malnutrition?

All the same hygiene rules apply!



Rub hands to create foam.

Rinse with clean water.

Air dry.

Keeping active in my community safely

Use the 'low/no touch' approach.

Train mothers to monitor their child's health and nutrition status with MUAC and oedema.

Continue 1-to-1 counselling, just keep at least **1 meter distance** and make your visit shorter (**15 minutes max**).

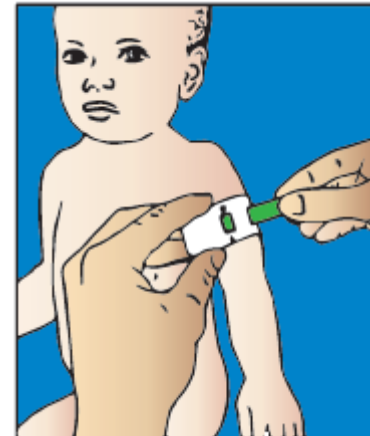
Communicate hygiene messages and COVID-19 awareness at every opportunity.



Train caregivers on measuring their child's MUAC

Measurement Steps for Parents

1. Slide the tape around either arm up to the midpoint between the shoulder and elbow.
2. With the arm hanging down relaxed at the side of the body, tighten the tape so it is held against the skin without pinching.
3. Read the colour to identify the nutritional status of your child.



Middle Upper Arm Circumference

Well-nourished child	Green MUAC
Moderate Malnutrition	Yellow MUAC
Severe Malnutrition	Red MUAC



Encourage pregnant and breastfeeding women to monitor their own MUAC and seek services when their MUAC measurement is <21cm

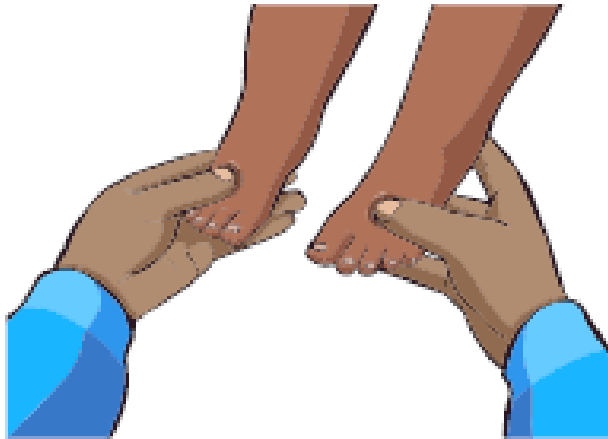


Remember to keep MUAC tape clean!

Remember that MUAC tapes need to be cleaned with soapy water and dried after measuring a child's arm, especially if the child or the caregiver has any symptoms of COVID-19.



Train caregivers on checking for oedema



1

Press your thumbs down on top of your child's feet for three seconds

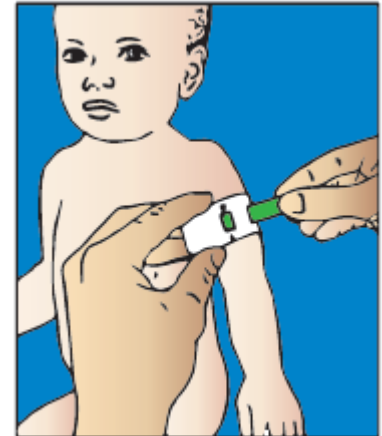


2

If there is still an imprint a few seconds after you have removed your thumbs, your child may have severe acute malnutrition so you should go to the health center as soon as possible.

Advising caregivers on malnutrition services changes

- **Continue to refer** children with SAM or MAM to the health facility for treatment.
- **Reduce the frequency of home follow-up** visits to once per month for children with uncomplicated SAM or MAM.
- Encourage caregivers to make **early referral** for all wasting, especially complicated wasting to inpatient care.
- Advise caregivers of the **increased number of outpatient days** per week.
- Alert caregivers that they will have to **sit far apart** from other children and caregivers in health facility.



When to wear a mask?

- If you have any symptoms (difficulty breathing, coughing, sneezing, fever) you should stop all CHW work and wear a mask to protect others.
- **The use of a mask alone is not enough to stop infections**
- Combine wearing a mask with frequent hand washing, sneezing and coughing into elbow, and avoiding close contact with anyone with cold or flu-like symptoms.



Making your own cloth face mask

Medical masks are scarce and should be used by health care workers only

Instead, cloth face masks can be worn to help slow virus spread:

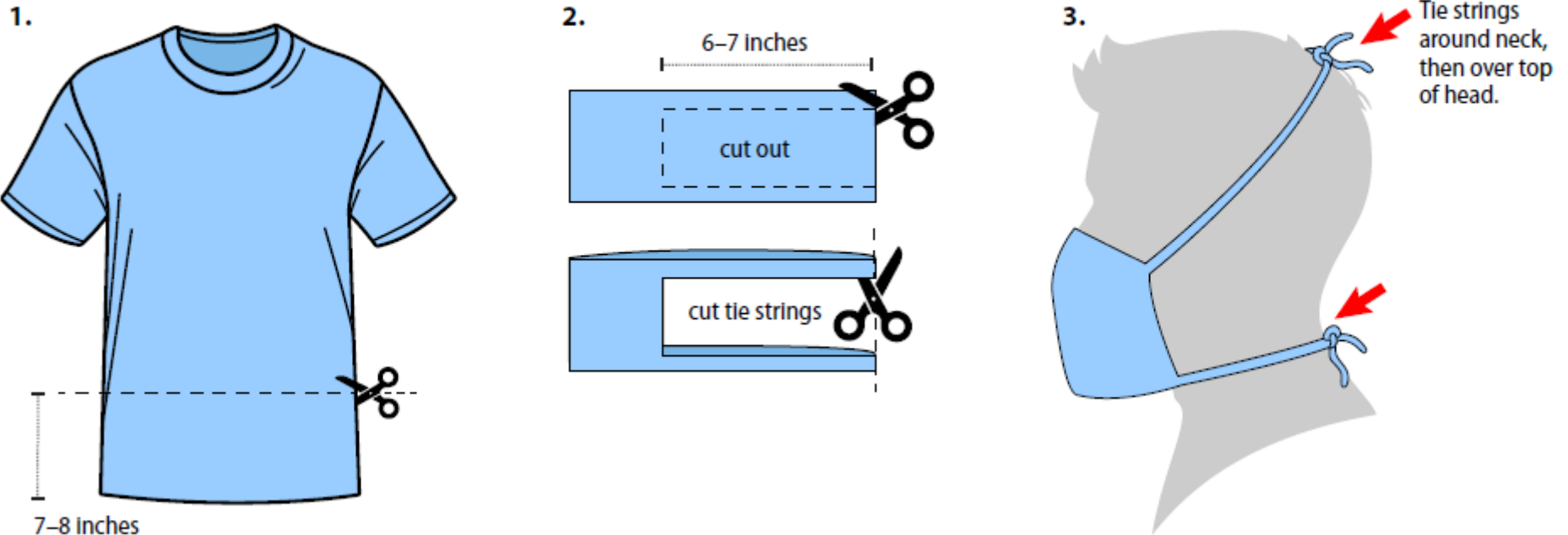
- In public settings where other social distancing measures are difficult to maintain (e.g. markets).
- In homes, to help people who may have the virus to avoid transmitting it to others.

Important:

- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious or otherwise unable to remove the cloth face covering without assistance.

Making your own mask

Tutorial



Safe use of cloth masks is also essential! Demonstrate and encourage responsible mask care by washing you cloth mask with soap and water daily and leaving it to dry in the sun. After one week it is best to dispose the mask by burning it in a designated area.

Does COVID-19 affect children?

It is possible for people of any age to be infected and transmit the virus. Most children with COVID-19 have mild or no symptoms and recover within one to two weeks. In contrast, older people and/or those with pre-existing medical conditions seem more likely to develop serious illness.



What should I do if a child has symptoms of COVID-19?

Advise the caregiver to:

- Use soap, detergent or chlorinated water when handwashing
- Try to avoid public places to prevent it passing to others
- Try and keep the child away from close contact with other family members, especially older people
- Keep a separate bowl and cup for the child and wash it carefully with soap and leave to dry in the sun

Can pregnant women pass COVID-19 to unborn children?

There is not enough evidence to know if the virus is transmitted from a mother to her baby during pregnancy.

Pregnant women should continue to protect themselves from exposure to the virus, and seek medical care early, if experiencing difficulty with breathing.



Is it safe for a mother to breastfeed if she is infected with COVID-19?

YES!

Breastfeeding is still best for babies.

Mothers with symptoms who are well enough to breastfeed, should wear a mask when near her child (including during feeding), wash her hands before and after contact with the child, and clean/disinfect contaminated surfaces.

Mothers should also continue breastfeeding if the child becomes sick with COVID-19 or any other illness.



Support safe cup feeding when the mother cannot breastfeed or if she is too sick to breastfeed, preferably by expressing breastmilk, being very careful to wash the cup with soap and water



With COVID- 19 will Health facilities still be open ?

YES.

It is still safe to go to the health facility.

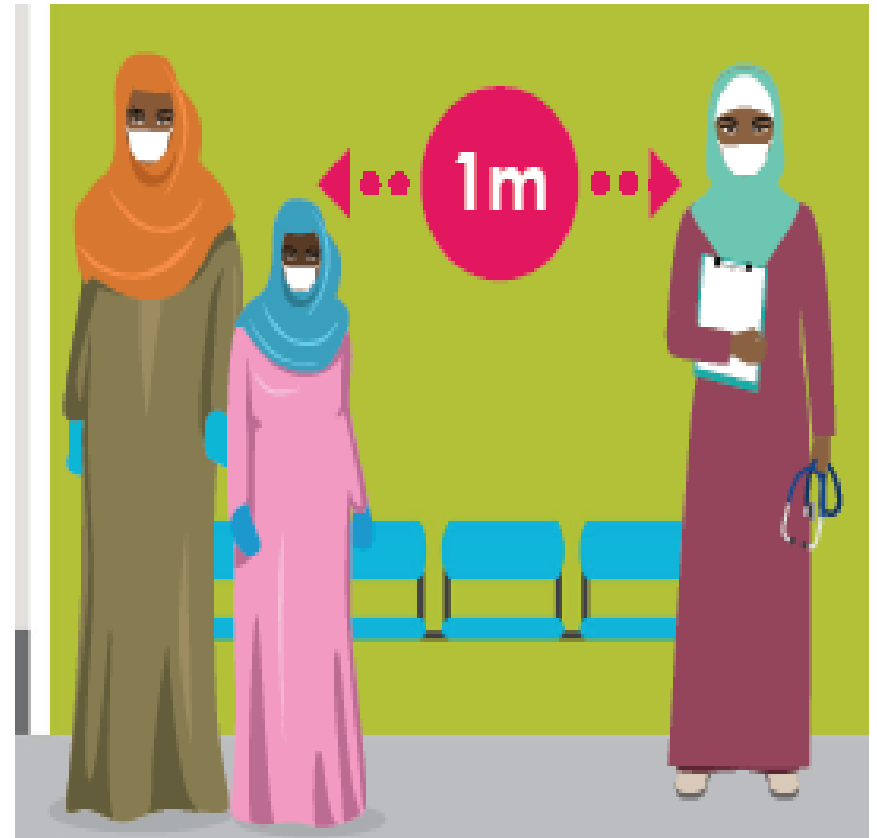
Refer community members to health facilities early for:

- Antenatal and postnatal care
- Safe child birth
- Early essential newborn care
- Sexual and reproductive health services
- Promotive and preventive services-including vaccinations, vitamin A and micronutrient supplementation



Advise community members of changes at Health Facilities

- Overcrowding at the health facility will be well controlled.
- Assessment will be conducted and people who may have COVID-19 will be placed in a safe separate space/room.



Home follow-up visits

- Follow-up and support people who may have COVID-19 on a weekly basis
- Check on people who are mildly unwell for danger signs or other livelihood needs and report this information to your supervisors
- Wear a face masks and gloves, if available, and wash your hands with soap and water before and after each home visit

Continue to care for sick children with no danger signs for COVID-19

Follow the standard protocol for community based care for:

- Malaria
- Pneumonia
- Diarrhea



Care for the Newborn

- Promote Safe Motherhood and Newborn care at home, encourage mothers to visit the health facility for ANC, delivery and for an examination of their newborn.
- Promote early and exclusive breastfeeding for the first six months.
- Promote routine immunization, encouraging caregivers to attend services provided through outreach or their nearest health facility.



Ways to continue care when movement is restricted

- Share your phone number with your community
- Use mobile calls, texts and Whatsapp for:
 - client history, identification of danger signs, and provide referrals
 - Sending reports to your Supervisor
 - Following up on people who have returned home
- Collect enough supplies/medicines to last you for about two months



We need you!



- Your health matters too!
- Wash your hands with soap before *and* after each visit for 20 seconds
- Keep at least 1m from people you are visiting
- Keep positive! There are simple steps we can all take to keep ourselves, our loved ones and the most vulnerable safe.

References and Resources

- [UNICEF Coronavirus Quiz](#)
- Tech RRT Webinar “[Child wasting programming in response and preparation to the COVID-19 pandemic: experiences from the field](#)” and “[Protecting, promoting and supporting IYCF during the COVID-19 pandemic: reflections and recommendations.](#)”
- Irish Global Health Network COVID-19 [Weekly Webinar](#)
- LSHTM Future Learn [Online COVID-19 Course](#)
- UNICEF COVID19 Community guidance for social mobilizers volunteers (UNICEF SharePoint)
- MANAGEMENT OF CHILD WASTING IN THE CONTEXT OF COVID-19 Adaptation to Somali context Brief No.1 (March 27th 2020, GTAM)
- INFANT & YOUNG CHILD FEEDING IN THE CONTEXT OF COVID-1, Brief No. 2 (v1) (30 March 2020, GTAM)
- Nutrition in emergencies checklist for the nutrition cluster, Infant and Young Child Feeding in Emergencies (IYCF-E) (March 2020, GTAM)
- Joint Statement on Infant and Young Child Feeding in the Context of COVID-19 Pandemic,(March 2020, IFE Core Group)
- CORONAVIRUS DISEASE (COVID-19) Summary of Guidance for Nutrition in Emergencies Practitioners, VERSION 1.1 – (13 March 2020, GTAM)
- Nutrition Cluster Contingency Response plan Somalia- COVID 19 (31 March 2020, Nutrition Cluster)
- Priorities for the Global COVID-19 Response: the Role of Community Health (Ballard *et al*, 2020)
- The COVID-19 Risk Communication Package For Healthcare Facilities (March 2020, WHO)
- COVID-19: Strategic planning and operational guidance for maintaining essential health services during an outbreak (March 2020, WHO)
- [WHO Mask Guidance](#) (April 2020)

Any Questions?

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