GOVERNMENT OF SOUTH SUDAN
MINISTRY OF HEALTH

A COVID-19 Community Engagement Flipchart for Boma Health Workers in South Sudan

USAID FROM THE AMERICAN PEOPLE

unicef

World Health Organization

Breakthrough ACTION FOR SOCIAL & BEHAVIOR CHANGE

How to use this flipchart

Intended users:

Boma Health Workers, teachers, religious leaders, and other influential local leaders.

Intended use:

Use this flipchart with your communities to discuss COVID-19 risk, transmission, and prevention and to encourage taking the vaccine.

How to use:

Use this flipchart as a visual guide by showing the illustrations to your audience and keeping the text pages facing you to guide the conversations. The flipchart has **10 different sections** to share with community members.

What is in this flipchart

You can present the sections all in one session or present the sections in different sessions with the community over time. Note that the earlier sessions provide basic information that is important to cover first.

Sections
1. What is COVID-19
2. How is COVID-19 spread?
3. What puts people at risk of contracting COVID-19?
4. Who is most at risk to COVID-19?
5. What to do when you or someone test positive for COVID-19
6. How can you help prevent COVID-19?
7. What is the COVID-19 vaccine?
8. Is the COVID-19 vaccine safe?
9. Are there side effects after getting the vaccine?
10. Offering hope and encouragement during the COVID-19 outbreak

For more information, call the Ministry of Health Toll Free Hotline at 6666

Roles of stakeholders in the COVID-19 Response

Role of influential leaders:

- Create awareness and support for community members to follow COVID-19 prevention measures and take the COVID-19 vaccine by providing accurate and up-to-date information.
- Encourage community conversations on COVID-19 prevention and vaccine.
- Be a leader by following recommended prevention measures and taking the vaccine yourselves!

Role of community members:

- Create awareness about COVID-19.
- Promote COVID-19 vaccine using facts and details as provided by the Ministry of Health.
- Use your mask properly to your cover nose, mouth and chin at all times when you are outside your house.
- Wash hands regularly with soap and water or use hand sanitizers.
- Observe physical distancing of at least 2 meters.

Role of Boma Health Workers:

- Create awareness of COVID-19 by providing accurate information on how to prevent it and promote the COVID-19 vaccine.
- Initiate community discussions to help people address their fears and other barriers to accessing the COVID-19 vaccine.
- Engage various community groups, including traditional and religious leaders, women's and youth groups, and individuals with disabilities.
- Assist health volunteers in addressing rumors by providing accurate information and addressing stigma and discrimination.
- Support individuals to follow all COVID-19 prevention measures.

For more information, call the Ministry of Health Toll Free Hotline at 6666

Tips for engaging communities

Engaging communities and taking action:

Boma Health Workers and local leaders can engage communities in line with the Ministry of Health's COVID-19 prevention and vaccination guidelines by:

- Creating opportunities to discuss accurate health information
- Helping to manage rumors
- Addressing concerns and questions
- Supporting your communities to develop a plan of action with the people in your community

How can you help manage rumors?

A rumor is unverified information transmitted from one person to another or to many people at once (e.g. through social media). Rumors can be true or false.. Boma Health Workers and local leaders need to provide accurate and up-to-date information to address rumors.

You can help manage rumors by:
- Sharing only accurate information from a trusted source such as the Ministry of Health or the World Health Organization
- Calling the Toll Free Hotline at 6666 or visiting a government health facility to find out the correct information
    - if you are not sure whether what you heard is true or not
    - if someone says something that does not seem quite right or you have not heard before from a trusted source
- Encouraging people to check the information they hear with a health provider and only share information the health provider confirms is true.
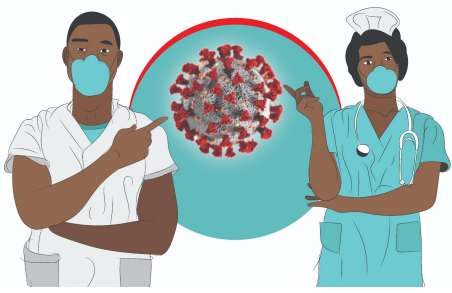
Do NOT repeat rumors during your sessions or conversations!
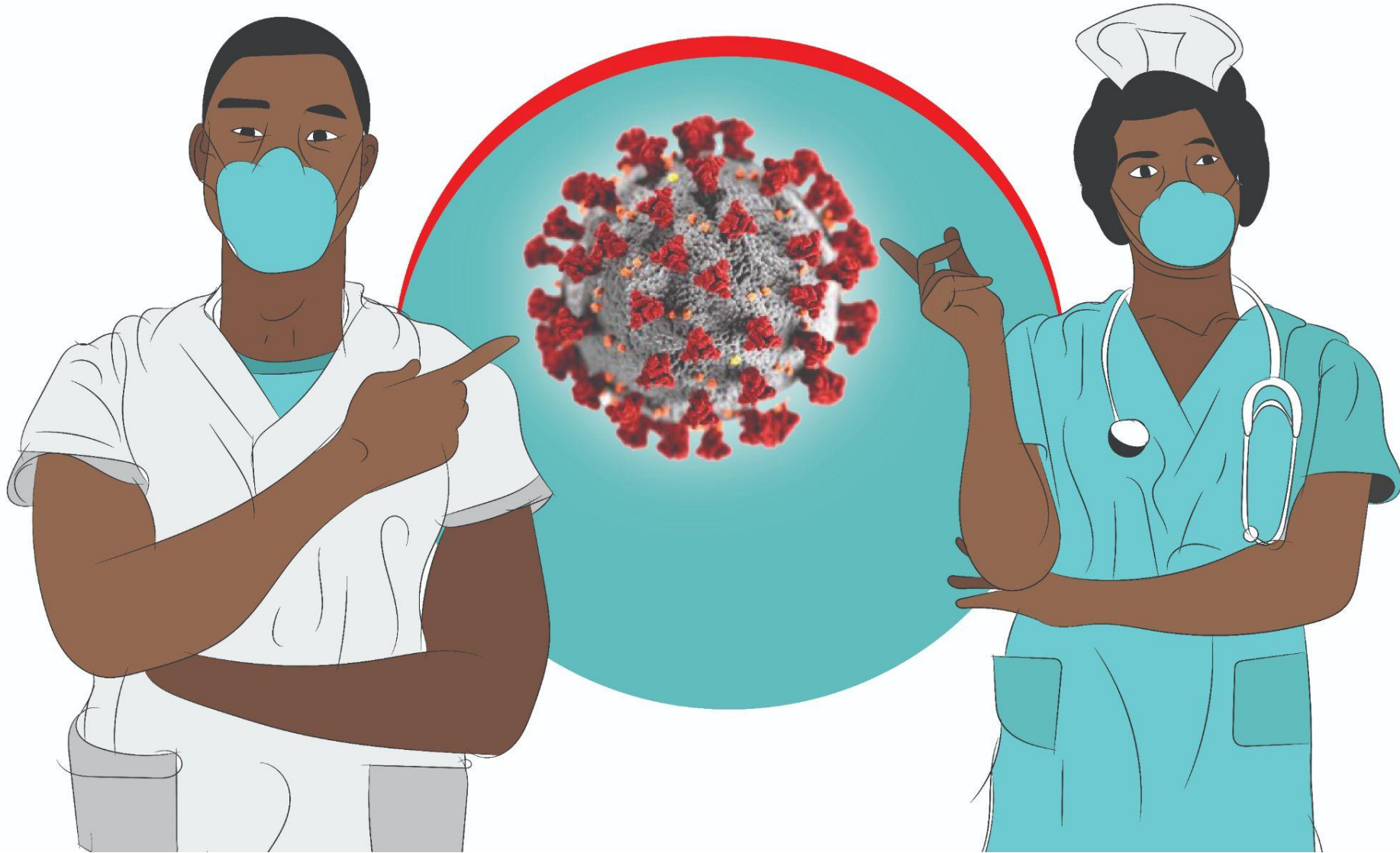
What is COVID-19?

What is COVID-19?

COVID-19 is an infectious disease caused by the virus named SARS-COV-2. There are different strains of the COVID-19 virus.

- Some people may experience signs and symptoms of COVID-19.

- These may vary from person to person, and can also be different from one strain to another.

- You can have COVID-19 and not have any symptoms. You can still transmit COVID-19 to another person.

- You can get COVID-19 more than once.

- You may not develop symptoms of COVID-19 until several days after being exposed to someone with the disease.

- If you think you may have COVID-19, put on a mask covering your nose and mouth and go to the nearest health clinic to get a COVID-19 test as soon as possible.

Common signs and symptoms:

- Fever
- Dry cough
- Shortness of breath or difficulty breathing
- Loss of taste or smell
- Fatigue
- Nasal congestion
- Nausea, vomiting, or diarrhoea
- Chills or dizziness
- Sore throat
- Headache
- Muscle or joint pain
- Different types of skin rash

How is COVID-19 transmitted?

For more information, call the Ministry of Health Toll Free Hotline at 6666

How is COVID-19 transmitted?

COVID-19 is spread:

- Through droplets from the nose or mouth, particularly when a person infected with COVID-19 speaks, coughs, sneezes or spits.

- By touching one's eyes, nose, or mouth after coming in contact with contaminated surfaces or objects.

What puts people at risk of contracting COVID-19?

For more information, call the Ministry of Health Toll Free Hotline at 6666
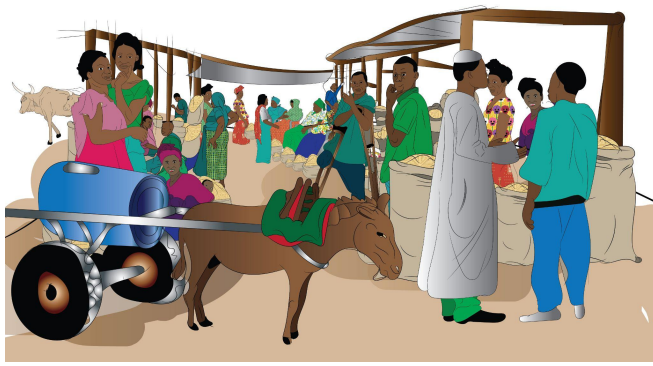
What puts people at risk of contracting COVID-19?

- Being in close contact with someone who has COVID-19.

- Not wearing a face mask that covers the nose, mouth and chin in public places.

- Caring for family members who have COVID-19 without a face mask and physical distancing as much as possible.

- Failure to maintain a physical distance of at least 2 meters in crowded spaces.

Crowded spaces, especially indoor spaces without windows and doors open for air to flow through, increase the spread of COVID-19

Places of high risk include:

- Public transport like buses, taxis, etc.
- Markets, shops, and grocery stores
- Banks
- Restaurants
- Schools
- Hospitals
- Weddings and funerals
- Sporting events and concerts
- Prisons

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Who is most at risk to COVID-19?

Who is most at risk to COVID-19?

Everyone is at risk of COVID-19. However, some groups are at higher risk of serious illness and death, such as:

- People who have not received the COVID-19 vaccine.

- People with weak immune systems such as those with cancer, HIV, and others.

- People with existing medical conditions, such as heart, liver, lung, kidney disease, diabetes, TB, and hypertension.

- People who are 65 years and above.

- Health care workers who do not have proper protection, such as gloves, medical gowns, and facemasks.

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What to do when you or someone tests positive for COVID-19

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What to do when you or someone tests positive for COVID-19

COVID-19 testing

- If you have any COVID-19 symptoms, or have been in contact with someone who has COVID-19, call 6666 or go to the nearest health facility to get tested. Isolate from others until you get the results. If you cannot completely isolate from family members, wear a face mask covering your nose, mouth and chin at all times.
- If you think someone may have COVID-19, encourage them to get tested.
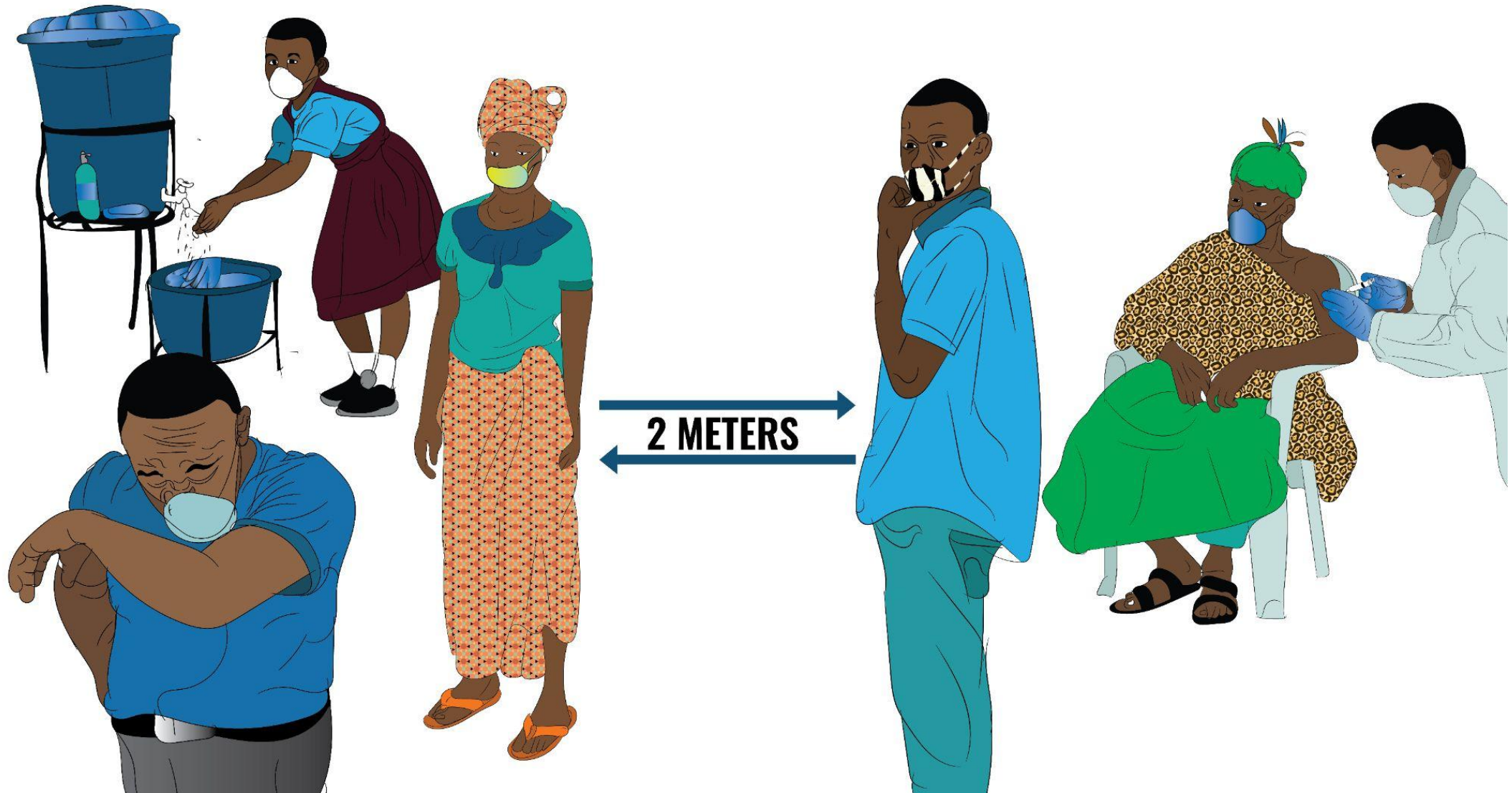
What to do when you test positive for COVID-19

- Stay in the facility or at home and isolate for 14 days
- If you have symptoms, you should remain in isolation for at least 10 days plus 3 additional days without symptoms
- Follow the guidance of your health care provider

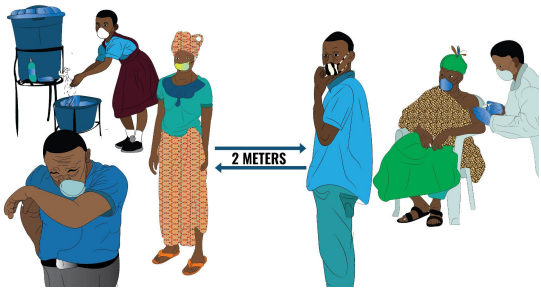## What to do when you test negative and have COVID-19 symptom

- Wear a mask covering your nose, chin and mouth until you no longer have symptoms
- Repeat the COVID-19 test after 3 days
- Follow the Guidance of the your healthcare provider

For more information, call the Ministry of Health Toll Free Hotline at 6666

How can you help prevent COVID-19?

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How can you help prevent COVID-19?

To make your body stronger, get the COVID-19 vaccine and encourage family and friends to get vaccinated.

- Use your mask properly to cover your nose, mouth and chin at all times when you are not in your own home.
- Maintain a physical distance of at least 2 meters.
- Wash hands frequently and thoroughly with soap and water, or use hand sanitizer.
- Cover your mouth while sneezing and coughing and avoid spitting in the open.
- Avoid touching your eyes, nose, and mouth unless your hands are washed or sanitized.
- Avoid large crowds or poorly ventilated spaces.
- Avoid shaking hands.

For more information, call the Ministry of Health Toll Free Hotline at 6666

What is the COVID-19 vaccine?

What is the COVID-19 vaccine?

The COVID-19 vaccine can help to **make the body stronger.** It is a simple, safe, and effective way of protecting people against serious COVID-19 infections.

How does the COVID-19 vaccine help to protect and make the body stronger?
- The COVID-19 vaccine boosts the body's immune system.
- With the COVID-19 vaccine, the risk of contracting the disease is reduced.
- It is still possible to get the disease after taking the vaccine, but because your body is stronger, you may not get as sick.

How is the COVID-19 vaccine given?
- The vaccine is injected into the arm.
- Some vaccines are given twice and others once for complete protection.

***Ask your health worker what vaccine you are taking and if you need to return for a second dose.

Where can I get the COVID-19 vaccine?
Vaccines are administered at hundreds of Government health facilities in the 80 counties in South Sudan.

For more information, call the Ministry of Health Toll Free Hotline at 6666

Is the COVID-19 vaccine safe?

COVID-19 VACCINE IS SAFE & EFFECTIVE

Is the COVID-19 vaccine safe?

Yes, the COVID-19 vaccine is safe and effective. The vaccines in South Sudan are approved by the World Health Organization and the Government of South Sudan.

Some important facts about the COVID-19 vaccine

- Vaccines do not give COVID-19. The virus is spread when there is close contact with someone infected.
- The COVID-19 vaccine does not affect fertility or the ability of couples to have sextual relations.
- The COVID-19 vaccine is safe for women who plan on becoming pregnant, are pregnant, or breastfeeding.
- Pregnant women are more at risk of getting severe illness if they are infected with COVID-19, so it is important for them to get the vaccine.

For more information, call the Ministry of Health Toll Free Hotline at 6666

Are there side effects after getting the vaccine?

TIREDNESS

HEADACHE

COVID-19 VACCINE IS SAFE & EFFECTIVE

FEVER

For more information, call the Ministry of Health Toll Free Hotline at 6666

Are there side effects after getting the COVID-19 vaccine?

Some people may experience side effects after taking the COVID-19 vaccine. These may differ from person to person.

- It is normal to experience side effects. It is your body working to become stronger.
- Side effects usually go away in a few days
- Severe side effects are rare.
- If you have severe side effects (such as chest pain, shortness of breath or pounding heartbeat) after getting vaccine, return to the vaccination site or to your local health facility for assistance to get the care you need.

Side effects may include:

- Headache
- Fatigue
- Fever
- Muscle ache
- Chills
- Diarrhoea
- Nausea
- Vomiting
- Pain or redness at the injection site

For more information, call the Ministry of Health Toll Free Hotline at 6666

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Why is it important to follow COVID-19 prevention methods after receiving the vaccine?

COVID 19 TEST AVAILABLE

For more information, call the Ministry of Health Toll Free Hotline at 6666

Why is it important to follow COVID-19 prevention methods after receiving the vaccine?

The vaccine helps make the body stronger, so it reduces your chances of getting COVID-19 and your risk of getting seriously ill if you do. To protect yourself even further from infection, it is important to continue following other COVID-19 prevention measures.

Other COVID-19 prevention measures include:
- Use your mask properly to cover your nose, mouth and chin at all times when you are not in your own home.
- Maintain a physical distance of at least 2 meters when outside the home.
- Wash hands frequently and thoroughly with soap and water, or use hand sanitizer.
- Cover your mouth while sneezing and coughing and avoid spitting in the open.
- Avoid touching your eyes, nose, and mouth unless your hands are washed or sanitized.
- Avoid large crowds or poorly ventilated spaces.
- Avoid shaking hands.

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Offering hope and encouragement during the COVID-19 outbreak

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Offering hope and encouragement during the COVID-19 outbreak

- Be supportive, compassionate and kind to all those who are affected by COVID-19.
- Do not refer to people with the disease as "COVID-19 cases", "victims," or "the diseased." Instead, they are "people who have COVID-19", or "people who are recovering from COVID-19."
- Minimize watching, reading, or listening to news about COVID-19 that causes you to feel anxious or distressed; seek information only from trusted sources.
- Assist others in their time of need; this benefits both the person receiving support and the helper.
- Maintain familiar routines as much as possible, or create new routines if children must stay at home.
- Discuss COVID-19 with your children in an honest and age-appropriate way; help them find positive ways to express and communicate feelings such as fear and sadness in a safe and supportive environment.

Honor caregivers and healthcare workers supporting people affected with COVID-19 in your community. Acknowledge their role in saving lives and keeping your loved ones safe.

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