

# RISK PERCEPTION FOR COVID 19



Faith Ministries Ebenezer Trust  
A H E L P I N G H A N D

MEDICAL MISSIONS

PRISONS MINISTRY

SOCIAL RESPONSIBILITY

By Dr Gonese

World Health Organization (WHO) retweeted



**UN Geneva** 

@UNGeneva

*"We're asking everyone to treat the decisions about where they go, what they do, who they meet, as life-and-death decisions – because they are."* @DrTedros #COVID19



# mpasik wup Zimbabwe

## 4 Major reasons why COVID-19 is spreading fast



“I trust my workmates, surely they are responsible enough and they are COVID-19 free.”



“These are my besties, I know where they have been.”



“We are related. I know them well and besides, we are in a small group.”



“I am now tired of the mask, its uncomfortable and I can not breathe properly when i wear it.”

Are you making the above mistakes? • Always wear your mask properly • Save yourself & others

# Guiding Principles to Risk Perception

- Staying mentally and physically healthy is critical but many activities that we normally engage in to promote resilience come with a risk of exposure to COVID19.
- Take note of your own risk in each situation and act appropriately. Good hygiene lowers risk!
- The degree of risk for an activity often depends on our behavior and the behavior of others.
- In general, more people and less physical distancing equals **increased exposure**.
- If at any point you feel an activity is unsafe, or that those around you are not appropriately implementing measures to prevent disease transmission, **discontinue the activity**

# Green Activities – Low Risk



- ***Walking / jogging*** in your neighborhood by yourself or with your household members
- ***Cycling*** in your neighborhood by yourself or with your household members
- ***Gardening or cleaning up your yard***
- ***Outdoor games that you can play with your immediate family in your personal space as long as there is no contact***
- ***Outdoor yoga, aerobics, Zumba or other physical activity*** with appropriate social distancing (up to 10 participants, bring your own equipment)
- ***Virtual physical activities*** such as online games, interpersonal challenges on phone apps, physical fitness WhatsApp groups
- ***Virtual social activities;*** virtual book clubs, virtual dinner meetings, online chess and other online games
- ***Takeaway foods:*** Quick takeout at local restaurants / food vendors (cloth face coverings a must for all interactions); **use dial a delivery where available; take care with pay points)**

# Yellow Activities – Moderate Risk



- ***Social gathering:*** Socially distanced gatherings at your home with **one other household.**
- ***Visiting relatives even your own parents:*** consider your personal risk and the risk of those that you must visit
- ***Nail and hair salons:*** Call ahead to ensure proper social distancing is maximized (one client served at a time), face coverings are being used, and physical barriers (Plexiglass or other shields) are in place; explore the option of doing your own hair and nails (or other related grooming activities)
- ***Camping/Safari:*** Staying at private lodges/national parks/game parks, presuming you will be camping or self-catering
- ***Physical Book clubs:*** Outdoor meeting only (proper social distancing, up to 10 participants)

# Red Activities – High Risk

- ***Large Social gatherings (household/relatives)***
- ***Traditional funeral gatherings:***
- ***Public transport:*** especially informal public transport
- ***Sit-down restaurants /indoor dining***
- ***Shops – duration of stay >15minutes***
- ***In-person Training workshops, site visits and meetings***
- ***Common-use gyms or exercise facilities***
- ***Sleepover for kids and adults :*** Common use facilities are difficult to ensure adequate hygiene.
- ***Crowded hair and nail salons:*** Visiting nail and hair salons or barbers



# Special considerations: Funerals

- Traditional funerals may put attendees at high risk of exposure.
- Currently, funeral activities are curtailed in Zimbabwe.
- The following guiding principles for limiting COVID-19 risk during funerals are advised:
  - **Avoid traditional embraces and shaking of hands X**
  - Convening outdoors reduces risk than indoors
  - Fewer attendees and maintaining physical distancing lowers risk.
  - Attendees should wear cloth facemasks
  - Avoid sharing and touching common items, such as hymnals and programs
  - Practice good hand hygiene, cleaning and disinfection.
  - Take extra precautions for those at increased risk of severe disease
  - Virtual options are the safest



# Special Considerations: Hospitals & Clinics

- Again, the principles are the same. Whether seeking care for yourself or visiting others:
  - Consider postponing non-essential visits
  - Use any telemedicine options that are available (phone, email, etc.)
  - Wear a mask, practice social distancing and good hand hygiene.
  - Only go to rooms at the exact appointment time- avoid sitting in surgery
  - Avoid touching frequently used objects and surfaces.
  - Be especially vigilant at pay points and other crowded areas.

# Getting a COVID Test



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# Classification of individuals

- Suspected case
  - Contact with a confirmed case and any one of the following:
    - Fever (or history of fever), Cough
    - Respiratory illness/Severe respiratory distress of unknown etiology
- Probable case;
  - No known contact with a confirmed positive case and any one of the following:
    - Fever (or history of fever), Cough
    - Respiratory illness/Severe respiratory distress of unknown etiology
- Confirmed case: Laboratory confirmed using Polymerase Chain Reaction (PCR)

# Getting Tested for COVID19

## Classification of people

- Suspected Case
- Probable Case
- Confirmed laboratory case

## Steps in getting test

- Assess risk
- Phone 2019 to get information
- Go to COVID-19 testing for test
  - Wilkins
  - BRIDH
  - PSMAS
  - Private Lancet

# Confirmed COVID19 Case

- Key is to stay positive- psychological support
- Confirmed case:
  - Demographic information
  - Symptoms
  - Risk factors
  - Contacts 3 days prior to onset of symptoms
  - List their contacts for 14 day follow-up
- Confirmed case placed in isolation
  - Home – asymptomatic and mild case
  - Hospital based on severity

# COVID19 Isolation (Treatment) Centers

## Harare:

1. Parirenyatwa
2. Wilkins
3. St. Anne
4. Arundel
5. Beatrice Road

## Manicaland:

1. Mutare Provincial
2. MIDH
3. Bonda Mission
4. Rowa
5. Chipinge
6. Mutambara
7. Rusape

## Mash. Central:

1. Mvurwi
2. Mt. Darwin
3. Guruve
4. Bindura
5. Concession
6. Chimhanda
7. Shamva
8. Centenary

## Mash. East:

1. Marondera
2. Mutoko
3. Sadza
4. Chivhu
5. Makumbe
6. Mutawatawa
7. Murewa
8. Mudzi

## Mash. West:

1. Chegutu
2. Kadoma
3. Kariba
4. Karoi
5. Mhondoro Ngezi
6. Chinhoyi
7. Norton
8. Fr. O'Hea

## Bulawayo:

1. UBH
2. Mpilo
3. Ekusileni
4. Thorngrove
5. Elangeni
6. Mater Dei

## Masvingo:

1. Masvingo Provincial
2. Mashoko
3. Chiredzi
4. Chivi
5. Morgenster Mission
6. Gathsmine
7. Gutu Mission
8. Chiredzi
9. Ndanga
10. Neshuro
11. Masvingo 24 Center
12. Bikita

## Mat. North:

1. Binga
2. Inyathi
3. Hwange
4. Nkayi
5. Tsholotsho
6. St. Luke
7. Nyamandlovu

## Mat. South:

1. Gwanda
2. Phakama
3. Beitbridge Hosp.
4. Plumtree
5. Beitbridge Rainbow
6. Maphisa
7. Matopo Rural
8. Esigodini
9. Filabusi

## Midlands:

1. Silobela
2. Kwekwe
3. Gweru
4. Mberengwa
5. Mvuma
6. Zvishavane
7. Shurugwi
8. Gokwe North
9. Gokwe South

# Quarantine

- **Quarantine** refers to the separation and restriction of movement of people who have potentially been exposed to COVID-19, but who are currently healthy and do not show symptoms
- Contacts are required to **self-quarantine** at home for a period of 14 days during which time they monitor themselves for signs and symptoms

# Finding contacts of confirmed cases

**Contact Tracing ONLY starts when a case has been confirmed or classified as a probable case of COVID-19**





# Contact tracing is best way to stop transmission!!

- Identify individuals who were in contact with deceased C-19 case; confirmed/probable case
- Use a questionnaire to find the level of exposure- 3 days prior to symptom start
- Put high-risk contacts in home-based quarantine
- Observe contacts for period of 14 days



# Requirements for self-quarantine

- Stay at home (i.e. don't go to work, school or public places)
- Self-monitor for appearance of C-19 symptoms
  - Call 2019 if symptoms appear
- Clean and disinfect your home, particularly frequently touched surfaces and toiletries.
- Activate your support system: ask friends, neighbors or community health care workers to help with errands, e.g. grocery and medicine shopping.
- Keep in touch with family and friends via telephone, email or social media.
- Keep physically active to ensure good physical and mental condition

# Discharge of contacts from Quarantine

- Contacts completing the 14-day follow-up period should be assessed by the team on the last day
- In the absence of any symptoms, the contact persons should be informed that they have been discharged from the follow-up and can resume normal activities BUT observing social distancing

**THANK YOU**