COVID-19 TRAINING

COVID-19 is an infectious disease caused by a virus that has not been previously identified in humans

COVID-19 stands for Corona Virus Disease 2019

This virus causes respiratory illness, like the flu, with symptoms such as a cough, fever, and sometimes pneumonia

COVID-19 Cases as of 19 March: 241,553 in 177 countries

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THE FACE-TO-FACE PROJECT / VICTORY GARDEN CAMPAIGN
IN MALAWI & CAMBODIA
wwwfacetoface.org

Updated: March 19, 2020
1. WHAT YOU NEED TO KNOW ABOUT COVID-19

Symptoms
- Fever
- Dry cough
- Fatigue
- Difficulty in breathing
- Stomach pain
- Diarrhea

Less common symptoms:
- Runny noses
- Stuffy sinuses

Timing of the Virus
- Most people become sick 5 – 7 days after exposure
- Some people become sick 2 days after exposure
- Some people become sick as much as 14 days after exposure

How to reduce the chance that you get infected with COVID-19
- Try NOT to touch your face with your hands
- Wash your hands with soap for 20 seconds

How to improve your chance of recovering, or not getting sick from COVID-19
- Eat a healthy diet
- Everyday, less sugar (less nsima) and more balanced diet
- Vitamin D is good, so spend more time in the sun. Also an egg has vitamin D.
- Ginger and moringa are some of the many victory garden foods that are good to eat
- Vegetables – the more color you have in a meal, the better for you

If you feel sick
- Stay away from everyone until you have no symptoms
- Do not touch anyone
- Cough into your sleeve
- Wear a mask or any type of cloth over your mouth and nose so that you do not infect others
- Do not ride public transportation
- Stay 1 meter away from other people
- Do not share pots, buckets, plates, cups, utensils, blankets
- Wash your hands with soap for 20 seconds as many times a day as you can
- Drink plenty of liquids, if possible take medicine to reduce pain, and get plenty of rest
About the COVID-19 droplets
- The virus spreads from a cough or sneeze, which send tiny COVID-19 droplets into the air
- COVID-19 droplets land on surfaces and can be picked up by one who touches that surface
- A COVID-19 droplet can stay on a surface for many days
- Soap will make the COVID-19 droplets not harmful to man

Older People, Younger People
- Older people have more difficulty recovering from COVID-19
- Younger people and children have less difficulty recovering from COVID-19

Closed Spaces vs Open Spaces
- Closed spaces makes it easier for the disease to transmit than open spaces
- Open, outdoor spaces are much better places to avoid COVID-19, than closed, indoor spaces.

2. VICTORY GARDENS AND COVID-19

NUTRITION
Provides healthy, nutritious diet that can help strengthen the immune system

PREVENTION
Keeps families at home and away from other people

INCOME
Victory gardens enable one to sell vegetables and earn income from home

MOST IMPORTANT OF ALL — A SAFER FUTURE FOR THE FAMILY
As world economies fail, this will have a negative effect on Malawi and Cambodia’s economy. Food may become scarce, prices may rise, and the government will have less funds. Victory gardens will allow people to not need to depend on the economy or the government, and this will leave garden owners in much better shape.

BE PREPARED AND MAKE YOUR VICTORY GARDEN THE BEST IT CAN BE!
3. MALAWI-SPECIFIC RECOMMENDATIONS

1. Do not shake hands — practice not shaking hands so this does not become awkward
2. When having meetings, have them in open spaces rather than closed spaces
3. Avoid large gathering, including church gatherings and football games
4. City people are probably much safer in the villages than in Lilongwe
5. Malawi has restricted entry from many countries, including China, U.S., South Korea, Italy, Germany France, Spain and other countries in Asia and Europe in an effort to control COVID-19 in coming in the country
6. Eat a healthy diet and get plenty of sleep
8. **Knowledge is power**
9. **Staff must have this knowledge and be a role model for facilitators and villagers**
10. **Facilitators must gain this knowledge and be a role model for villagers**
11. **Chiefs should gain this knowledge and tell villagers how to be safe, and to work on their victory gardens**

Cover your mouth when you sneeze or cough and immediately wash your hands

Do not shake hands. Greet others by waving, smiling, or bowing

Most importantly stay calm. Do not panic or get frightened
4. CAMBODIA-SPECIFIC RECOMMENDATIONS

1. Do not shake hands or hug people—practice not shaking hands so this does not become awkward

2. When having meetings, have them in open spaces rather than closed spaces

3. Avoid large gathering, including marketplaces

4. City people are probably much safer in the villages and countryside than in Phnom Penh or Siem Reap

5. There are no known cases in Pursat Province

6. Cambodia has restricted entry from many countries, Italy, Germany, Spain, France, and the US

7. Eat a healthy diet and get plenty of sleep

8. **Don’t be overcome with fear. Remain calm. Be sensible.**

9. **Knowledge is power**

10. **Staff must have this knowledge and be a role model for facilitators and villagers**

11. **Facilitators must gain this knowledge and be a role model for villagers and able to tell villagers how to be safe, and to work on their victory gardens**

Cover your mouth when you sneeze or cough and immediately wash your hands

Do not shake hands. Greet others by waving, smiling, or bowing

Most importantly stay calm. Do not panic or get frightened
5. COVID-19 IN AFRICA

- The World Health Organization (WHO) is scaling up preparedness for COVID-19 in Africa.
- WHO is working with national labs to increase capacity to detect COVID-19.
- More than 40 countries in Africa now have the ability to test for COVID-19.
- Focus is on testing people who have traveled from outbreak areas.
- Malawi currently is able to test people for COVID-19 by sending samples to South Africa.
- South Africa has conducted over 900 tests to date.

**COVID-19 Cases & Deaths in Africa (as of 19 March 2020)**  
*Source: Worldometer*

<table>
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<th>Country</th>
<th>Confirmed Cases</th>
<th>Deaths</th>
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<td>Tunisia</td>
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*In Malawi, 111 people who came from other countries are under quarantine in Malawi. Currently, Malawi sends samples to South Africa for COVID-19 testing. Source: Malawi 24*

*Malawi has restricted entry from many countries, including China, U.S., South Korea, Italy, Germany France, Spain and other countries in Asia and Europe in an effort to control COVID-19 in coming in the country*
COVID-19 and EBOLA

What Is the Ebola Virus?
• Ebola was first discovered in 1976 near the Ebola River in the Democratic Republic of Congo.
• 28,652 people in 10 nations were infected with Ebola. 11,325 of these people died.
• Ebola has a high fatality rate, averaging around 50%. COVID-19’s fatality rate is perhaps 2%.
• Unlike COVID-19 patients, people infected with Ebola could be quickly identified and isolated.

Where Does Ebola Come From?
• We are not sure where Ebola comes from. Scientists guess that the virus came from people handling the bodies of animals such as chimpanzees, apes, monkeys, or bats.

How Is Ebola Spread?
• Ebola spreads through contact with body fluids of a person who is sick with or has died from Ebola. This occurs when a person touches these infected body fluids (or objects that are contaminated with them), and the virus gets in through broken skin, the eyes, nose, or mouth.
• Ebola can spread through sexual contact.

How Was Ebola Contained?
• Ebola Treatment Centers were set up.
• Ebola patients were completely isolated from contact with other people.
• All people with the disease were quarantined and steps were taken to find everyone who had contact with that person(s).
• Raising Awareness - Including avoiding contact with infected people and regular hand washing.
• Safe burial of deceased people.
• Closing of schools.
• Travel restrictions.
• Wearing masks, gloves, gowns, and goggles when coming in contact with the infected.

Ebola Symptoms & Treatment:
• Ebola symptoms begin anywhere from 2 to 21 days after being exposed to the virus.
• Sudden flu-like illness where one feels tired, has a fever, and has pain in the muscles and joints. Later symptoms include headache, nausea, abdominal pain, severe vomiting and diarrhea.
• No proven Ebola virus-specific vaccine or treatment presently exists; however, measures can be taken to improve a patient's chances of survival.
• Fluid replacement and IV therapy are commonly used.
6. COVID-19 IN ASIA

- 24 cases confirmed in Cambodia as of 17 March 2020 (first case reported 27 January).
- As of 17 March, Cambodia is not allowing visitors from US, France, Germany, Italy, and Spain.
- Cambodia has 3 hospitals in Phnom Penh (Khmer-Soviet Friendship Hospital, National Pediatric Hospital, and Kunthabophua Hospital), and 25 Provincial Hospitals that can test and treat COVID-19.
- China: No one is allowed to leave Wuhan Province.
- South Korea has done 200,000 tests so far, averaging around 15,000 tests a day. There are 50 drive-through testing centers, and alerts by phone about movements of people who tested positive.
- Singapore has strict home quarantines and keeps good, accurate records of where people who test positive are. There are harsh penalties for those who break these rules.
- Hong Kong and Macau: Visitors from China, South Korea, Italy, France, Germany, Japan, and Spain must self-quarantine for 14 days.
- Taiwan: Taiwan is praised for its response to the virus. Taiwan began testing from 31 December when first reports of a new virus in China began. By 11 March, Taiwan has tested 15,000 people for COVID-19.

COVID-19 Cases & Deaths in Asia (as of 19 March 2020) Source: Worldometer

<table>
<thead>
<tr>
<th>Country</th>
<th>Cases</th>
<th>Deaths</th>
<th>Recovered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cambodia</td>
<td>37 (1 recovered, 36 active cases)</td>
<td></td>
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</tr>
<tr>
<td>China</td>
<td>80,881 (3,226 deaths, 68,715 recovered)</td>
<td>187</td>
<td>12 deaths, 5 recovered</td>
</tr>
<tr>
<td>Hong Kong</td>
<td>162 (4 deaths, 81 recovered)</td>
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<td></td>
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<tr>
<td>Japan</td>
<td>878 (29 deaths, 144 recovered)</td>
<td>77</td>
<td>1 death, 20 recovered</td>
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<tr>
<td>Indonesia</td>
<td>172 (5 deaths, 8 recovered)</td>
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<tr>
<td>Macao</td>
<td>13 (10 recovered)</td>
<td></td>
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</tr>
<tr>
<td>Malaysia</td>
<td>673 (2 deaths, 49 recovered)</td>
<td>66</td>
<td>16 recovered, 50 active cases</td>
</tr>
<tr>
<td>Mongolia</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nepal</td>
<td>1 (1 recovered)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Philippines</td>
<td>187 (12 deaths, 5 recovered)</td>
<td></td>
<td></td>
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<tr>
<td>Singapore</td>
<td>266 (114 recovered)</td>
<td></td>
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<tr>
<td>South Korea</td>
<td>8,320 (81 deaths, 1,401 recovered)</td>
<td>177</td>
<td>1 death, 41 recovered</td>
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<tr>
<td>Taiwan</td>
<td>77 (1 death, 20 recovered)</td>
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<tr>
<td>Thailand</td>
<td>177 (1 death, 41 recovered)</td>
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</tr>
<tr>
<td>Vietnam</td>
<td>66 (16 recovered, 50 active cases)</td>
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</tr>
</tbody>
</table>
COVID-19 and SARS

What Is the SARS Virus?
- SARS stands for Severe Acute Respiratory Syndrome.
- SARS is a type of coronavirus/viral respiratory (breathing) illness.
- 8,098 people in 29 nations were infected with SARS. 774 of these people died.
- SARS had a fatality rate of around 15%. COVID-19’s fatality rate is perhaps 2%.
- Like COVID-19, SARS was more dangerous to older people.

Where Does SARS Come From?
- Came from southern China.
- SARS is thought to be an animal virus, perhaps originating in bats.
- It first infected humans in the Guangdong province of southern China in 2002

How Is SARS Spread?
- The primary way that SARS appears to spread is by close person-to-person contact.
- SARS is thought to be transmitted when an infected person coughs or sneezes, and the droplets travel through the air to someone else’s mouth, nose, or eyes.
- The virus can also spread when a person touches a contaminated surface or object and then touches his or her mouth, nose, or eye(s).

How Was SARS Contained?
- Putting out travel alerts.
- Establishing community outreach teams.
- Establishing early testing.
- Isolation of patients and quarantine of those in close contact with them.
- Social distancing.
- Constant hand washing.

SARS Symptoms & Treatment:
- SARS usually begins with a high fever.
- Chills or other symptoms, including headache, general discomfort, and body aches can follow.
- Some people also experience mild respiratory (breathing) symptoms in the beginning.
- Diarrhea can also occur.
- After 2 to 7 days, SARS patients may develop a dry cough (no mucus).
- Most patients develop pneumonia.
- SARS patients receive same treatment as for serious pneumonia.
7. COMMONLY ASKED QUESTIONS

• What is a novel coronavirus?
  o A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing COVID-19 is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold. In other words, coronavirus refers to all sorts of viruses, but COVID-19 is a specific virus.

• Why is the disease being called coronavirus disease 2019, COVID-19?
  o On 11 February 2020 the WHO announced an official name for the disease that is causing the 2019 novel coronavirus outbreak. The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19.

• Are SARS and COVID-19 the same thing?
  o SARS and COVID-19 are both coronaviruses. Although there are striking similarities between SARS and COVID-19, the differences in the virus characteristics will ultimately determine whether the same measures for SARS will also be successful for COVID-19. COVID-19 differs from SARS in terms of infectious period, transmissibility, clinical severity, and extent of community spread.

• Why might someone blame or avoid individuals or groups because of COVID-19?
  o People may be worried or anxious about friends and relatives who are living in or visiting areas where COVID-19 is spreading. Some people are worried about the disease. Fear and anxiety can lead to social stigma.
  o Stigma is associated with a lack of knowledge about how COVID-19 spreads, a need to blame someone, fears about disease and death, and gossip that spreads rumors and myths. Stigma hurts everyone by creating more fear or anger towards ordinary people.

• Can someone who has had COVID-19 spread the illness to others?
  o Yes. Someone who is sick with COVID-19 can spread the illness to others. It is recommended that patients be isolated in the hospital or at home until they are better and no longer pose a risk of infecting others.

• Can someone who has been quarantined spread the illness to others?
  o Quarantine means separating a person or group of people who have been exposed to a contagious disease in order to prevent the possible spread of that disease.
  o For COVID-19, the period of quarantine is 14 days from the last date of exposure. Someone released from quarantine is not considered a risk for spreading the virus.

• Can the virus be spread through food, including refrigerated or frozen food?
  o Currently there is no evidence to support transmission of COVID-19 associated with food.
Before preparing or eating food, always wash hands with soap and water for 20 seconds. Throughout the day wash your hands after blowing your nose, coughing or sneezing, or going to the bathroom.

- **Will warm weather stop the outbreak?**
  - It is not yet known whether weather and temperature impact the spread of COVID-19. Some viruses, like the common cold and flu, spread more during cold weather months. Still, that does not mean it is impossible to become sick with these viruses during other months. At this time, it is not known whether the spread of COVID-19 will decrease when weather becomes warmer.

- **What is community spread?**
  - Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

- **Who is at a higher risk for developing serious illness from COVID-19?**
  - Older adults, 65 and older, and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19. Women who are pregnant are also at greater risk.

- **Should we use a face mask?**
  - Most health experts do not recommend that people who are well wear a face mask, unless a healthcare professional recommends it specifically for you. A face mask should be used by people who have COVID-19 and are showing symptoms. This is to protect others from the risk of getting infected.

- **Can a person test negative and later test positive for COVID-19?**
  - A negative result means that the virus that causes COVID-19 was not found in the person’s sample. In the early stages of infection, it is possible the virus will not be detected. For COVID-19, a negative test result for a sample collected while a person is sick likely means that the COVID-19 virus is not causing their current illness.

- **Am I at risk if I touch someone who has died of COVID-19 after they have passed away?**
  - People should not touch the body of someone who has died of COVID-19. There may be less of a chance of the virus spreading from certain types of touching, such as holding the hand or hugging after the body has been prepared for viewing. Other activities, such as kissing, washing, and shrouding should be avoided before, during, and after the body has been prepared, if possible.
  - If washing the body or shrouding are important religious or cultural practices, families are encouraged to work with their community cultural and religious leaders on how to reduce their exposure as much as possible.
8. RESOURCES FOR MORE INFORMATION

- Centers for Disease Control & Prevention (CDC): https://www.cdc.gov
- World Health Organization (WHO): https://www.who.int
- The Straits Times (Singapore): https://www.straitstimes.com/global