This note provides guidance to consider when planning and implementing a COVID 19 hygiene promotion campaign. This is based on WHO recommendations and includes guidance from protection sector and Communication for Development department.
I. Who to conduct the sessions

Hygiene promoters are usually responsible of conducting the hygiene awareness sessions. Throughout the years, hygiene promoters built a very good relationship with the community, they are trustful and able to disseminate the hygiene key messages to the community to ensure proper hygiene practices. In COVID 19 response, the hygiene promoters were trained jointly by WHO, UNICEF and Balamand University, this training equip them with the knowledge and information to be transferred to the community.

With the evolution of the situation in the country, it is important to identify within the community, active members that could take this responsibility in case of the hygiene promoters could not access the site and to support them when needed. In ISs and CS, community mobilizers, Shawish, active community members can conduct the sessions considering they are less likely to be traveling outside the ISs or CS and therefore have a lower likelihood to transmit COVID 19. The WASH committee members could play a great role in this response as preidentified individual trained on hygiene and can easily get in contact with the WASH partners.

Avoiding the mass hygiene promotion or session at community level is one of the preventive methods of COVID-19. Avoiding gathering and ensure social distancing should be applied during the hygiene promotion campaign.

During door to door sessions, the HP are required to respect the following:
- Respect social distancing: hygiene promoters remains one to two meters distance from the household members,
- Washing hands before and after each household visit, using hand sanitizers;
- Avoiding shaking hands,
- Holding household sessions outside of the tent

II. COVID 19 Hygiene promotion campaign per gateway

In line with COVID 19 WASH strategy developed by Water sector, this guidance on Hygiene Promotion campaign is developed to provide recommendations for the WASH partners on implementation of hygiene and disinfection campaign implemented per different gateway:
1. Informal Settlements and Collective Shelters

1.1 Level 0 No suspected case

In this level where no suspected case is identified in the site, hygiene promotion campaign aims at reducing exposure to COVID 19 through personal and interpersonal practices. The hygiene promotion campaign led by WASH partners at field level to raise awareness of the community on importance of hand washing and personal practices to prevent infection by COVID 19. The campaign at this level is divided into several waves as follow:

<table>
<thead>
<tr>
<th>WAVE</th>
<th>Target</th>
<th>Modality</th>
<th>Key messages</th>
<th>When</th>
<th>PPE</th>
<th>Distribution</th>
</tr>
</thead>
</table>
| I    | All refuges living in IS’s and CS | 1. Hygiene promoters to conduct door to door session with respect of measures in paragraph I.  
2. hygiene promoters to train active member within the community/ HP of WASH Committee/ Shawish to conduct the session door to door with providing of hygiene and IEC materials. |  
**Hand washing**  
**Social distancing**  
**Avoid touching eyes and mouth**  
**Cough and sneeze protocol** | First month of the outbreak | Gloves and masks | Soaps and IEC materials |
| II   | All refuges living in IS’s and CS |  
**How to isolate yourself in overcrowded area**  
**Hand washing**  
**Social distancing**  
**Avoid touching eyes and mouth**  
**Cough and sneeze protocol** | Second month of the outbreak | Gloves and masks | Disinfection kit or bleach and hand sanitizers with IEC materials(disinfection kit flyer) |

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Cleaning and Disinfection of the household

Table 1: Hygiene promotion in Level 0

1.2 Level 1, 2 and 3

This part is applicable for the following levels included in “Guidance on Home isolation in overcrowded areas”: Level.1: self-isolation at home (Household Level), Level.2 : Community Isolation or isolation within the community (Community Level) and Level.3 Local Isolation: (local Level).

In this level, hygiene promoters would work with the families in the affected site, by conducting a specific training for the caregiver and affected family, this would include cleaning and disinfection of the isolation room and latrine. In addition, hygiene promotion sessions should be reconducted at the site level targeting the families not affected, with distribution of disinfection kit or at least bleach and soaps. The details are included in Table 2:

1. Affected family

<table>
<thead>
<tr>
<th>Target Person</th>
<th>Modality</th>
<th>Key messages</th>
<th>When</th>
<th>PPE for field staff</th>
<th>Distribution</th>
</tr>
</thead>
</table>
| Caregiver     | Door to door session with respect of measures in paragraph 1, if possible to not enter the tent | • Hand washing  
• Social distancing  
• Avoid touching eyes and mouth  
• Cough and sneeze protocol  
• Preparation of chlorine disinfection solution  
• Train on cleaning and disinfection as per annex 3a, 3b and 3c of WASH strategy  
• Train on proper use and disposal of gloves and masks | First day when case is identified | Gloves and masks | IPC kit (please check annex 2 of WASH strategy for Kit items) |
|               | If need to enter the tent                                    |                                                                             |                       |                     |                                                   |
- Train on washing and disinfection of reusable gowns
- Train on proper disposal of solid waste
- Train on washing of utensils
- Inform on water trucking and desludging system

**Member of the family living in the affected HH**

<table>
<thead>
<tr>
<th>Modality</th>
<th>Key messages</th>
<th>When</th>
<th>PPE for field staff</th>
<th>Distribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Door to door session</td>
<td>• Hand washing • Social distancing • Avoid touching eyes and mouth • Cough and sneeze protocol • Cleaning and Disinfection of the HH</td>
<td>During the isolation period</td>
<td>Gloves and masks</td>
<td>NA</td>
</tr>
</tbody>
</table>

**Follow up**

<table>
<thead>
<tr>
<th>Modality</th>
<th>Key messages</th>
<th>When</th>
<th>PPE for field staff</th>
<th>Distribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whatsapp audio, text message</td>
<td>Audio messages could be recorded by partners or wait until UNHCR share them as audio.</td>
<td>First day-When suspected case is identified</td>
<td>Gloves and masks</td>
<td>NA</td>
</tr>
</tbody>
</table>

*Table 2: Hygiene promotion in levels 1 to 3 targeting the affected family*

### 2. Residents in the affected site

<table>
<thead>
<tr>
<th>Target</th>
<th>Modality</th>
<th>Key messages</th>
<th>When</th>
<th>PPE for field staff</th>
<th>Distribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Families in the affected site</td>
<td>Door to door session with respect of measures in paragraph I, if possible to not enter the tent</td>
<td>• Hand washing • Social distancing • Avoid touching eyes and mouth • Cough and sneeze protocol • Cleaning and Disinfection of the HH • How to isolate yourself in overcrowded area</td>
<td>First day-When suspected case is identified</td>
<td>Gloves and masks</td>
<td>Disinfection kit or bleach and soaps</td>
</tr>
</tbody>
</table>
Whatsapp audio, text message
Develop a follow up plan with the caregiver: time of visit, frequency of visit and communication channel.

Audio messages could be recorded by partners or wait until UNHCR share them as audio.

During the isolation period
NA

Table 3: Hygiene promotion in levels 1 to 3 targeting the families in the affected site

It is expected that families in the affected site will gather during the assessment of the rapid response team. It is crucial to coordinate with Shawish and WASH committee to keep the beneficiaries at HH without visit to each other neither to the affected family at this stage.

1.3 Level 4 IS full quarantine

In this situation, the full IS is expected to quarantine, assuming all HH have a suspected case. In this case, hygiene promoters are expected to train caregiver in all HH in the affected site on cleaning and disinfection of rooms and latrines as detailed in Table 4:

<table>
<thead>
<tr>
<th>Target Person</th>
<th>Modality</th>
<th>Key messages</th>
<th>When</th>
<th>PPE for field staff</th>
<th>Distribution</th>
</tr>
</thead>
</table>
| Caregiver     | Door to door session with respect of measures in paragraph I, if possible to not enter the tent or Phone call | • Hand washing  
• Social distancing  
• Avoid touching eyes and mouth  
• Cough and sneeze protocol  
• Preparation of chlorine disinfection solution  
• Train on cleaning and disinfection as per annex 3a, 3b and 3c  
• Train on proper use and disposal of gloves and masks | First day when IS is advice to full quarantine | Full PPE | Disinfection kit or at least bleach and soaps |
Table 4: Hygiene promotion in levels 4 targeting all families in the affected site

1.4 At community level

To be completed at later stage.

III. Guidance on Distribution at site level

The suggestions for community engagement in distribution were prepared by protection sector to guide partners during distribution and awareness campaign. This applies for distributions at different levels 1 to 4 in overcrowded areas:

<table>
<thead>
<tr>
<th>Suggestions for community engagement in distributions in general e.g. WASH, food, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Given issues related to health safety, community members supporting the delivery of assistance should do so voluntarily and be aware of the associated risks.</td>
</tr>
<tr>
<td>2. They should be provided with the needed guidance and protection such as trainings/sensitizations and PPEs to ensure safe distributions, as well as what to do in case they fall ill.</td>
</tr>
</tbody>
</table>
IV. Key messages

The key message developed jointly by UNICEF, UNHCR and WHO could be recorded by partners and shared with beneficiaries as audio message on whatsapp, or shared as text message on whatsapp or direct message.

<table>
<thead>
<tr>
<th>Outbreak phase</th>
<th>Key messages</th>
</tr>
</thead>
<tbody>
<tr>
<td>1, 2,3,4</td>
<td>Model/Audio/Audio 1: Most of the people who acquire the corona virus disease feel mild symptoms and recover at home while some may become seriously ill and need hospitalization. Take care of your health and others’ health by applying the below: ✔️ Perform hand washing for at least 20-30 seconds using soap and water to kill viruses that might be on your hands ✔️ Make sure to cover mouth and nose while coughing or sneezing by a tissue or using your elbow. Dispose the used tissue immediately in a closed bin and wash your hands using soap and water.</td>
</tr>
<tr>
<td></td>
<td>jemwa×erals raison: 1: معظم الأشخاص الذين يصابون بمرض فيروس كورونا يشعرون بأعراض خفيفة وبعضهم، ولكن الأعراض قد تظهر بشكل أكثر حدة لدى البعض. احرصوا على الصحافة بصحبكم وحماية الآخرين بواسطة التدابير التالية: تنظيف اليدين بالماء والصابون لمدة لا تقل عن 30 ثانية من شأنه أن يقتل الفيروسات التي قد تكون على يدك ✔️ احرصوا على تغطية الفم والأنف بثي المرفق أو بمنديل ورق عند السعال أو العطس، ثم تخلصوا من المنديل الورقي فوراً بالفاني في سلة مهملات مغلقة ونظفوا يديكم بالماء والصابون ✔️ حافظوا مسافة لا تقل عن متر ونصف واحد بينكم وبين الآخرين.</td>
</tr>
<tr>
<td>1, 2, 3, 4</td>
<td>Model/ Audio /Audio 2:</td>
</tr>
<tr>
<td>------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>✓ Maintain 1.5 meter distance between yourself and people around you</td>
<td></td>
</tr>
<tr>
<td>✓ stay at home, and limit movements to those absolutely necessary.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>نموذج تسجيل صوتي 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>لتجنب الإصابة بمرض فيروس كورونا</td>
</tr>
<tr>
<td>أحرص على ممارسات النظافة التنفسية</td>
</tr>
<tr>
<td>✓ لا تبتعد عن تعظيم الفم والأنف ببعوضة أو بمنديل في حال السعال أو العطس، يتم تخلص من البوعية وقفرة باللقاح في سلة مهملات مغلقة</td>
</tr>
<tr>
<td>✓ ضغط بيدك بالله والصابون أو بمطهر كحولي لمدة 20 إلى 30 ثانية إذا لم توفر للماء مع الصابون.</td>
</tr>
<tr>
<td>لماذا؟ غطية الفم والأنف أثناء السعال والعطس تمنع انتشار الجراثيم والفيروسات، أما إذا غطيت فمك وأنفك بيدك أثناء السعال والعطس فقد تنقل الجراثيم إلى كل ما تلمسه.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1, 2, 3, 4</th>
<th>Model/ Audio /Audio 3:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Avoid close contact with people</td>
<td></td>
</tr>
<tr>
<td>✓ Maintain at least 1.5 meter distance between yourself and people around you especially those coughing or sneezing</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>نموذج تسجيل صوتي 3:</th>
</tr>
</thead>
<tbody>
<tr>
<td>لتجنب الإصابة بمرض فيروس كورونا</td>
</tr>
<tr>
<td>✓ تجنب الاقتراب كثير من الناس احتفظ بمسافة لا تقل عن متر ونصف بينك وبين الآخرين خصوصا إذا كان الشخص يسعل أو يعطس.</td>
</tr>
<tr>
<td>لماذا؟ عندما يسعل الشخص أو يعطس، تنتشر من أنفه أو فمه قطرات سائلة صغيرة قد تحتوي على الفيروس. إذا كنت على اقتراب من شخص مصاب، يمكن أن تنتقل هذه الفيروسات. أيضاً إذا كنت تماكين فيروس كورونا المستجد إذا كانت الشخص مصاباً به.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1, 2, 3, 4</th>
<th>Model/ Audio /audio 4:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Avoid touching eyes, nose and mouth and wash your hands with soap and water or an alcohol-based handrub regularly and thoroughly</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>نموذج تسجيل صوتي 4:</th>
</tr>
</thead>
<tbody>
<tr>
<td>لتجنب الإصابة بمرض فيروس كورونا</td>
</tr>
<tr>
<td>✓ لا تمس عينيك وأنفك وفمك</td>
</tr>
<tr>
<td>✓ تلوث البيان فإنها قد تنتقل الفيروس إلى العينين أو الأنف أو الفم، ويمكن للفيروس أن يدخل الجسم عن طريق هذه المنافذ ويصيب البقر، إنكسل اللثة بالله والصابون أو بمطهر كحولي وإذا لم توفر للماء مع الصابون، يقتل الفيروسات ويؤمن لك الحماية.</td>
</tr>
</tbody>
</table>

| ✓ احرصوا على عدم الخروج إلا للضرورة القصوى  |

| ✓ Stay at home, and limit movements to those absolutely necessary.  |

<p>| ✓ ✓ Maintain 1.5 meter distance between yourself and people around you  |
| ✓ ✓ stay at home, and limit movements to those absolutely necessary.  |</p>
<table>
<thead>
<tr>
<th>رقم</th>
<th>نموذج تسجيل صوتي</th>
<th>النص العربي</th>
<th>النص الإنجليزي</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>نصائح لتجنب الاصابة بمرض فيروس كورونا: هل يجب أن أتجنب المصافحة بسبب فيروس كورونا؟</td>
<td>هل يجب أن أتجنب المصافحة بسبب فيروس كورونا؟</td>
<td>Do I need to refrain/avoid shaking people’s hands because of corona?</td>
</tr>
<tr>
<td>6</td>
<td>نصائح لتجنب الاصابة بمرض فيروس كورونا: هل ارتداء القفازات المطاطية في الأماكن العمومية فعال قي منع الإصابة بعدوى فيروس كورونا المستجد؟</td>
<td>هل ارتداء القفازات المطاطية في الأماكن العمومية فعال قي منع الإصابة بعدوى فيروس كورونا المستجد؟</td>
<td>Are gloves effective in protecting spread of novel corona virus in public places?</td>
</tr>
<tr>
<td>7</td>
<td>بعض التضّفات البسيطة التي تحمي صحتكم وصحة الأشخاص قي محيطكم من مرض فيروس كورونا: • إبقوا مي ل وتجنب الزيارات مع الأقارب و الجيران • اغسلوا أيديكم بانتظام • غطّوا فمكم وأنفكم بذراعكم او بمنديل ورق ي عند السعال أو العطس • استعملوا المناديل الورقية وارموها مباشرة قي سلة المهملات • إبقوا في المنزل و تجنبوا الزيارات مع الأقارب والجيران • اغسلوا أيديكم بانتظام • غطوا فمكم و أنفكم بذراعكم أو بمنديل ورق ي عند السعال أو العطس • وارموها مباشرة قي سلة المهملات • حافظوا على نظام غذائي متوازن وكثيراً من شرب الماء</td>
<td>These are simple ways to protect your health and the health of people around you from corona virus disease: • Stay at home and avoid visiting neighbors • Perform hand washing regularly • Cover your mouth and nose using a tissue or your elbow while coughing or sneezing • Use paper tissue and throw it immediately after in a closed bin • Greet each other without handshakes. Avoid hugging or kissing each other • Maintain 1.5 meter distance between yourself and people around you • Maintain a balanced diet and drink a lot of water and liquids</td>
<td>These are simple ways to protect your health and the health of people around you from corona virus disease: • Stay at home and avoid visiting neighbors • Perform hand washing regularly • Cover your mouth and nose using a tissue or your elbow while coughing or sneezing • Use paper tissue and throw it immediately after in a closed bin • Greet each other without handshakes. Avoid hugging or kissing each other • Maintain 1.5 meter distance between yourself and people around you • Maintain a balanced diet and drink a lot of water and liquids</td>
</tr>
</tbody>
</table>

**Model Audio 5:**

Advice to avoid acquiring corona virus disease:

Do I need to refrain/avoid shaking people's hands because of corona? Yes. Because respiratory viruses can spread to hands and therefore to eyes, mouth, and nose by touching them. Greet each other using gestures.

**Model Audio 6:**

Advice to avoid acquiring corona virus disease:

Are gloves effective in protecting spread of novel corona virus in public places? No. hand washing is a better practice to prevent corona virus disease transmission compared to gloves. Gloves might transmit the virus if you touched your face while using them.

**Model Audio 7:**

These are simple ways to protect your health and the health of people around you from corona virus disease:

- Stay at home and avoid visiting neighbors
- Perform hand washing regularly
- Cover your mouth and nose using a tissue or your elbow while coughing or sneezing
- Use paper tissue and throw it immediately after in a closed bin
- Greet each other without handshakes. Avoid hugging or kissing each other
- Maintain 1.5 meter distance between yourself and people around you
- Maintain a balanced diet and drink a lot of water and liquids

**Model Audio 8:**

Practicing home food safety and good personal hygiene are critical in reducing the spread of corona virus disease.
| Wash your hands during the different stages of preparing a meal before starting, after handling or preparing raw food, after handling cooked or ready-to-eat food, after coughing, sneezing or blowing nose |
| Use different chopping tools while preparing meat, chicken, fish and vegetables |
| Thorough cooking of food/meats |
| Do not eat or cook sick animals or animals died because of sickness |

**Model/ Audio 9:**

When do I wash my hands?

Hands should be washed at the following basic times: wash my hands before, during and after preparing food, before eating, after coughing and sneezing, before, during and after patient care, before

**Model/ Audio 10:**

When do I wash my hands?

Hands should be washed at the following basic times: wash my hands before, during and after preparing food, before eating, after coughing and sneezing, before, during and after patient care, before

**Model/ Audio 9:**

Should I use a mask to protect myself?

A medical mask is not required if exhibiting no symptoms, as there is no evidence that wearing a mask – of any type – protects non-sick persons. Only wear a mask if you are ill with respiratory disease symptoms (coughing, sneezing) or looking after someone who may have a respiratory disease. Disposable face mask can only be used once. If you are not ill or looking after someone who is ill then you are wasting a mask. Wearing medical masks when not indicated may create a false sense of security that can lead to neglecting other essential measures such as hand hygiene practices. Furthermore, using a mask incorrectly may hamper its effectiveness and increases the risk of disease transmission.

The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least 1.5 meter meters from people who are coughing or sneezing.

**Model/ Audio 10:**

When do I wash my hands?

Hands should be washed at the following basic times: wash my hands before, during and after preparing food, before eating, after coughing and sneezing, before, during and after patient care, before

**Model/ Audio 9:**

Should I use a mask to protect myself?

A medical mask is not required if exhibiting no symptoms, as there is no evidence that wearing a mask – of any type – protects non-sick persons. Only wear a mask if you are ill with respiratory disease symptoms (coughing, sneezing) or looking after someone who may have a respiratory disease. Disposable face mask can only be used once. If you are not ill or looking after someone who is ill then you are wasting a mask. Wearing medical masks when not indicated may create a false sense of security that can lead to neglecting other essential measures such as hand hygiene practices. Furthermore, using a mask incorrectly may hamper its effectiveness and increases the risk of disease transmission.

The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least 1.5 meter meters from people who are coughing or sneezing.

**Model/ Audio 10:**

When do I wash my hands?

Hands should be washed at the following basic times: wash my hands before, during and after preparing food, before eating, after coughing and sneezing, before, during and after patient care, before

**Model/ Audio 9:**

Should I use a mask to protect myself?

A medical mask is not required if exhibiting no symptoms, as there is no evidence that wearing a mask – of any type – protects non-sick persons. Only wear a mask if you are ill with respiratory disease symptoms (coughing, sneezing) or looking after someone who may have a respiratory disease. Disposable face mask can only be used once. If you are not ill or looking after someone who is ill then you are wasting a mask. Wearing medical masks when not indicated may create a false sense of security that can lead to neglecting other essential measures such as hand hygiene practices. Furthermore, using a mask incorrectly may hamper its effectiveness and increases the risk of disease transmission.

The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least 1.5 meter meters from people who are coughing or sneezing.

**Model/ Audio 10:**

When do I wash my hands?

Hands should be washed at the following basic times: wash my hands before, during and after preparing food, before eating, after coughing and sneezing, before, during and after patient care, before
<table>
<thead>
<tr>
<th>Model/ Audio 11: How do I report a suspected corona virus disease case?</th>
<th>نموذج تسجيل صوتي 11: كيف أبلغ عن الحالة المشتبهة بمرض فيروس كورونا؟</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you find any of the symptoms such as fever, cough, shortness of breath and have been in contact with someone who has COVID-19 or is suspected, contact the Ministry of Public Health directly on the hotline 01594459.</td>
<td>إذا اخباري أي من الأعراض مثل الحمى، السعال، ضيق التنفس، أو إذا كنت قد دخلت في الاتصال مع شخص يحمل COVID-19 أو إذا كنت مشتبهًا في ذلك، تواصل مباشرة مع وزارة الصحة العامة على الخط الساخن 01594459.</td>
</tr>
<tr>
<td>Model/ Audio 12: I live in a room or in a tent ... What do I do to protect myself and my family from the Coronavirus disease?</td>
<td>نموذج تسجيل صوتي 12: أنا أعيش في غرفة أو خيمة ... ماذا يمكنني أن أفعل لضمان سلامتي من مرض فيروس كورونا؟</td>
</tr>
<tr>
<td>I am committed to not roaming and mixing with others except when absolutely necessary, I adhere to the safe distance (1.5m) and adhere to etiquette of coughing, sneezing and breathing, that is, when coughing or sneezing, use the bent elbow method or use tissue paper to cough or sneeze, then dispose of the tissue immediately in the trash and wash my hands immediately with soap and water (20-30 seconds) or with a hand sanitizer (60-70% alcohol) if water and soap are not available (20-30 seconds) and avoid touching the face anyway.</td>
<td>أنا ملتزم بالحد من التنقل والتفاعل مع الآخرين إلا في حالات الضرورة، أنا ألتزم بمسافة آمنة (1.5م) وألتزم بالطريقة المناسبة للاستنشاق أو الضجيج، قد يكون ذلك عند السعال أو السneeze، أستخدم طريقة الكوع المر składه أو أستخدم المنديل الورقي للاستنشاق أو الضجيج، ثم أخلص المنديل فوراً في النفايات و أغسل يدي فوراً بالماء والصابون (20-30 ثانية) أو بمعقم اليدين (60-70% كحول) إذا لم توفر المياه مع الصابون (20-30 ثانية)، وتتوبع أي فعل حساس لمستويات الماء</td>
</tr>
<tr>
<td>I clean (with soap and water) and then disinfect the place where I live with a dilute chlorine solution (1 measurement of chlorine to 9 measurements of clean water). I adhere to circulars that prevent exchange of visits and I adhere to personal hygiene and general hygiene in particular cleaning and then disinfecting the toilet regularly.</td>
<td>أقوم بالتنظيف (بالماء والصابون) ثم أستериكيز المكان الذي أعيش فيه باستخدام حل شعير من الكلورو (1 دقيقتة من الكلورو إلى 9 دقيقات من الماء النقي). ألتزم بال الأوامر التي تمنع تبادل الزيارات. ألتزم بالنظافة الشخصية والنظافة العامة خاصة في التنظيف، وتستериكيز المرحاض بانتظام.</td>
</tr>
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</table>

**Notes:**
- نصائح أخرى للأخضر والحفظ من نقص الماء والمعقمات.
disinfection must be adhered to, and not to share personal items that are used in eating and drinking (bottle of water, spoon, towel...).

Model/ Audio / Audio 14:
Psychological support during a health mobilization case with the Coronavirus
With the spread of the Corona virus, it is normal for us to feel anxiety, fear and stress due to the uncertainty and changes to our daily routines and lives. We can help ourselves and our loved ones: Maintain contact by phone and social media with friends. Follow a daily routine that includes activities such as reading, exercise and regular physical activity like walking. Maintaining a healthy diet and good night’s sleep. Avoid smoking or using alcohol or other addictive substances as they are harmful to one’s health and can reduce one’s resistance against the virus.
Follow the Corona Virus Disease news from reliable sources only (for example, bulletins of the Ministry of Public Health or the World Health Organization)
Don’t trust and transmit anonymous messages via social media.
In these difficult circumstances, children particularly may feel anger, frustration and anxiety. They may have nightmares or involuntary urination. We do not encounter violence with violence. We surround them with kindness and tenderness to relieve their anxiety. We share a lot of common activities with them. We work with them to manage the difficult situation and devote time for them to rest, learn and play, and maintain as much as possible their daily routines.

Model/ Audio / Audio 15:
If you have symptoms of Coronavirus disease such as fever, cough, shortness of breath, please call the Ministry of Public Health hotline on 01594459 for advice on what to do.
If you are advised to remain quarantined at home, or if you are confirmed to have the Coronavirus disease, it is not a shortcoming. It is not wrong. It is a stage and will end. Isolate yourself in a separate, well-ventilated room or part of the tent, use your own items (towel,
If you are taking care of a Coronavirus disease patient person, you should take care of your health at the same time and get plenty of rest and balanced diet. When entering the rooms where the suspected and confirmed cases are isolated, please make sure to use gloves, mask while caring for the patient. Gloves and the mask should be disposed with all the patient’s waste in a sealed bag and put it in another bag and close it well. Daily clean and disinfect surfaces in the patient’s room/bathroom using a diluted chlorine solution (1 measurement of chlorine to 9 measurements of clean water) should be applied. It is preferable that the patient himself, if capable, disinfects his surroundings.

Thorough cleaning (scrub) and disinfection include:
- Toilet seat and cover, hand wash basins, door handles and toilet trash
- Cleaning and disinfecting doors, partitions, and walls that separate frequently touched toilets and the entire floor using a diluted chlorine solution (1 measurement of chlorine to 9 measurements of clean water).
- Ensure proper ventilation of the isolation room and house by opening the windows and regularly during the day.

Cleaning and disinfection method:
- Ensure proper ventilation of the isolation room and house by opening the windows and regularly during the day.
- If you are taking care of a Coronavirus disease patient person, you should take care of your health at the same time and get plenty of rest and balanced diet. When entering the rooms where the suspected and confirmed cases are isolated, please make sure to use gloves, mask while caring for the patient. Gloves and the mask should be disposed with all the patient’s waste in a sealed bag and put it in another bag and close it well. Daily clean and disinfect surfaces in the patient’s room/bathroom using a diluted chlorine solution (1 measurement of chlorine to 9 measurements of clean water) should be applied. It is preferable that the patient himself, if capable, disinfects his surroundings.

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- Cleaning and disinfecting doors, partitions, and walls that separate frequently touched toilets and the entire floor using a diluted chlorine solution (1 measurement of chlorine to 9 measurements of clean water).
- Ensure proper ventilation of the isolation room and house by opening the windows and regularly during the day.
Disinfection will only be effective on clean surfaces. So all surfaces must be thoroughly cleaned before they can be disinfected. Use a broom and dry cloth to remove dust, starting with the cleaner areas to the most dirty areas and the high to low surfaces using a systematic method - and ensure no areas are left out. Special attention should be made to frequently touched surfaces such as: beds, chairs, tables, door handles, handrails, doors, washbasin knobs, cupboards, water coolers.

How to prepare disinfection solution with 5% pure chlorine:

- Half a liter (small water bottle capacity) of chlorine liquid (5%)
- 4.5 liters of clean water (9 small bottles of water)

We will have 5 liters of sterile chlorine solution, a concentration of 0.5%

The solution could be used for 24 hours only.

Attention: Keep this solution well sealed and far from children reach.

Model/Audio/Audio 17:
To disinfect hands and skin, hands should be washed with soap and water or rubbed with an alcohol disinfectant above 60-70% for 20-30 seconds.

In the absence of hand antiseptics, or soap and water hands can be cleansed with chlorine solution after preparation in the following way:

- 1 teaspoon of 5% chlorine solution (teaspoon or sugar spoon) added to half a liter (a small bottle of water) of clean water
- We will have Half a liter (small bottle of water) of 0.05% hand sanitizer solution
- The solution could be used for 24 hours only

Model/Audio 18:
In case you had to wear a Mask

- Model/Audio 18:
In case you had to wear a Mask

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1,2,3,4
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| Refrain from touching the mask when attached to the face. Do not use the medical mask more than once after use. Immediate disposal of the disposable mask in the waste container with a tight cap after removing it from the face. Wash hands with soap and water or rub hands with an alcohol-based hand sanitizer after removing the mask. | الامتناع عن لمس الكمامة عندما يثبتت على الوجه  
إعد استخدام الكمامة لأكثر من مرة واحدة بعد الاستعمال  
التخلص الفوري من الكمامة ذي الاستعمال مرة واحدة في مستوعب النفايات ذات غطاء محكم بعد إزالته عن الوجه  
غسل اليدين بالماء والصابون أو فرك اليدين بمعقم اليدين الكحولي بعد إزالة القناع. |
| Can we add on audio on definition of COVID 19, symptoms and referral pathway (hotline) Here we can use the VO of first videos developed How to report a coronavirus case: [https://youtu.be/SF15znp8CWg](https://youtu.be/SF15znp8CWg) Prevention measures: [https://youtu.be/0FmYHAAu_0E](https://youtu.be/0FmYHAAu_0E) | Can we add on audio on definition of COVID 19, symptoms and referral pathway (hotline) Here we can use the VO of first videos developed How to report a coronavirus case: [https://youtu.be/SF15znp8CWg](https://youtu.be/SF15znp8CWg) Prevention measures: [https://youtu.be/0FmYHAAu_0E](https://youtu.be/0FmYHAAu_0E) |

*Table 5: COVID 19 Key message*