

Information for Campaign against Corona Virus in Farmer Field Schools (FFS)

COVID-19

What is COVID-19?

COVID-19 is a contagious disease caused by the most recently discovered coronavirus.

What are the symptoms of COVID-19?



Fever and Tiredness



Dry Cough



Breathing Difficulties



How is the virus transmitted from one person to another?

- Through breathing in droplets from coughs or sneezes from infected people.
- By touching your face, eyes or nose after touching hands of infected person and objects or surfaces touched by infected person.

How can we protect ourselves and others from COVID-19 disease?



Frequently wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer.

Supply materials for hand washing in your FFS.



Cough or sneeze into your elbow or disposable handkerchief, not your hands.



Do not touch your eyes, nose or mouth.



Avoid touching the hands and body of others during FFS group dynamics.

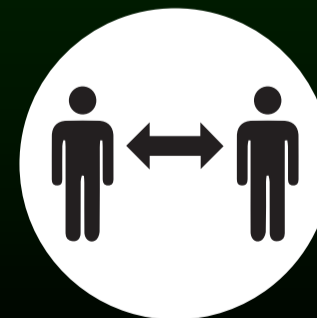
Avoid groups with many people and closed spaces.



Wear a mask, scarf or cloth to protect nose and mouth when attending a FFS.



If you have fever, cough and difficulty in breathing, stay home and isolate yourself if you feel unwell.



Keep at least 2 meters away from others, for example during FFS field work.



FOR MORE INFORMATION:

Call Ministry of Health Call Center Toll Free Lines on;

0800 100 066 | 0800 203 033 | 0800 303 033

Follow the directions of your local health authority

