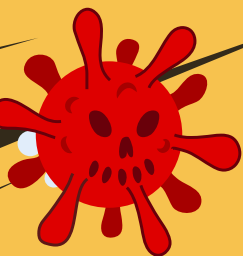
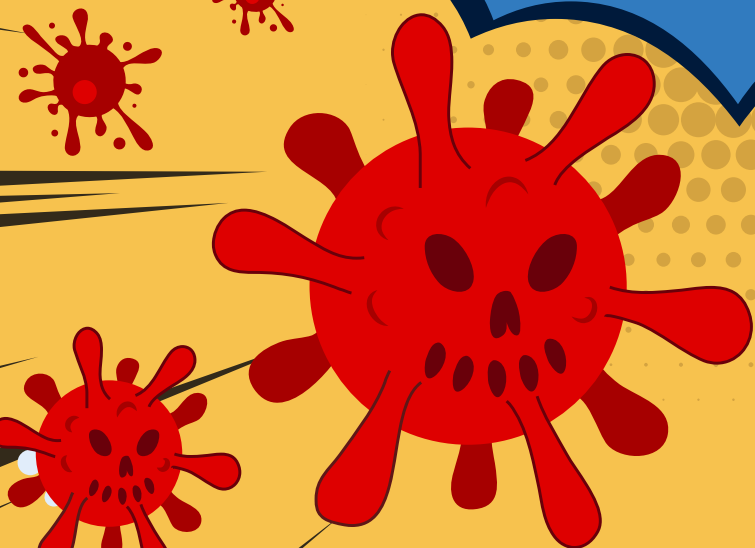


Community, MFI, and Corona

The community and MFIs
can win the fight
together!



**A comic book for community awareness
on the coronavirus pandemic**

**Josephine: An MFI Branch Staff who works
as para health advisor for better health of the community**



Josephine, we have heard about coronavirus. Do we need to worry?

I will explain it, Ladies. Do you know what viruses are?



No. What are viruses?



Viruses are small germs that can cause diseases.



Can we see them?

We cannot see them with our naked eye.

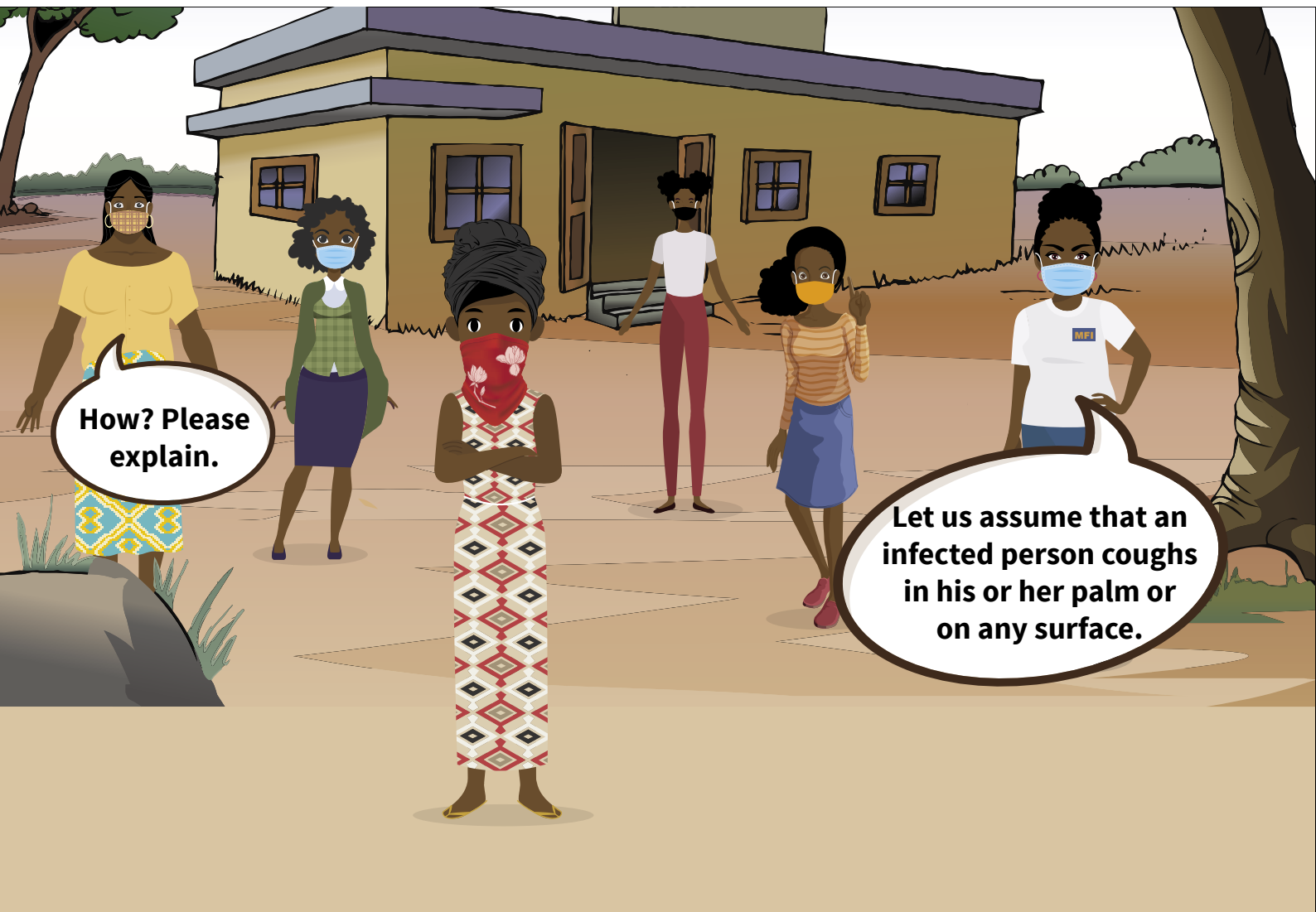


Oh!



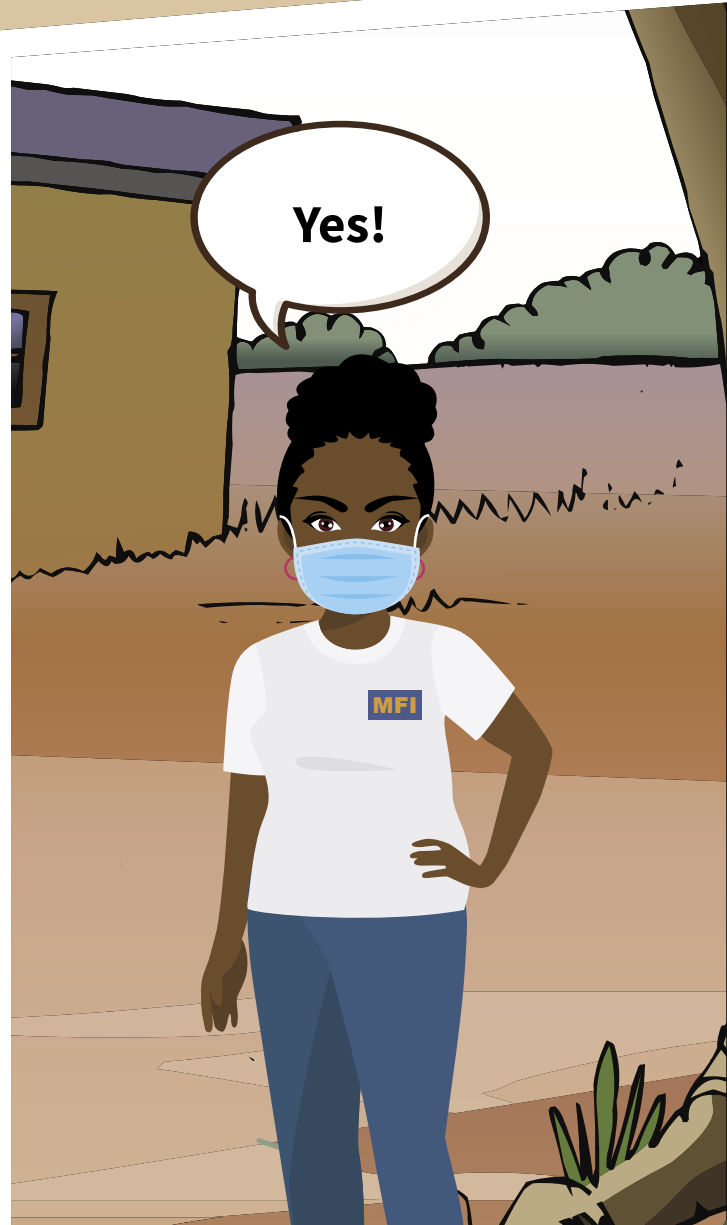
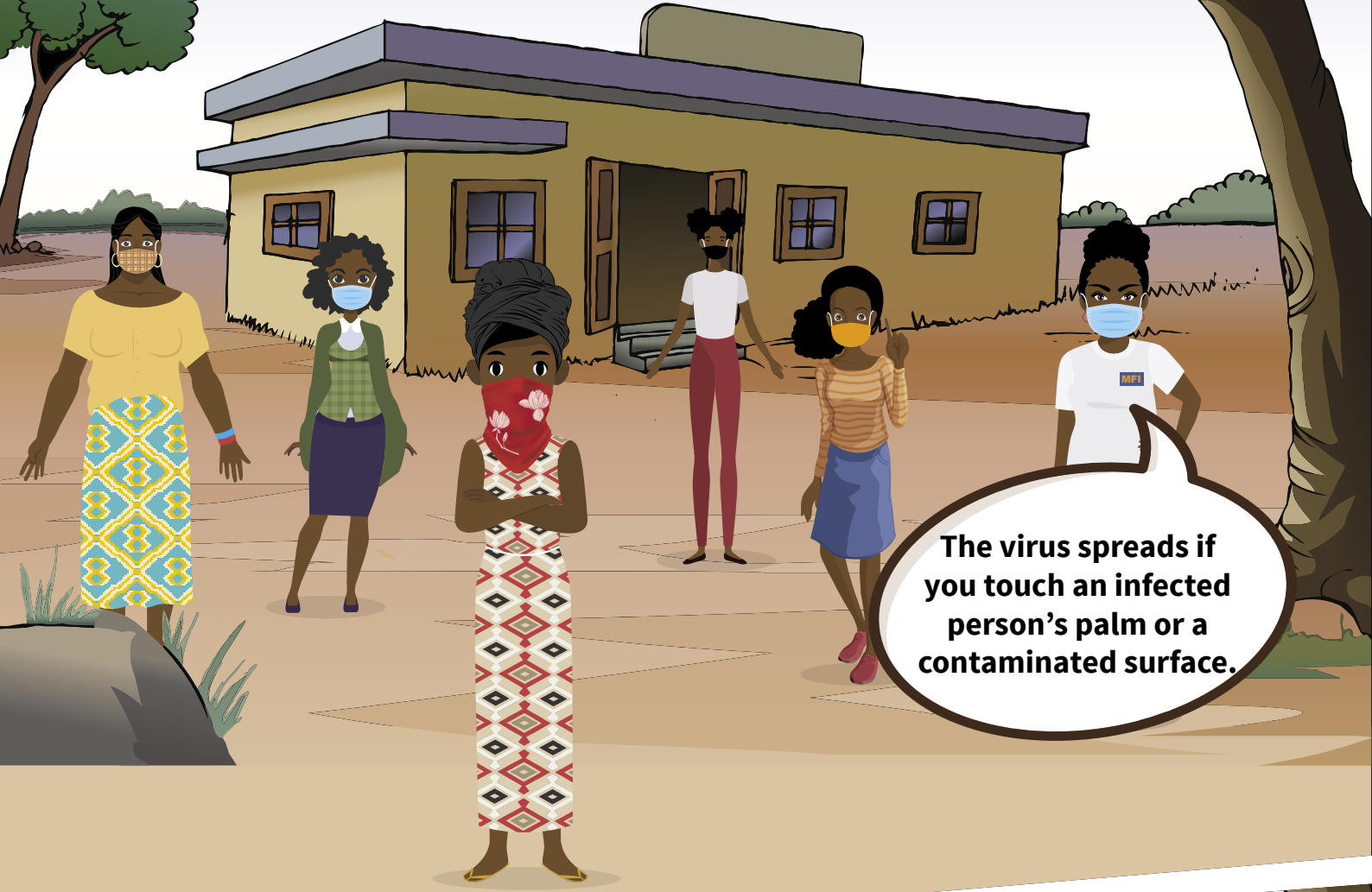
The virus spreads when we touch contaminated surfaces or objects, and then touch our eyes, nose, or mouth.

Josephine, how does the virus spread?



How? Please explain.

Let us assume that an infected person coughs in his or her palm or on any surface.





Josephine, are there other ways the virus can infect us?

Yes. If we are standing within 2 meters of a person with COVID-19 we can catch the infection when the infected person coughs, sneezes, or talks.

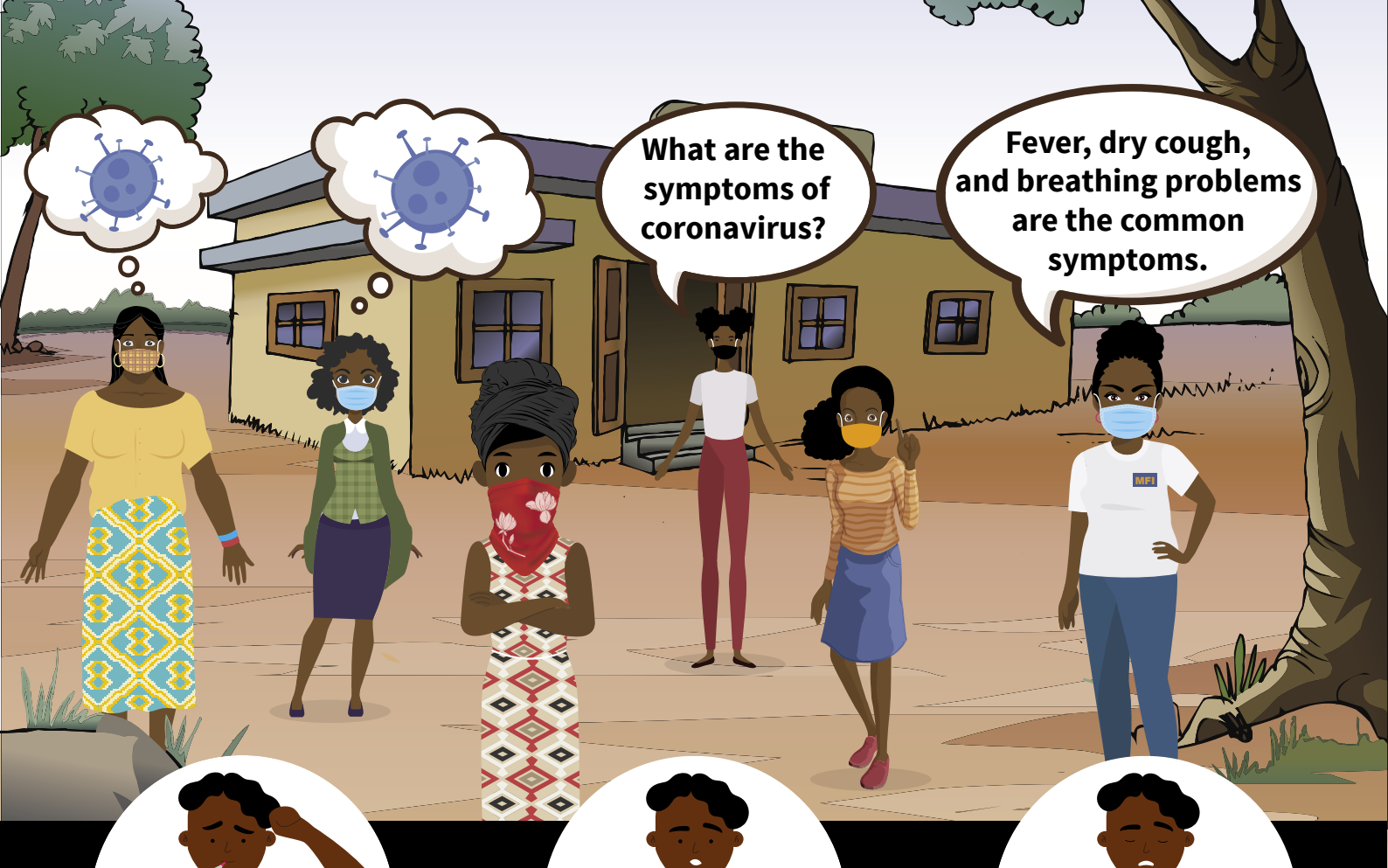


Can they make us sick?



They can!

NOTE: The WHO guidance remains at 1 meter, however many countries now insist on maintaining 2 meters social distancing. We have applied the precautionary principle accordingly.



Fever



Dry cough

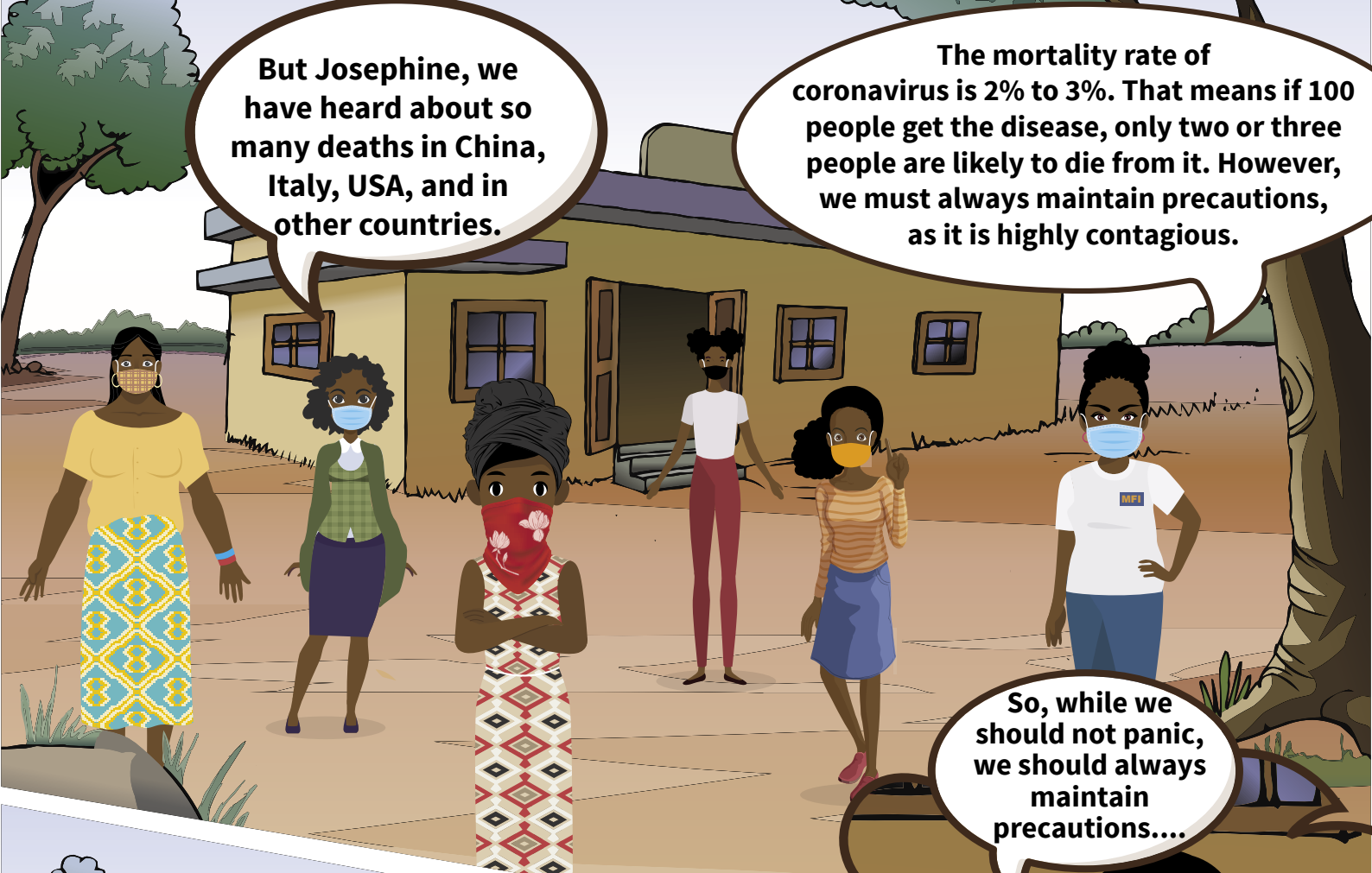


Breathing problems



You don't need to worry. We can all stay safe if we follow simple prevention steps.


Josephine, we should not panic. What precautions can we take?



But Josephine, we have heard about so many deaths in China, Italy, USA, and in other countries.

The mortality rate of coronavirus is 2% to 3%. That means if 100 people get the disease, only two or three people are likely to die from it. However, we must always maintain precautions, as it is highly contagious.

So, while we should not panic, we should always maintain precautions....



Josephine, please tell us how we can maintain precautions to stay safe.

Sure, I will tell you about simple prevention methods. They will help you stay safe.



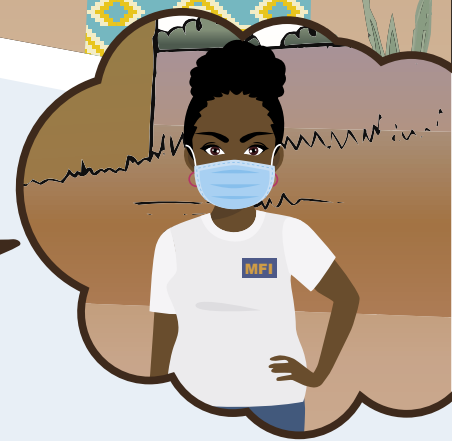
The first step is to keep yourself clean and maintain hygiene. We should wash our hands properly with soap.



How can we wash our hands properly?



I will tell you about the 10 steps of hand washing. Now, follow these steps.



Prevention handwash-10 Steps of washing hands

How to wash our hands



1 Take water and wet both of your hands



2 Take soap and scrub it on both of your hands



3 Rub the palms of your hands together



4 Rub the back of each hand on the palm of the other hand (left and right)



5 Rub hands palm to palm with fingers interlaced



6 Rub the backs of the fingers of each hand on the palm of the other hand



7 Wrap the palm of each hand around the thumb of the other hand and rub



8 Rub the fingertips of each hand on the palm of the other hand



9 Rinse well with water, removing all soap residue



10 Use clean towel or disposable tissue to dry off your hands



Prevention - hand wash



After coughing, sneezing,
or wiping your nose



Before and after eating



After touching any garbage or waste



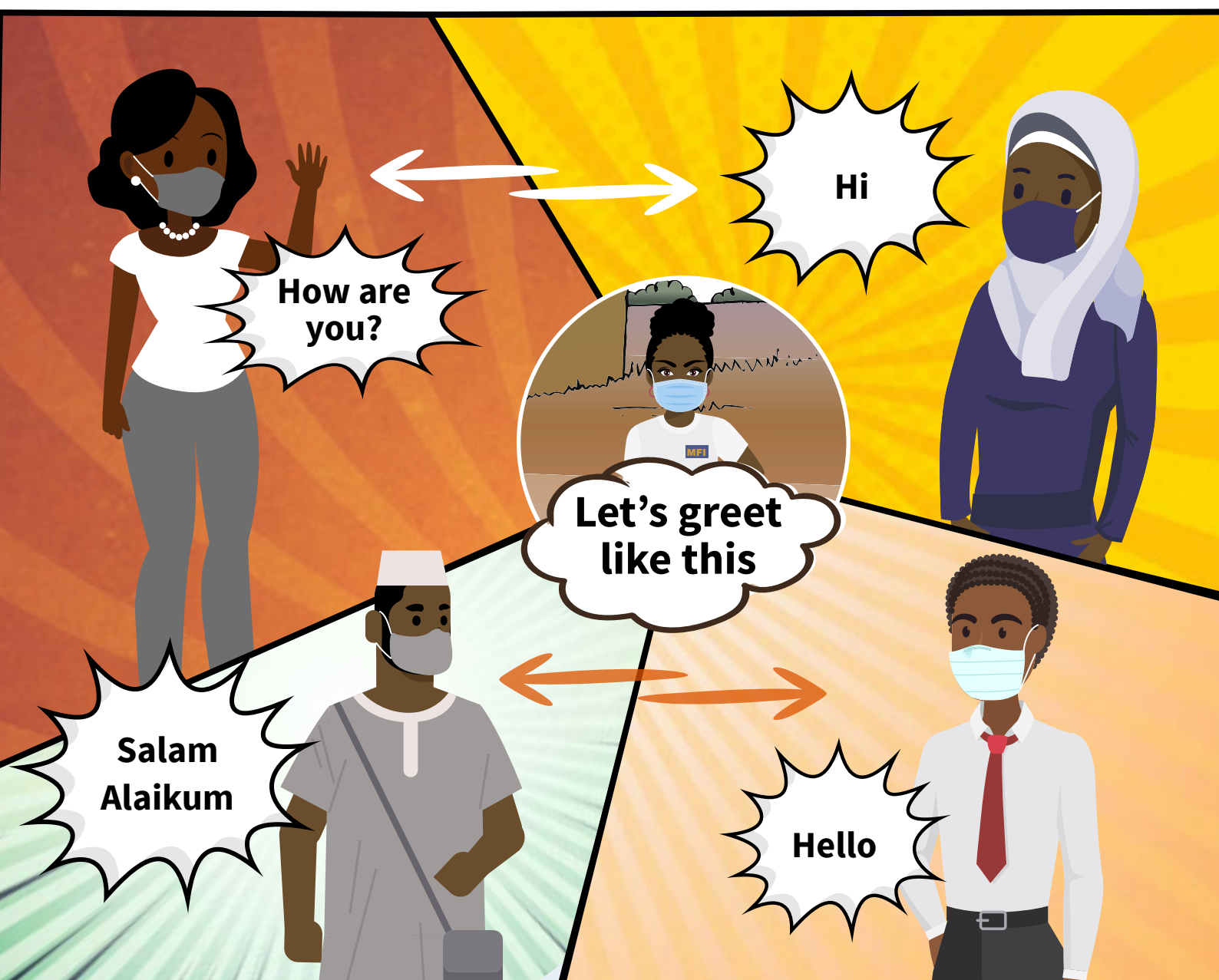
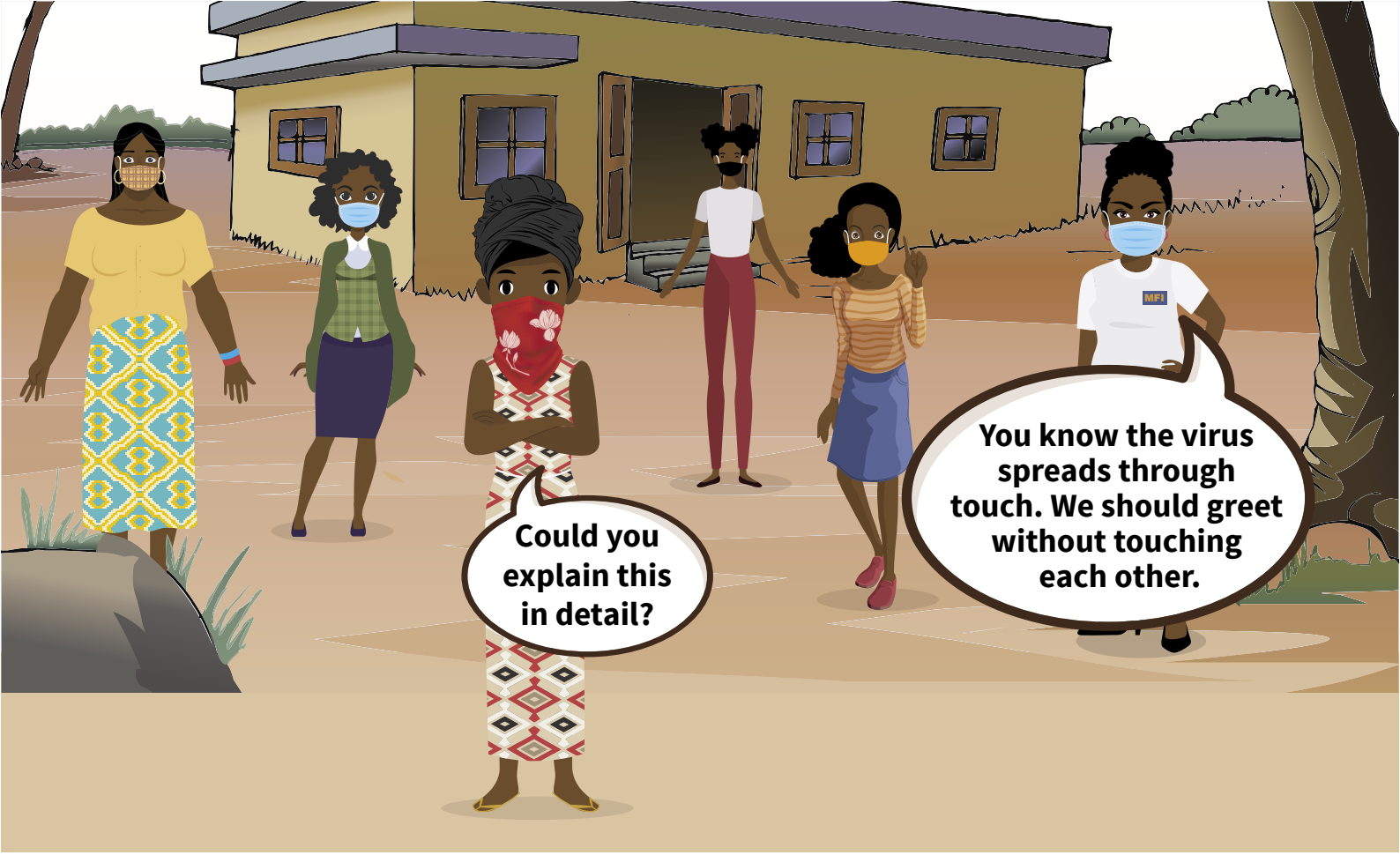
Before, during and after cooking




Before and after using the toilet




After touching or coming in contact
with animals or another person





Josephine, are there any other prevention steps?




Yes! Please cover your face with a mask when you go outside.




Also wear a mask...

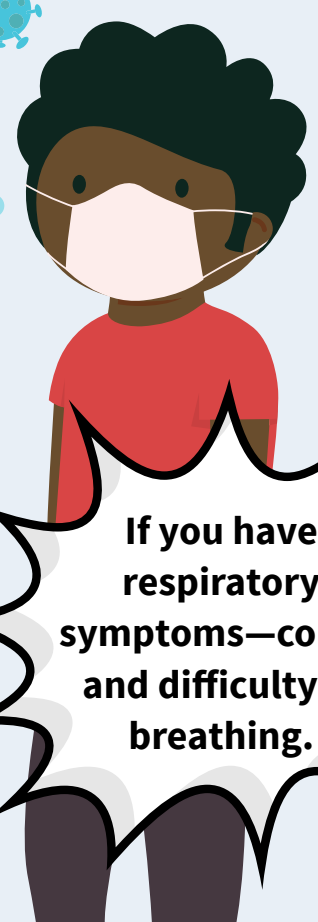
If masks are not available in your area, you can use clean cotton cloth to make masks in your house. Make three layers of it and cover your mouth. Use multiple masks to avoid using same mask again and again. The mask should not be shared with other members in household. It should be washed with soap or detergent daily.



If you are a health worker and are attending to patients.

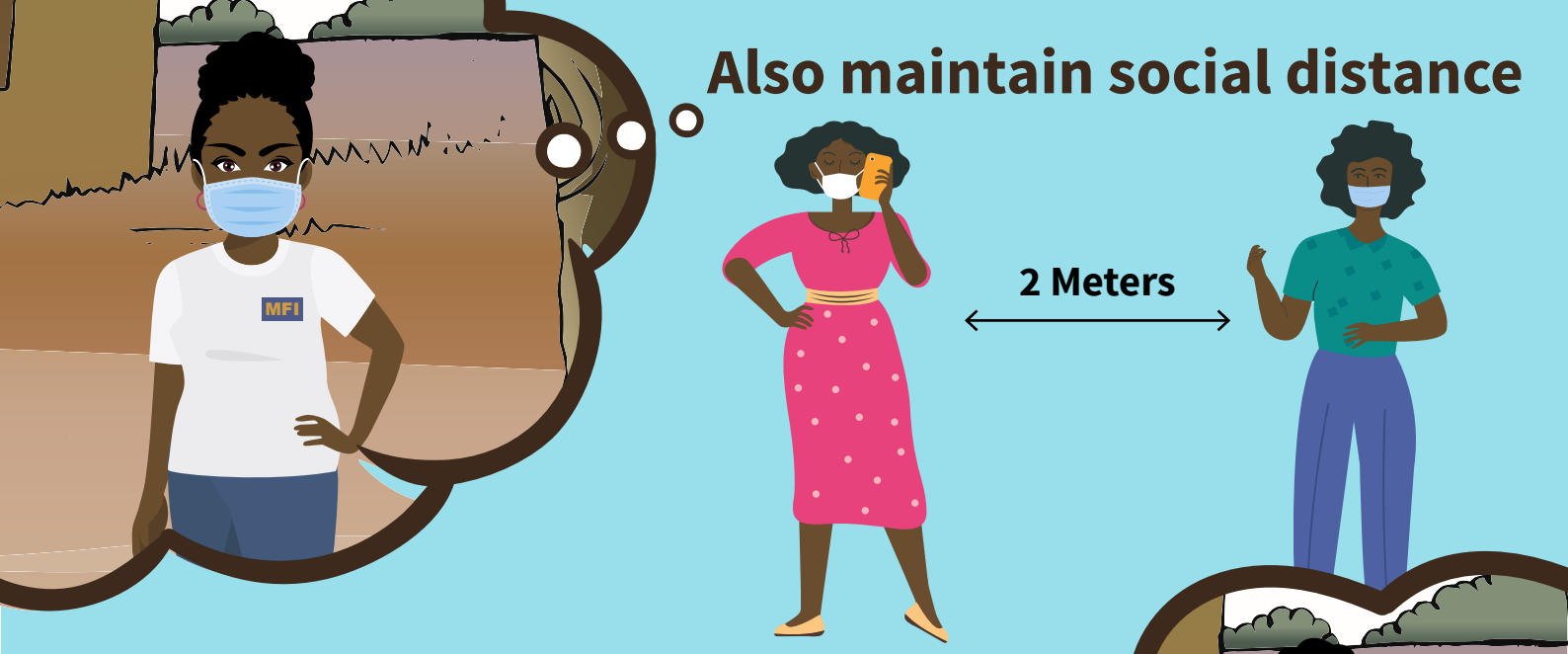


If you are providing care to individuals with respiratory symptoms.



If you have respiratory symptoms—cough and difficulty in breathing.

Also maintain social distance



Avoid crowded places and social gatherings



Please also avoid any unnecessary travel



Oh, that is why our schools and colleges are closed.

Yes!



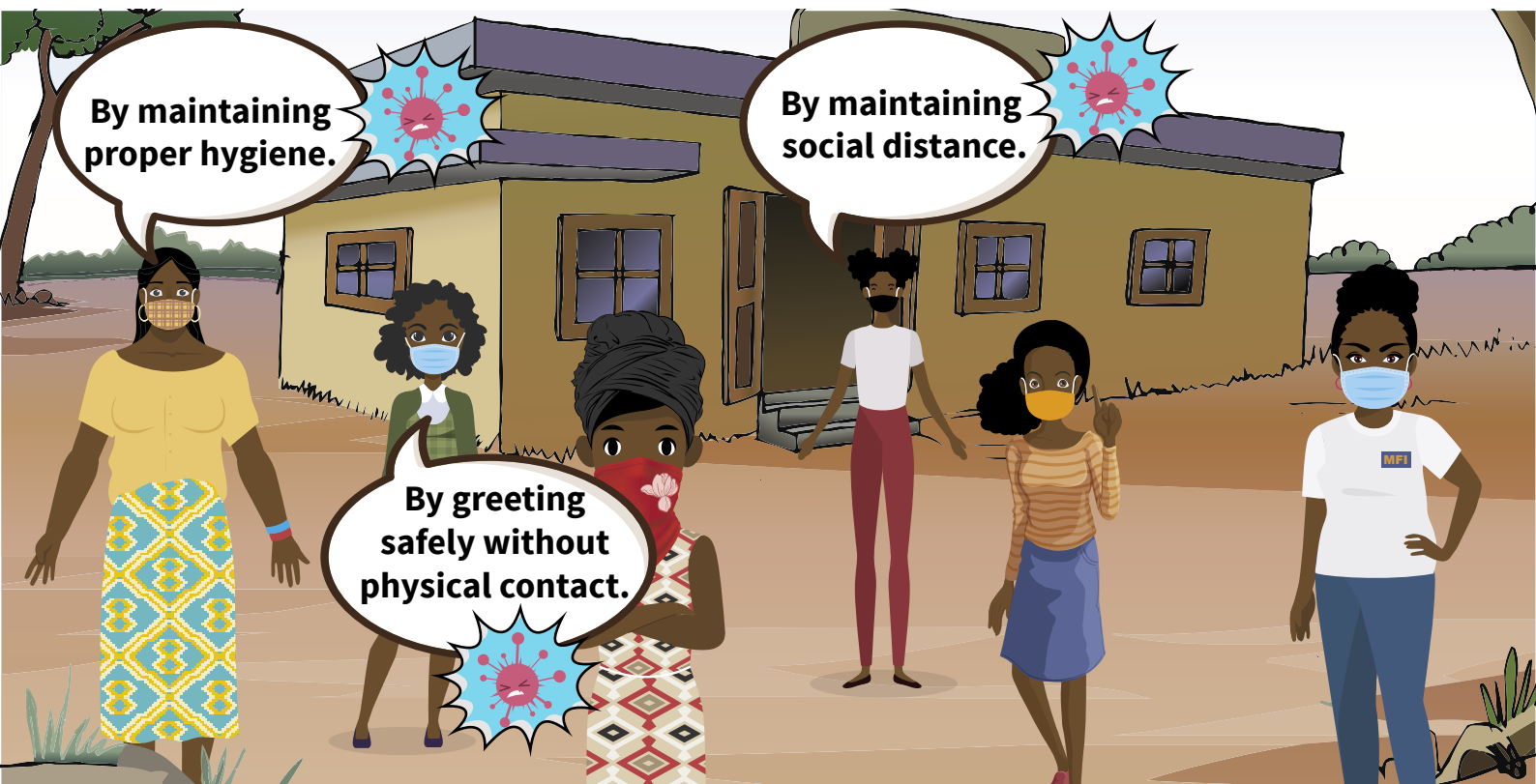
**Sure, Josephine!
If anyone in our
family shows
such symptoms, we
will see a doctor.**

**If you have cough,
fever, or difficulty in
breathing, contact a
doctor immediately!**

**We will also follow
all instructions from
the government and
local health
authorities.**



**Great! These are
simple steps to
protect ourselves
from coronavirus.**





References:

World Health Organization, WHO

Occupational Safety and Health Administration, OSHA

Disclaimer: Please visit the World Health Organization at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance> for the latest guidelines on COVID-19

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