

**Recommendations and guidance from and for women's groups**  
(with thanks to our partners Katosi / KWDT and Arche Nova, Uganda)

As we are all aware, we are currently facing the COVID 19 pandemic.  
As Women Groups we have a responsibility to contribute to prevent contagion in our communities and families and support each other to pass this critical moment.

We suggest to the Women Groups the following recommendations:

1. TO INFORM OTHER WOMEN GROUPS, COMMUNITY MEMBERS AND FISHING / FARMING COMMUNITIES TO WASH THEIR HANDS OFTEN, WITH WATER AND SOAP AT LEAST 20 SECONDS.
2. DURING THIS PERIOD THE WATER FROM THE BORE HALLS AND SHALLOW WELLS SHOULD BE PROVIDED FOR FREE TO ALL COMMUNITY MEMBERS.
3. WOMEN GROUPS SHOULD SHARE WITH THE COMMUNITY AND FISHING MEMBERS THE FOLLOWING IMPORTANT INFORMATION REGARDING COVID-19:
  - AVOID TOUCHING EYES, NOSE AND MOUTH.
  - COVER YOUR MOUTH WHEN YOU COUGH OR SNEEZE WITH A TISSUE OR INSIDE OF YOUR ELBOW. THROW THE TISSUE AWAY AFTER USE.
  - CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTIVES AND SURFACES (DINING TABLE, DOOR HANDLES, KEY, MOBILE PHONE, WALLET).
  - FOOD HYGIENE: WASH YOUR HANDS BEFORE, DURING AND AFTER PREPARING FOOD, KEEP YOU KITCHEN CLEAN, ENSURE YOUR FOOD IS THOROUGHLY COOKED.
4. CLEAN EVERY DAY TOILETS AT HOME AND IN THE COMMUNITIES.
5. CLEAN EVERY DAY THE COMMUNITIES COLLECTING WASTE AND USING THE DUMP SITES.
6. THE WOMEN GROUPS SHOULD PRODUCE SOAP AT HOME AND TEACH HOW TO DO IT TO THE OTHER COMMUNITY MEMBERS.
7. WOMEN GROUPS SHOULD ORGANIZE THEMSELVE TO CONTINUE THEIR HOME PRODUCTION OF FRUIT, VEGETABLES, MILK, EGGS TO HAVE ENOUGH FOOD AND AVOID GOING TO THE MARKET PLACES (OR send one person on behalf of all of you).
8. WOMEN GROUPS AND COMMUNITY MEMBERS SHOULD AVOID PUBLIC PLACES AS CHURCHES, MOSQUES, PUBLIC TRANSPORTS.
9. DEVELOP NEW CULTURE AMONG THE WOMEN GROUPS AND COMMUNITY MEMBERS CHANGING AND ELIMINATING FISCAL CONTACTS AS GREETING, HUGGING AND KEEPING 1-2 M. DISTANCE.
10. USE ELECTRONIC MEANS FOR PAYMENT AS MUCH AS POSSIBLE INSTEAD OF MONEY. IF YOU TOUCH MONEY WASH YOUR HANDS.
11. EATING HEALTHY FRUIT, VEGETABLE AND CEREALS.

12. IF A PERSON IS SICK, HE/SHE MUST STAY AT HOME AND AVOID CONTACT WITH OTHER FAMILY AND COMMUNITY MEMBERS. THE OTHER COMMUNITY MEMBERS SHOULD HELP THE FAMILY TO PRODUCE AND HAVE FOOD (BUT KEEP YOUR DISTANCE).

13. IF A PERSON HAS THE SYMPTOMS, PLEASE:

- CALL HOTLINE OF YOUR COUNTRY OR YOUR LOCAL DOCTOR
- GET ADVICE AND FOLLOW MEDICAL REGULATIONS ON HOW TO GET TO A TESTING CENTER, AND HOW TO BEHAVE WHILE WAITING FOR A RESULT