

FOR MORE INFORMATION OR HELP

COVID Information Hotline: 119

Ministry of Health COVID website:
www.covid19.gov.vu

Ministry of Health
free mobile phone webpage:
<https://bit.ly/vanmoh>

Facebook: Follow Health Promotions
Vanuatu

Vanuatu Women's Centre: 24000

Police: 111

COVID-19



How to Keep Your Family Safe



AHP Disaster READY



WHAT IS COVID-19?

COVID-19 is a new Coronavirus that hasn't been seen in humans before.

The virus is spread from person to person through droplets from coughs and sneezes.

Most people who get COVID-19 feel like they have a common cold: a fever, coughing and sneezing. But some people with COVID-19 become very sick and have difficulty breathing.

Older people and people with medical conditions like diabetes and heart disease are more vulnerable to becoming very sick with the virus.

You can help prevent yourself, your family and your community from getting COVID-19 with good hygiene.



HOW CAN I KEEP MY FAMILY HEALTHY?

Good hygiene is the best way to protect everyone against COVID-19.

5 Things Everyone Can Do

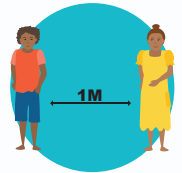
1 **Wash your hands** with soap and water or an alcohol-based hand rub to kill the virus.

2 **Cover your coughs and sneeze** with your elbow (not your hands) or a tissue to stop it spreading.

3 **Stay 1 metre away from sick people** to avoid being infected.

4 **Don't touch your eyes, nose and mouth** in case the virus is on your hands.

5 **If you have a fever, cough and difficulty breathing, go to a your closest health facility.**
Call ahead if possible.



HOW CAN I KEEP MY FAMILY HEALTHY?

5 Things You Can Do At Home

1 Clean surfaces daily with detergent or bleach to kill the virus: benches, furniture, doorknobs, clothing, cloths, dishes and cutlery.

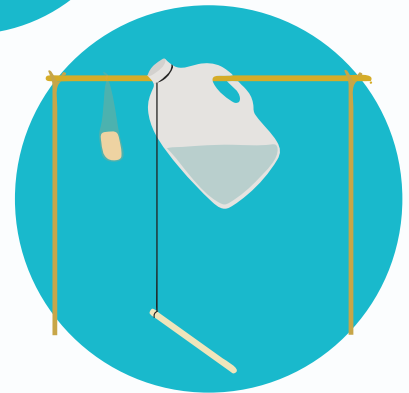
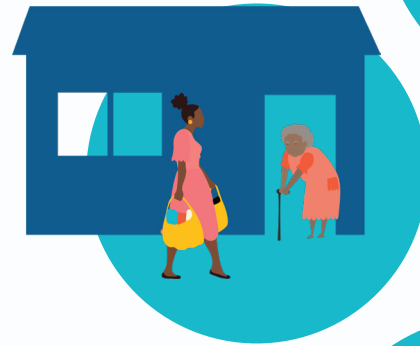
2 Cook meals with lots of vegetables to keep your body strong and healthy.

3 Build a tippy tap so that everyone can wash their hands, even if you don't have a tap nearby.

When there are confirmed cases in Vanuatu...

4 Limit trips to the markets and shops to reduce your exposure to people who have the virus.

5 Help family members who are elderly or have medical conditions to stay at home to avoid being infected by the virus.



WHAT SHOULD I DO IF SOME ONE GETS SICK?

If someone in your household gets sick, you need to help them recover while keeping your family and neighbours safe.

To stop the virus from spreading, you might need to **isolate** or **quarantine**, either at a health facility or at home on the advice of the Ministry of Health.

Isolation separates sick people with the disease from people who are not sick.

Quarantine separates people who are well but may have been exposed to the virus to monitor if they become sick.

5 Things You Can Do If Someone in Your Family Is Sick

Isolate the sick person following the advice of the Ministry of Health.

They should not leave the house or facility **at all**, and people who do not live in your house should not visit.

Limit the sick person's contact with other family members. Have them stay in a separate room or an area divided from common areas by sheets. The sick person should always use a separate bowl, cup, cutlery and use a separate bathroom if possible, or it should be disinfected every time the sick person uses it.

Have one or two family members to care for the sick person. Carers should be under 50 years old and healthy, wear a facemask when in contact with the sick person, and wash their hands afterwards.

Stop other family members from being infected. Wash hands often and clean surfaces daily.

Help the sick person recover. Keep them in bed, give them plenty of water and vegetables, monitor their symptoms, and get medical help if they are short of breath or very sick.



SOMEONE IS REALLY SICK!

If someone is very sick and you are worried...

Go to your nearest health facility if you have a fever, cough AND difficulty breathing.

Avoid physical contact with others to stop the virus from spreading.

If you can, call the health centre before you go, so they can prepare.



If you need medical help you can call:

Shefa

Vila Central Hospital **Emergency only** 112
Vila Central Hospital 22100
Ambulance: Pro Medical 115

Sanma

Northern Provincial Hospital 36345
Ambulance: NPH 7742448

Torba

Qaet Vaes Hospital 5441582

Malampa

Norsup Hospital 33875/48410

Penama

Lolowai Hospital 7728074

Tafea

Lenakel Hospital 7100156

If you need more information...

Call 119 or visit www.covid19.gov.vu for the latest health advice.

I'M REALLY STRESSED! WHAT CAN I DO?

It's normal to feel stressed in a situation like this. But you can do things to help yourself and your family cope.

8 Things You Can Do To Cope With Stress

- 1 **Talk to a friend** to stay connected and balanced.
- 2 **Do things you enjoy.** Listen to music, walk or swim, take some deep breaths.
- 3 **Stay healthy.** Eat healthy food, get enough sleep, exercise.
- 4 **Don't use smoking, alcohol or other drugs to deal with your emotions** – often they will make you feel worse.
- 5 **Get the facts** so you have accurate information about the risks and what to do. Visit www.covid19.gov.vu or call 119.

6 **Limit the news you watch and read.** Too much can make you feel more stressed.

7 **Remember, you have got through tough times before.** When you have felt afraid or out of control before, what helped you to manage your stress? Use the ways you have managed your emotions in the past to help you cope.

8 **Talk to a health worker or someone you trust** if you feel overwhelmed.



WHAT ABOUT KIDS?

6 Things You Can Do To Help Kids Cope

1 Be patient. It's normal for children to be more clingy, anxious, withdrawn, angry, upset, or wet the bed if they are stressed.

2 Give them extra love and attention. Listen to their worries.

3 Keep a routine. Kids feel more in control when they can predict what is going to happen each day.

4 Keep them busy. Draw pictures, do a puzzle, make a tree house, play a game.

5 Explain what is happening in words they can understand. This can help relieve kids' stress.

6 Don't separate children from their family. If children have to be separated (e.g. because a family member has to go to hospital), explain what is happening and make sure they have regular contact over the phone.



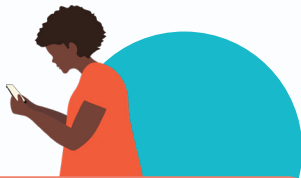
I DON'T FEEL SAFE AT HOME. WHAT CAN I DO?

If you are experiencing violence...

You are not alone. Family violence services are still open, so there is always someone who can listen and help.

Remember that violence is a crime at any time. This is a stressful time for everyone – but there is never any excuse for violence.

Stay connected. Even if you can't see friends, family and neighbours face to face, stay connected with phone calls or messaging. Ask for help if you need it.



If you are worried about a friend:

- stay connected
- listen and encourage them to call a counsellor
- call the police if you think they are in danger.

It is ok to ask for help. If you can't get to a centre, you can talk on the phone. Call:

Vanuatu Women's Centre
Port Vila, Shefa 24000

Vanuatu Police Family Protection Unit
Port Vila, Shefa 111

Torba Counselling Centre
Sola, Banks 549 3357/
7102422

Sanma Counselling Centre
Luganville, Santo 777 1128

Penama Counselling Centre
Lavatu, Pentecost 731 3952

Malampa Counselling Centre
Lakatoro, Malekula 779 9165

Tafea Counselling Centre
Lenakel, Tanna 7101869

I FEEL ANGRY. WHAT CAN I DO?

If you are using violence...

Remember that violence is a crime at any time. This is a stressful time for everyone – but there is never any excuse for violence.

Being angry doesn't mean you have to be violent. You can manage anger and choose not to be violent.

Recognise when you are feeling angry and stressed. You might feel:

- Like your whole body is getting hot
- Like you have a tight chest or pressure in your head
- Like your muscles are tightening
- Like your heart is beating faster and you are breathing harder.



You can manage your anger by:

- Stepping away from the situation when you start to feel angry. This will give you some space to calm down and think clearly.
- Taking 10 deep breaths to calm down
- Going for a walk
- Reminding yourself that this feeling will pass.
- Talking about your feelings with someone you trust - a friend or family member.

It is ok to ask for help if you are using violence or are worried you might hurt someone. Talk to someone you trust for advice and support.

COVID-19 HAS AFFECTED OUR INCOME – WHAT CAN WE DO ABOUT MONEY?

When you are sick or have to be isolated and can't work, it can make money matters stressful. But there are some things you can do to help manage your money in the crisis.

5 Things You Can Do To Manage Money

1 Respect everyone's opinions. Men and women need to work together to make good financial decisions and listen to each other's opinions about how money should be spent.

2 Balance your income and spending. You cannot spend more than you earn, so if your income has decreased, you need to reduce your spending too.



3 Spend on your needs before your wants.

List your family's expenses in order of the most important things you need to the least important things that you want. Make sure you spend your money on the most important things first, before you spend money on things you want.

4 Make the most of what you have. Take stock of the food in your house and garden, the water you can get, the money you have saved. Plan how to use it to make it last.

5 Work together. Households take a lot of work to run. Traditional separation of workloads can be changed – men can help women to do work in the household.