Sasa tutajisave aje na hii noma ya co.co.co...rona.

Mum alinishow eti kuosha mikono na soap na kujitingia makejani inasolve.
Base Ya Watoi: Hizi Time Za Corona

Sasa tutajisave aje na hii noma ya co.co.co...rona.

Mum alinishow eti kuosha mikono na soap na kujitingia makejani inasolve.

#TujipangeKablaTupangwe #KomeshaCorona #WeHealAsOne
Please refuse to relate closely with anyone not wearing a face mask.

ANY TYPE OF MASK WILL DO

Transmission probability is 70%
COVID 19 Carrier (without mask) ➔ Healthy contact (with mask)

Transmission probability is 5%
COVID 19 Carrier (with mask) ➔ Healthy contact (without mask)

Transmission probability is 1.5%
COVID 19 Carrier (with mask) ➔ Healthy contact (with mask)

#TujipangeKablaTupangwe #KomeshaCorona #WeHealAsOne
Please refuse to relate closely with anyone not wearing a face mask, correctly.

ANY TYPE OF MASK WILL DO

Transmission probability is 70%
COVID 19 Carrier (without mask) → Healthy contact (with mask)

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#TujipangeKablaTupangwe #KomeshaCorona #WeHealAsOne
I’m Pregnant.
How can I maintain strong Immune System in the context of COVID-19?

- Maintain at least eight ante-natal visits
- Take Iron and Folic Acid supplements (IFAS) once daily
- Ensure your birth plan is up to date
- Eat variety of food from at least 5 food groups daily (3 meals and 2 snacks a day)
- Eat extra small meal daily

Help prevent spread of Covid-19 with these actions:
- Wash your hands regularly.
- Avoid touching your eyes, nose and mouth.
- Put space between yourself and others.
- Cough or sneeze into your bent elbow or a tissue.

Call 719 or Dial *719#

FOR MORE INFORMATION:
@MOH_Kenya @SpokespersonGOK @WHOKenya
Breastfeeding? (Exclusively breastfeed on demand)
How can I maintain strong Immune System in the context of COVID-19?

Eat variety of food from at least 5 food groups daily (3 meals and 2 snacks a day)

Give child Vitamin A supplementation at six months (blue capsule)

Eat 2 extra small meals daily

Help prevent spread of Covid-19 with these actions:
- Wash your hands regularly.
- Avoid touching your eyes, nose and mouth.
- Put space between yourself and others.
- Cough or sneeze into your bent elbow or a tissue.

Call 719 or Dial *719#
Maintaining strong Immune System in the context of COVID-19

Children 6–23 months or older.
(Continue breastfeeding with appropriate complimentary feeding)

*Children need a variety of foods each day at least different foods from different food groups

Hygiene during complimentary feeding period

- Wash hands with soap and running water before handling (before preparing and serving).
- Wash baby’s food thoroughly before cooking and prepare it in a clean surface. Separate cooked and uncooked food.
- Cover food while cooking, cooling and/or storing to protect it from flies, other insects and rodents.
- Wash raw fruits and vegetables with running water before eating.

Call 719 or Dial *719#

FOR MORE INFORMATION:
@MOH_Kenya @SpokespersonGOK @WHOKenya
General Public. How can I maintain strong Immune System in the context of COVID-19?

- Eat a variety of fresh and unprocessed foods everyday
- Drink enough water
- Exercise regularly
- Avoid processed foods (added sugar, fat and salt)
- Avoid excess alcohol
- Avoid smoking

Help prevent spread of Covid-19 with these actions:
- Wash your hands regularly.
- Avoid touching your eyes, nose and mouth.
- Put space between yourself and others.
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For more information:
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FOR MORE INFORMATION:
@MOH_Kenya @SpokespersonGOK @WHOKenya
The far we have come is God, if we pray God will hear and answer our prayers. So as we follow the guidelines as given by our Government, let us have this confidence that when we pray God will answer; 2 Chronicles 7: 13 -14 “...if my people who are called by my name shall humble themselves and pray ..., then I shall hear from heaven and will forgive their sins and will heal their land”.

Rt. Rev. John Oballa Owaa,
Catholic Diocese of Ngong and Chair CJPC
#Observe Social distancing

**Personal SPACE**
Understandably not being able to congregate in our Churches, is not easy, science has proved that avoiding crowded places and maintain a physical distance of 4-6 feet from the next person keeps this virus at bay.

**Bible VERSE**
Go, my people, enter your rooms and shut the doors behind you, hide yourselves for a little while... until his wrath has passed.

*Isaiah 26:20*
#Protecting your family

**My FAMILY**

Let us remain our brother’s keeper and above all, let us constantly check on the wellbeing of our neighbours, friends and family, whether affected, infected or not.

**Bible VERSE**

“Neither this man nor his parents sinned,” said Jesus, “but this happened so that the works of God might be displayed in him.”

*John 9:2-3*
Be VIGILANT
We MUST remain vigilant during this pandemic-watch out for the Coronavirus symptoms and inform authorities immediately. Above all, let us continue to pray to Allah for his mercy and healing.

Scriptural VERSE
The Prophet (PBUH) said: “Every disease has a cure. If a cure is applied to the disease, it is relieved by the permission of Allah.”
Muslim (2204)
#Hand Washing

Wash your hands often

Be PROACTIVE
Frequently washing our hands with soap and running water for at least 20 seconds is both a religious duty and in obedience to our government. By keeping our hands clean, we will stop the spread of this pandemic.

Qur’an VERSE
Truly, Allah loves those who turn unto Him in repentance and loves those who purify themselves.

Qur’an 2:222
Be CAUTIOUS

With gratitude we understand that control of infections in Islamic teachings includes isolation and quarantine as taught by Prophet Muhammad (pbuh).

Scriptural VERSE

“If you hear that there is a plague in a land, do not enter it; and if it (plague) visits a land while you are therein, do not go out of it”

Saheeh Al-Bukhari  Saheeh Muslim
#Observe Social distancing

**Personal SPACE**
Though not able to congregate in our Mosques, let us know that it is for a greater good and separating ourselves is inherent in Islamic hygiene and infection control measures.

**Qur’an VERSE**
So surely with hardship comes ease. Surely with difficulty comes ease

*Qur’an 94: 5-6*
COVID-19

#Observe Social distancing

Personal SPACE
Infection control including isolation is inherent in Hindu faith and behavior in protecting ourselves and others from contagious infections.

Gita VERSE
O Mankind! I enjoin on all of you to be mutually helping one another, to be united in your mind and to have common ideal of life for benefitting one another...

AV 3-30-7
COVID-19

Quarantine

HOME

ISOLATION CENTRE

My FAMILY
Let us resist any temptation to stigmatize those who have been affected or infected by the coronavirus. Above all, let us constantly check on the wellbeing of our neighbours, friends and family members as taught by our religion.

Gita VERSE
He is the Creator, the Ordainer, the Source of all types of motion and energy. He is the highest feeder.

AV13-4-3
Be INFORMED

Let us be vigilant and not anxious as we trust and believe in God our source of healing and restoration from COVID-19.

Bible VERSE

But I will restore you to health and heal your wounds,' declares the LORD...

*Jeremiah 30:17*
Be PROACTIVE

Remaining hygienic is both practical and Biblical. In the face of COVID-19 pandemic washing hands with soap and running water oftenly; prevents the rapid spread of the virus and by so doing, we are not only protecting ourselves, but also those whom we love.

Bible VERSE

“... in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.”

*Philippians 2:3-4*
COVID-19

Be CAUTIOUS
Brethren, let us protect ourselves and those whom we love from COVID-19 infections. Science has shown that coronavirus does not move without us moving. Therefore by isolating ourselves we are protecting each other from the plague as we await God’s redemption.

Bible VERSE
The priest shall look at the plague and isolate that which has the plague for seven days..

Leviticus 13: 50

Avoid contact with other people
Are you worried?

Do you need somebody to talk to?

Do you need counselling support?

Call 1199 for free Counselling or any necessary referral and linkage for psychosocial support