

# Guidance: Citizen groups responding to COVID-19 in LMIC “slums” and other deprived areas

## Engage



Many communities already have the organising structures needed to respond to COVID-19 effectively. Networks and savings groups can **collect, share, request, and distribute information/resources/advice** between the community and officials. Seek and share advice with leaders and organisations in other communities.



Jump-start existing and new initiatives with authorities (and other partners) to build or complete water, sanitation, and health **infrastructure** projects in the community.



For community members who have lost their jobs, consider organising temporary **community-based enterprises**. Can community members make masks and gowns, hand sanitizer, or hand washing stations? Local business partners may be able to provide supplies, quality checks, brand recognition, and/or distribution systems.

## Prevent



Establish a **COVID-19 response team** to help with needs assessments, contact tracing, monitoring of people with COVID-19 symptoms, and assisting people who are self-isolating by helping with shopping, cooking, and other essentials.



**Restrict the number of people-to-people contacts** within the community.

- Divide community into zones and agree to remain in own zone
- Each household commits to using one toilet and water source, if possible
- Designate certain pathways (especially narrow ones) as one way
- If agreed, households with self-isolating patients can be marked



Build make-shift **hand washing stations** well-spaced throughout the community. A “[tippy tap](#)” hands-free model built from scrap materials is recommended by WHO.



Establish **isolation centres** in the community for people with COVID-19 symptoms to stay for 14 days. Isolation centres can be new or repurposed buildings such as a community centre, school, or religious building, with windows and its own toilet. Seek extra funding from existing partners, local companies, and international NGOs.



Along with coordinated food distribution, encourage the **elderly and people with health problems** to stay at home and minimise contacts. Support vulnerable populations with measures to avoid working and shopping, maintaining two metres distance from people, and washing or sanitising hands regularly.



Encourage **anyone who must leave the community** for work or shopping to wear a mask/scarf covering their mouth and nose, wear gloves, and wash/sanitize hands regularly. Remove mask/scarf from the side, then boil and dry between uses.



Encourage people to **ventilate their homes** each day by opening windows and doors.



Encourage people to get at least **30 minutes of sunlight** exposure each day. This produces Vitamin D in the body which boosts the immune system.

## Respond



**Door-to-door sensitisation and needs assessment** to identify people with disabilities, single parents, the elderly, and other vulnerable populations who need food. Ensure that food donations are fairly distributed to those in need.

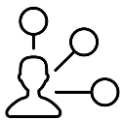


When a community member has **any sign of COVID-19 infection** (a new cough, difficulty breathing, fever or chills), recommend that they:

- Relocate to an isolation centre, if possible.
- Stay indoors for 14 days. Open windows or doors regularly for fresh air.
- Eliminate contacts by staying two metres away from non-symptomatic people. Avoid any hugging, kissing, touching, and sharing of items.
- Minimise use of shared toilets, water taps, and bathhouses. If shared facilities are the only option, wash or wipe all surfaces touched after use.
- Wear a mask/scarf that covers the mouth and nose at all times when near other people. Boil and dry face covering between uses.
- Ask family and neighbours to help with shopping and public activities.
- Wash dishes and other shared items thoroughly after use.
- Seek medical treatment if the person experiences severe difficulty breathing, chest pain, confusion, cold and damp skin, or blue lips/gums.



**Monitor** community members who fall ill with COVID-19 symptoms using the in-home patient form (attached and available [here](#)). The form monitors symptoms over 14 days, indicates when medical treatment is necessary, and identifies other people who were likely exposed to COVID-19.



Perform **contact tracing** for each person with COVID-19 symptoms.

- List anyone who was around the infected person since they became ill.
- Contact the listed people and explain that they were likely exposed to COVID-19.
- Advising them to self-isolate, even if they do not have COVID-19 symptoms, to prevent further spread of the virus. This means: remain at home for 14 days, avoid working and shopping, stay two metres away from others, and wash/sanitise hands regularly.
- Monitor exposed people who are in self-isolation for onset of COVID-19 symptoms (a new cough, difficulty breathing, fever or chills).



Maintain a **healthy lifestyle** while self-isolating with daily exercise and stretching (at least 10-20 minutes for adults, and 20-40 minutes for children). Also practice 5-10 minutes of daily deep breathing to strengthen lungs.

- Exercises: For example, jump or “run” in place, lift a chair, or dance.



- Stretches: For example, touch the ground, reach for the sky, or squat.



- Breathing: While sitting, breath in slowly and deep until lungs and belly are full (4 counts), hold (4 counts), exhale slowly (4 counts), repeat.

# COVID-19 IN-HOME PATIENT FORM

(1)

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Signs and symptoms	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Temperature														
Heart beats per minute (pulse)														
Breaths per minute														
Cough (Y/N)														
Phlegm (Y/N)														
Sore throat (Y/N)														
Runny nose or congestion (Y/N)														
Shortness of breath (Y/N)														
Muscle or joint pain (Y/N)														
Headache (Y/N)														
Fatigue (Y/N)														
Diarrhoea (Y/N)														
Nausea (Y/N)														
Pink eyes (Y/N)														
Loss of smell (Y/N)														
<b>Difficulty breathing (Y/N)</b>														
<b>Pressure or pain in chest (Y/N)</b>														
<b>Cold and damp skin (Y/N)</b>														
<b>Confusion (Y/N)</b>														
<b>Difficult to rouse or engage (Y/N)</b>														
<b>Blue lips or gums (Y/N)</b>														

**PERSON NEEDS MEDICAL TREATMENT.**  
Call the local health authorities, summarise these signs and symptoms, and ask how to get help.

# COVID-19 IN-HOME PATIENT FORM

(2)

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Address/location: \_\_\_\_\_ Phone #: \_\_\_\_\_

**Contact history:** Who has the patient been around since experiencing symptoms?

.....  
.....  
.....  
.....  
.....  
.....  
.....

**Past medical history:**

.....  
.....  
.....  
.....

**Medications or supplements:**

.....  
.....

**Treatment and care since becoming ill:** Medicines used, isolation steps taken

.....  
.....  
.....

**Advice from medical professionals:**

.....  
.....  
.....  
.....

Date recovered:..... Date sent to hospital:..... Date died at home:.....