

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.

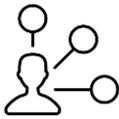


When a community member has **any sign of COVID-19 infection** (a new cough, difficulty breathing, fever or chills), recommend that they:

- 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)														
Difficulty breathing (Y/N)														
Pressure or pain in chest (Y/N)														
Cold and damp skin (Y/N)														
Confusion (Y/N)														
Difficult to rouse or engage (Y/N)														
Blue lips or gums (Y/N)														

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?

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Past medical history:

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Medications or supplements:

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

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Advice from medical professionals:

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