



Response-Med

REMOTE MEDICAL SUPPORT

GENDER AWARENESS, TOOL KIT
AND COVID-19 TRAINING

MARCH 2021



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Africa. It's how you respond.

OVERVIEW GENDER AND COVID



- Gender
- Gender Took Kit
- Covid-19 Transmission
- National and County Statistics
- Symptoms
- Preventative Measures for High Risk Areas
- Stay Safe at Work
- Stay Safe at Home
- Stigma
- Impact of Covid-19 on Women and Girls in Kenya
- COVID-19 Vaccines
- Questions and Answers



INTRODUCTION TO RESPONSE-MED



Trainers: Monique Lanz and Daniel Karanja

Response-Med:

- Provides remote medical support services across East and Sub-Saharan Africa
- Medical support and health and safety personnel
- Turnkey project management of the establishment of medical facilities
- 24/7 support assistance
- Medical, First Aid, Fire, Covid-19 training and awareness
- Consulting, health and safety risk assessments, facilities audits, MERP Planning
- Medical supplies and equipment



INTRODUCTION AND OBJECTIVES



Objectives of Gender Trainer of Trainers Training (TOT)

- TOT's to select appropriate Tool kit training material and consider how to roll out this training to the various groups on the farm
- To incorporate Covid-19 material and its impact on women and girls
- To consider material to deliver within time slots appropriate to working schedules (Role plays, AV's)

TOT Materials:

Hard copies of tool kit and presentation together with copies of this, AV material and posters on a USB Drive, Current Country Specific Information, AV Clips, Pre and Post Questionnaires



CURRICULUM COMMUNICATIONS



PROTECT YOURSELF, PROTECT OTHERS.

Always follow preventative measures to keep everyone safe.

This project is funded by the Vulnerable Supply Chains Facility (VSCF), a rapid COVID-19 response fund set up by the UK Foreign, Commonwealth and Development Office (FCDO), and managed by Mott MacDonald Ltd. The Facility partners with 20 UK and international retailers and 7 non-profit organisations who support over 100 suppliers across Bangladesh, Ethiopia, Ghana, Kenya, Myanmar, Tanzania, and Zimbabwe. It will provide economic, social, and health benefits to 1 million people.

BEING RESPONSIBLE MEANS PROTECTING YOUR FAMILY

Keep your family and community safe by following all preventative measures

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COVID-19 SYMPTOMS

Talk to your manager if you have any of these symptoms

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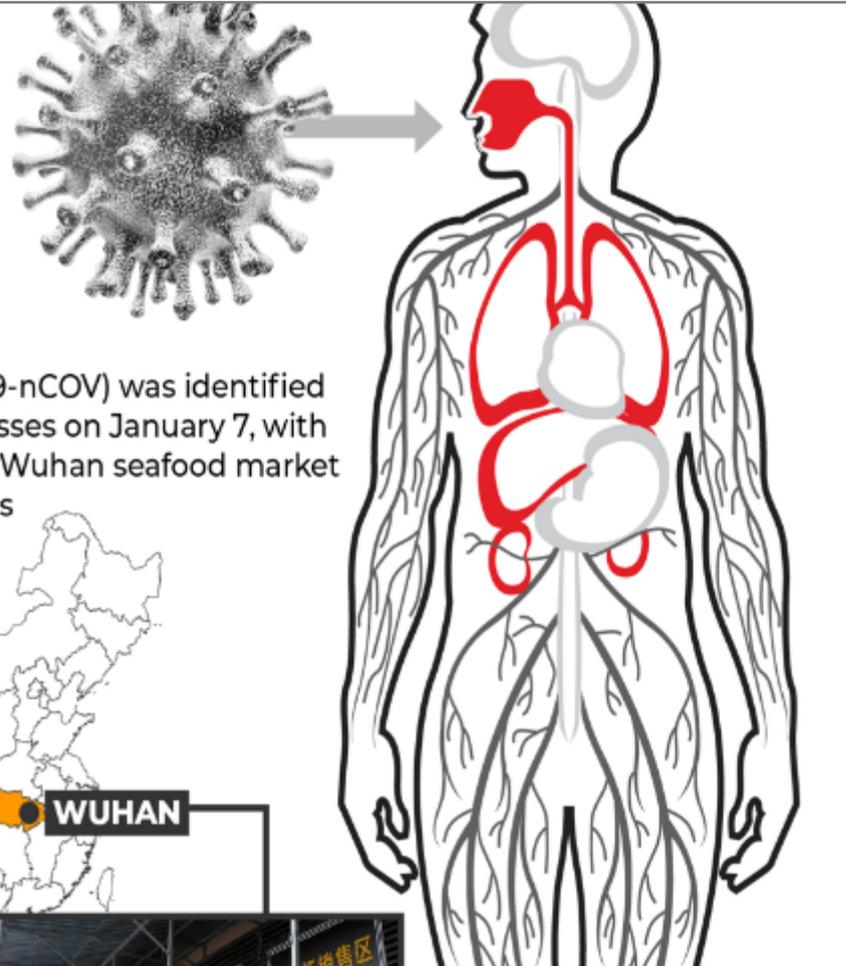


WHAT IS CORONAVIRUS?



Coronaviruses

Coronaviruses are a large family of viruses that cause not only the common cold but also more serious respiratory illnesses



A novel coronavirus (2019-nCoV) was identified as the source of the illnesses on January 7, with the infection traced to a Wuhan seafood market that also sold live animals



**2019-nCoV
OUTBREAK**
December 31, 2019

Symptoms

- Unknown incubation period
- Fever
- Difficult breathing
- Impaired liver and



WHAT IS CORONAVIRUS?

Coronavirus disease (COVID-19) is an infectious **respiratory** disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

A high percentage of positive cases are asymptomatic. Asymptomatic means that no symptoms or signs of disease is present.



TRANSMISSION



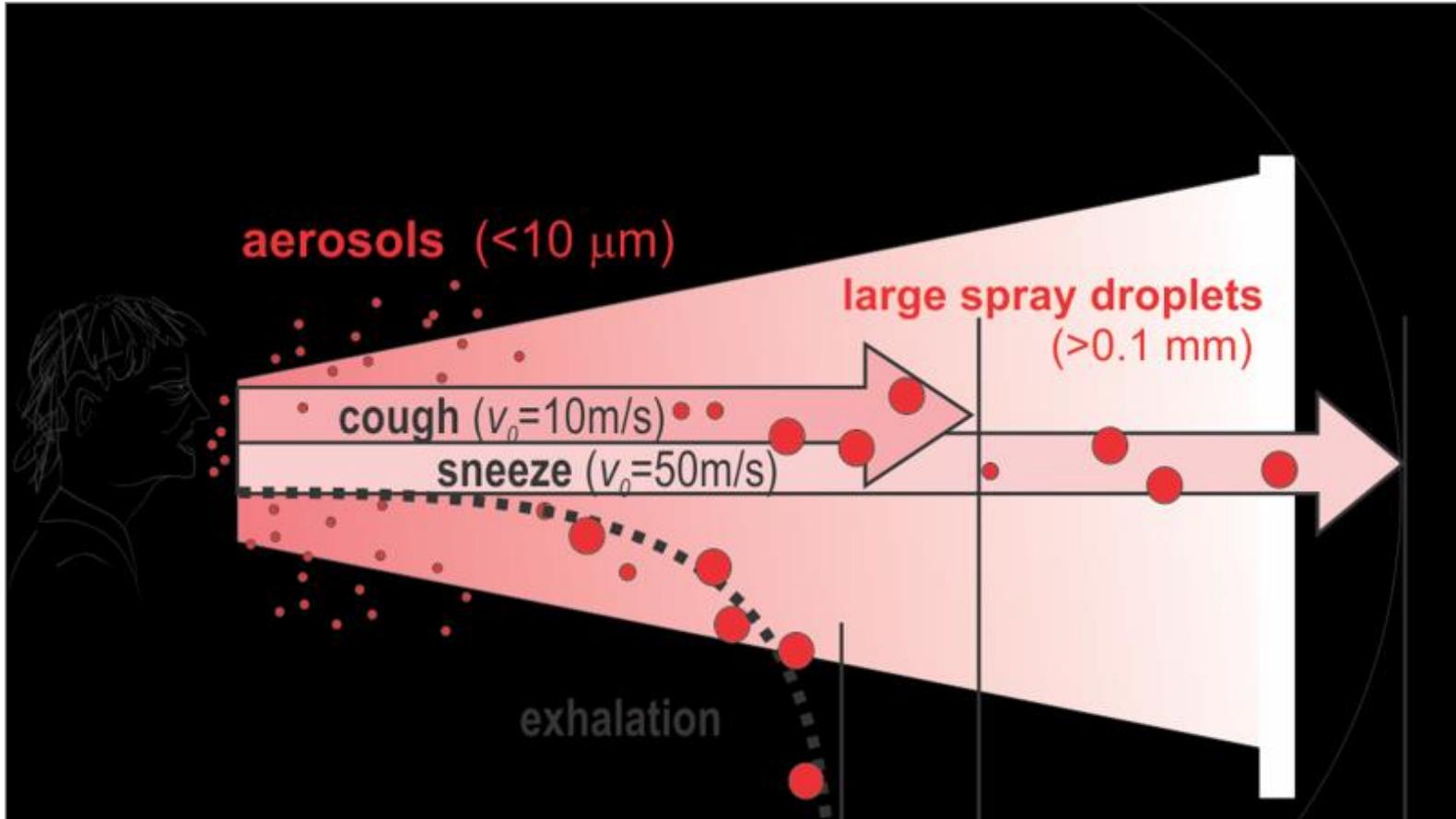
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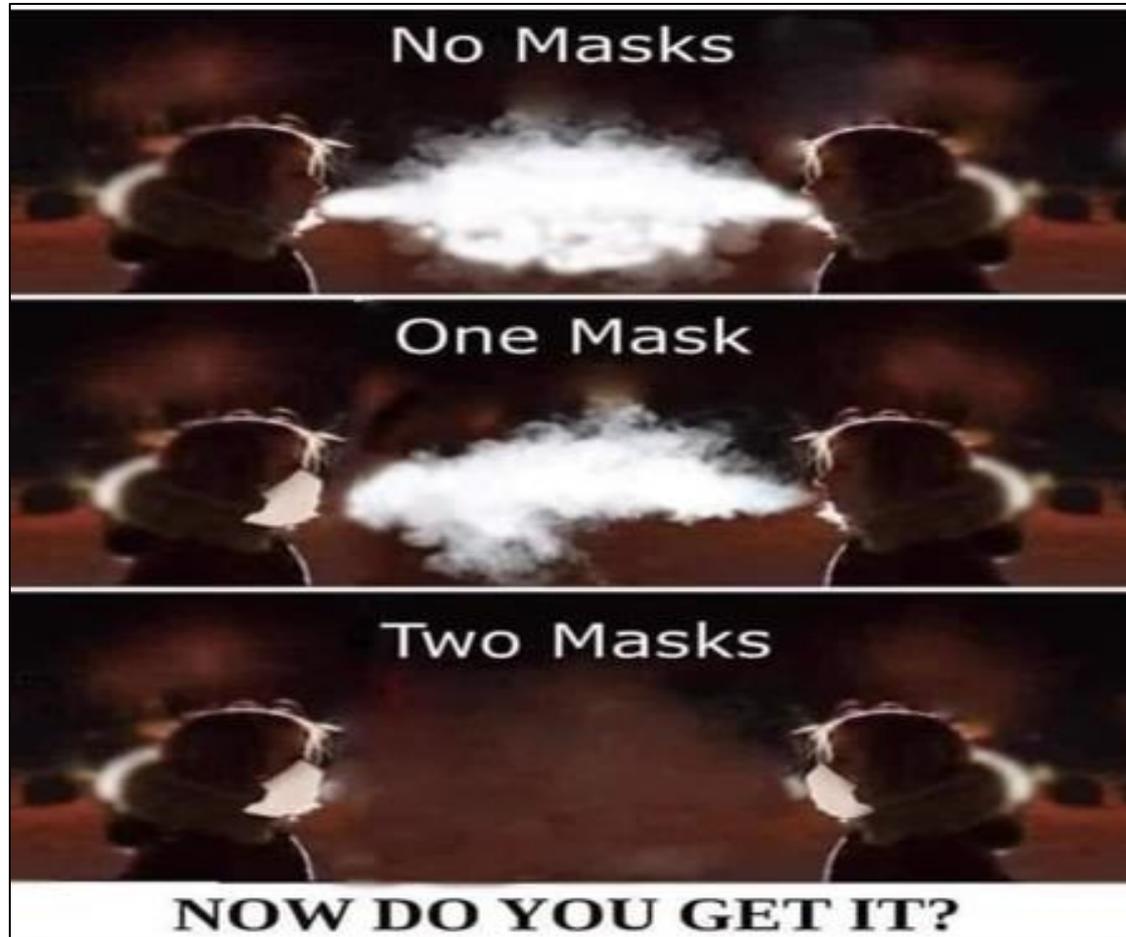
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TRANSMISSION



TRANSMISSION



TRANSMISSION



Person-to-person spread

- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms. For this reason it is safest to behave as if we have the virus and take the appropriate preventative measures (i.e. washing hands, maintaining physical distance).

Spread from contact with contaminated surfaces or objects

- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. For this reason, it is important to wash hands regularly and keep your nose and mouth covered using a clean face mask. While surface transmission is not thought to be the main way the virus spreads, we are still learning more about this virus.

TRANSMISSION: MATERIALS AND DURATION

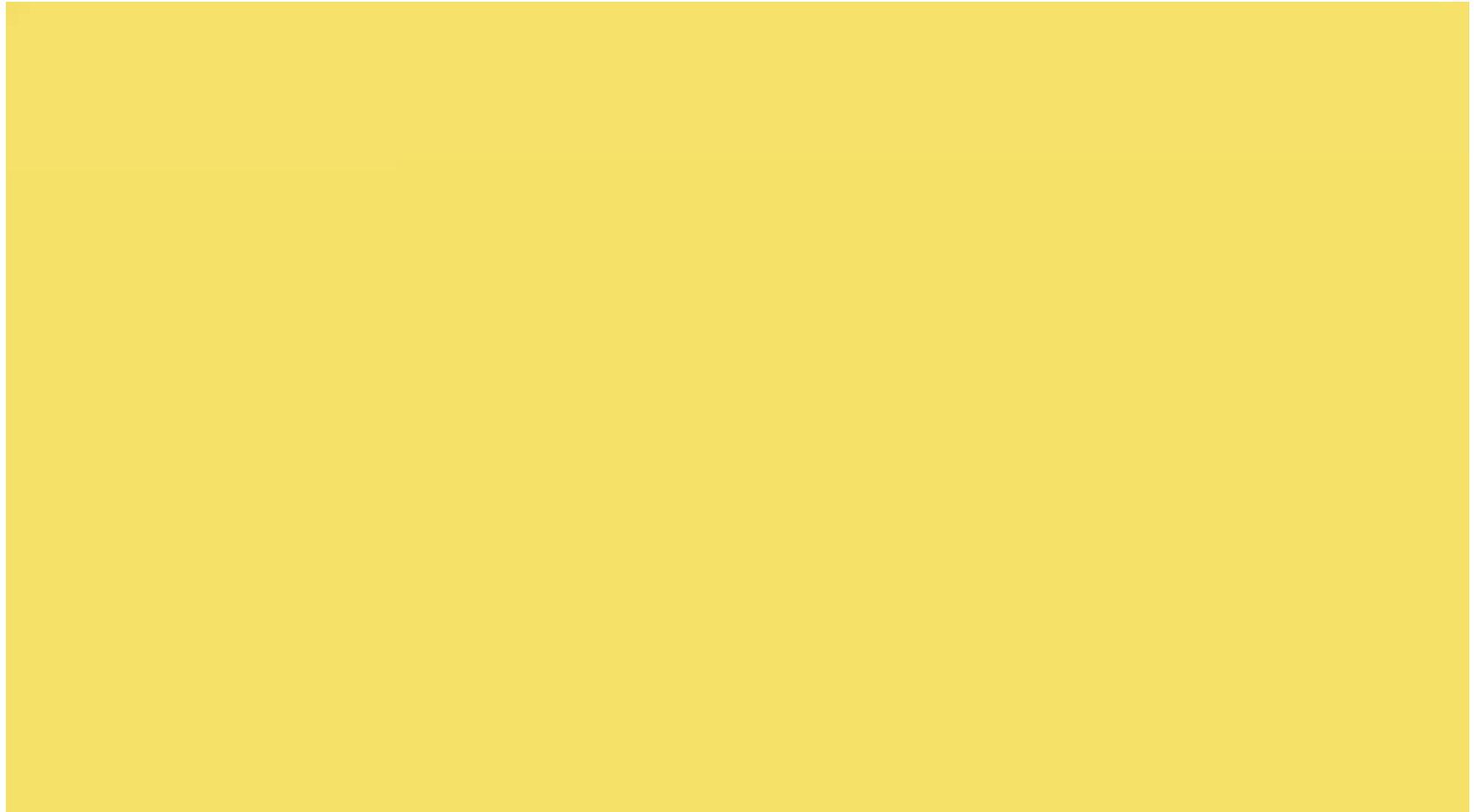


| | |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Metal: | Door Handles, minimum of 24 hours |
| Wood: | Crates, wooden tool handles, up to 4 days |
| Fabric: | Cleaning cloths, up to 3 days |
| Plastic: | Plastic strip access to cold storage, plastic crates, cutting boards, fruit punnets, cutting knife handles, plastic sleeves, tractor and vehicle gear sticks, mobile phones, up to 5 days |
| Glass: | Mirrors, drinking glasses, up to 5 days |
| Ceramics: | Mugs, dishes, up to 5 days |
| Cardboard: | Shipping boxes, up to 24 hours |
| Stainless Steel: | Steel packing tables, cold stores |

This content is intended for the management team, in terms of communicating messaging, the surface to person transmission risk is **particle dependant** and can be communicated to re-inforce preventative measures

Reference: Online, science media centre, New Zealand: The Lancet Volume 1 May 2020 and Virology journal

TRANSMISSION AV CLIP



TRANSMISSION: STATISTICS



<https://www.health.go.ke>

<https://www.afro.who.int/health-topics/coronavirus-covid-19>





TRANSMISSION RISKS AT WORK

ANY AREA WHERE PHYSICAL DISTANCE CANNOT BE MAINTAINED AND WHERE WORKING SURFACES AND TOOLS ARE SHARED

- Transportation to work
- Arrival at the farm
- Canteen areas
- Green house areas
- Sorting and packing areas
- Warehousing
- Transportation

When possible rooms and vehicles should be well ventilated

PREVENTATIVE MEASURES FOR HIGH RISK AREAS



- Wear your mask properly
- Maintain 1.5 to 2 metres distance
- Clean the surfaces and disinfect often
- Wash hands properly for 20 seconds or sanitise hands
- Open windows and doors
- **DON'T SHARE UTENSILS, TOOLS OR STATIONERY - ALWAYS CLEAN AND DISINFECT SHARED ITEMS**
- When handing over documentation or writing in registers, sanitise your hands afterwards
- The less distance you have between yourself and another person, the more you need to be aware of your mask
- The more time you spend in common areas, the more you need to wash your hands

TRANSMISSION TOUCH POINTS



- Door Handles are High Touch Point areas



PICKERS SAFETY



Need masks?

Physical distancing?

PICKERS SAFETY



- Wear Masks
- Physical distance
- Encourage proper hand hygiene





PICKERS SAFETY

- High touch point areas





PICKERS SAFETY

- Which are the high touch point areas?



PACK HOUSE SAFETY – TOUCH POINTS



Which are the high touch points?



PACK HOUSE SAFETY – TOUCH POINTS



Which are the high touch points?



PACK HOUSE SAFETY – TOUCH POINTS



Which are the high touch points?



PACK HOUSE SAFETY – TOUCH POINTS



High touch points

PACK HOUSE SAFETY



- Work surface areas could be infected
- Always wear a mask properly



PACK HOUSE SAFETY – TOUCH POINTS



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TRANSPORT LOGISTICS TOUCH POINTS



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TRANSPORT LOGISTICS TOUCH POINTS



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STAY SAFE AT HOME

The risk level at work is influenced by the level of COVID-19 positive cases in the community

If there are known COVID-19 cases in the community, there is a high risk of COVID-19 being introduced at the workplace and at home

Monitor the COVID-19 cases in your community and minimise your movement accordingly

Anything you may have picked up outside you are bringing back home or to work.

STAY SAFE AT WORK AV



STAY SAFE AT HOME



FEELING SAFE AT HOME

- Wash your hands when you come home
- Clean frequently touched surfaces often
- Keep windows open for good ventilation
- Keep soap and water / hand sanitizer at the entrance and in the living area to use often
- Talk with your family members about possible concerns
- If one of the family might have had a possible exposure, support each other
- Try and keep social distance
- Keep meetings small and outside (wearing masks and distancing)
- The person to wear a mask, wash and sanitize hands often





STAY SAFE AT HOME

Which are the high touch points?



STAY SAFE AT HOME



Which are the high touch points?



STAY SAFE AT HOME



Which are the high touch points?



STAY SAFE AT HOME



CONSIDERATIONS FOR A COVID-19 POSITIVE FAMILY MEMBER

- **Do not to come to work when you have a family member in your immediate home who has symptoms or who is confirmed COVID-19 positive. All family members living in the same household (including children) should also stay at home**
- Notify your manager
- Call Emergency COVID-19 Toll free number 0800 721 316 (Kenya)
- If at all possible, isolate the family member so they are in a room separate from the rest of the household
- If not, all family members in the household must wear masks properly and hand sanitise properly
- Keep the eating utensils separate and wash them well with soap and water

STAY SAFE AT HOME



CONSIDERATIONS FOR A COVID-19 POSITIVE FAMILY MEMBER

- Keep the laundry and bedding separately and wash it with soap and water and dry it in the sun
- Eat as well as you can, with fruits
- Stay hydrated with plenty of water
- Limit any interactions, e.g. cooking together
- Make sure all windows are open all the time
- Don't allow visitors to come to the house or if absolutely necessary meet outside wearing masks and distancing
- This must be done for 10 days or until all the symptoms are gone

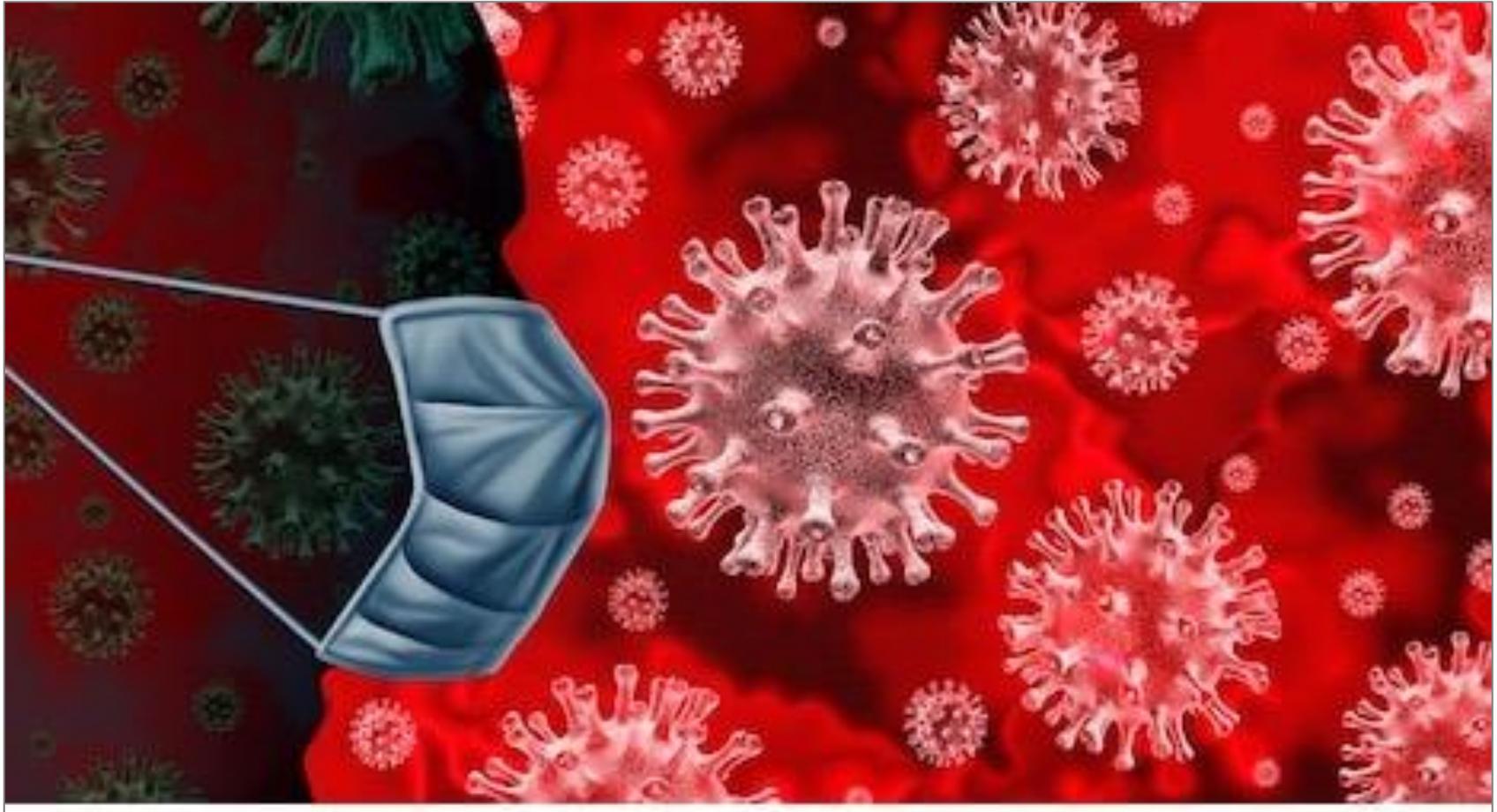
Go to hospital if the symptoms become worse. Don't wait!



STAY SAFE AT HOME AV CLIP



PREVENTION



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PREVENTION



- Wear a mask if you are coughing or sneezing
- Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water
- If you wear a mask, then you must know how to use it and dispose of it properly
- Before putting on a mask, clean hands with alcohol-based hand rub or soap and water
- Cover mouth and nose with mask and make sure there are no gaps between your face and the mask
- Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water
- Replace the mask with a new one as soon as it is damp and do not re-use single-use masks
- To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



PREVENTION

- **Avoid touching eyes, nose and mouth**

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

- **Practice respiratory hygiene**

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.





PREVENTION

- If you have fever, cough and difficulty breathing, seek medical care early
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority
- Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections



PREVENTION



Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



World Health Organization

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PREVENTION



Protect yourself and others from getting sick **Wash your hands**



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



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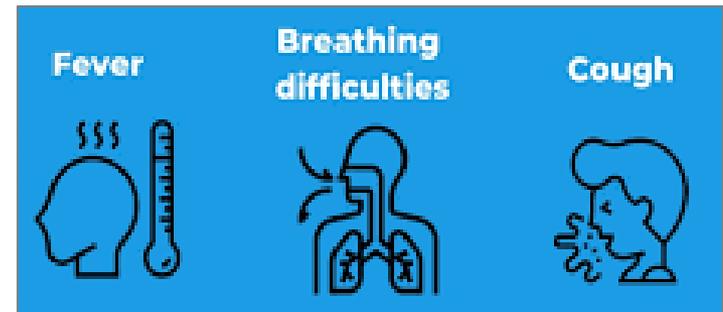
PREVENTION



SYMPTOMATIC TREATMENT



- Watch for symptoms
- Stay home and speak to your healthcare provider if you develop any of these symptoms:
 - Fever or
 - Cough or
 - Shortness of breath
- If you develop emergency warning signs for COVID-19 get medical attention immediately
- Emergency warning signs include*:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face





HOW TO MAKE A BLEACH SOLUTION:

Mix:

5 tablespoons (1/3rd cup) bleach per 4 litres of room temperature water

OR

4 teaspoons bleach per 1 litre of room temperature water

Bleach solutions will be effective for disinfection up to 24 hours

Alcohol solutions with at least 70% alcohol may also be used

FEARS AND STIGMAS



- If I interact with others outside of the home, I bring back **COVID** to my family. **Only if you have not followed the preventative measures.**
- Can the young people give me COVID-19? **Only if you have not followed the preventative measures.**
- Contract tracing is not done, so my neighbours could be spreading COVID-19. **Yes that can be happening, but you can only get COVID if you don't apply the preventative measures**

FEARS AND STIGMAS



I don't want to be isolated

I am scared of staying away from my family members, we usually have lots of family around us when we are sick

I am scared of what people will think of me if I am Covid positive

Even when someone has been treated and recovered, community members are scared to interact with them

STIGMA



People can recover from COVID-19 and, when they do, they're no longer contagious.

Show that you're a kind and caring person by demonstrating that you aren't afraid of people who have recovered from this disease.

#SolidarityNotStigma



STIGMA



Contracting COVID-19 does not mean someone has less value than anyone else. Anyone can contract COVID-19. Many well-known political figures and celebrities have had COVID-19 and have fully recovered.

Let us be kind to each other and help stop the spread of coronavirus by following our national health advice.

#SolidarityNotStigma



Anyone can contract
#coronavirus
regardless of race, gender, age
or other personal qualities.

#SolidarityNotStigma fights
the spread of **#COVID19**.



World Health Organization
Western Pacific Region



STIGMA



Stigma and discrimination towards one person is a risk to all people. Let us support our family, friends, neighbours and frontline responders in the fight against COVID-19.

#SolidarityNotStigma

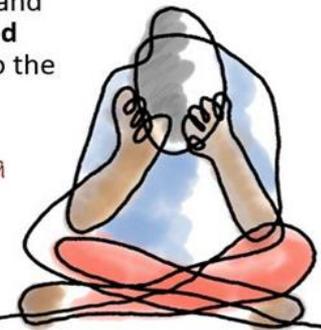
Evidence shows that stigma due to **#coronavirus** leads to:

- o Reduction in people seeking medical care or testing
- o Reduction in people adhering to interventions (including self-isolation)

This can lead to

cases not being reported, and more **people being exposed** which makes responding to the outbreak **more difficult**.

#SolidarityNotStigma



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FEARS AND STIGMAS AV CLIP



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IMPACT OF COVID-19 ON WOMEN AND GIRLS IN KENYA



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ISSUES: JOB SECURITY AND INCOME GENERATION



- In Kenya's horticulture sector, women workers make up 65-75% of the entire workforce. These are workers who, long before Covid-19 have been subjected to include poverty wages, dangerous and unsafe working conditions, sexual harassment as well as job insecurity.
- Men fill most management roles and have been able to work from home, whereas most general roles needed for reporting in-person to the farms are held by women.
- By the end of March 2020 more than 70,000 Kenyan workers in the flower sector either lost their jobs or were sent home on annual leave.
- Many workers do not have sufficient funds or access to reusable or re-wearable face masks.
- Two week on, two week off work rotations have meant decreased/halved pay for many employees.

IMPACT OF COVID ON WOMEN'S ACCESS TO HEALTHCARE



- “Need for emergency assistance has increased while availability has decreased”
- Many NGO’s offering GBVH services stopped functioning temporarily as a result of COVID restrictions.
- Reluctance to go to the hospital for delivering, as well as for ante and post natal check-ups
- Challenges accessing contraceptives due to the initial lockdown and supply chain disruptions
- Over a period of three months in lockdown due to COVID-19, 152,000 Kenyan teenage girls became pregnant — a 40% increase in the country's monthly average.

“Marrying off a daughter reduces family expenses and temporarily increases family income”.

Care International, 2020

“There is however a spike in Female genital mutilation / early marriages / early pregnancies that are affecting their girls at home and indirectly affecting our female staff”.

Flower Farm HR Manager, November 2020



IMPACT OF COVID AT HOME

- In a study conducted by HIVOS, many women expressed fears over a surge in violence should the pandemic continue
Attributing violent behaviors from spouses to job losses and stressful working conditions
- Increased pressure on women to provide for their families, sometimes as the sole provider
- With children being kept home, many are missing meals once provided by schools
- Food insecurity puts women at risk of transactional sex, sexual exploitation, or at risk of marrying off children
- Mothers taking on the additional role of home schooling their children

“Men who have lost their jobs ...are taking out their frustrations on their families”

Kenyan Female Flower Farm Worker

GENDER BASED VIOLENCE AND HARASSMENT



- Enforced curfews and closure of services have led to a lack of opportunities to receive assistance for women and children in need
- Gender based violence hotline had 86 cases reported in Feb 2020, by June 2020 cases were up to 1,100
- 65% of sexual and physical assault cases are carried out by intimate partners



"Men who have lost their jobs ...are taking out their frustrations on their families"

Kenyan Female Flower Farm Worker

GBV AND HARASSMENT FOR GIRLS



- Ability to afford school will affect girls educational and financial opportunities
- Girls have been at increased risk of vulnerability to sexual assault family/friends/neighbors in private residences due to school closures.
- Younger girls are now being targeted (average age before the pandemic was 16 years old, now is 12 years old)
- Rise in number of FGM cases. Partly due to concern that “COVID is a result of traditions such as FGM not being upheld.”



EXAMPLES OF SEXUAL HARASSMENT



Verbal/Written: Comments about clothing, personal behaviour or a person's body; sexual or sex-based jokes; requesting sexual favours or repeatedly asking a person out; sexual innuendoes; telling rumours about a person's personal or sexual life; threatening a person, sending emails or text messages of a sexual nature

Physical: Assault; impeding or blocking movement; inappropriate touching of a person or a person's clothing; kissing, hugging, patting, or stroking

Non-verbal: Looking up and down a person's body; derogatory gestures or facial expressions of a sexual nature; following a person

Visual: Posters, drawings, pictures, screensavers, emails or texts of a sexual nature





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COVID-19 VACCINES



How do we know that the vaccines are really safe?

- COVID-19 vaccines were tested in large clinical trials to make sure they meet safety standards. Many people were recruited to participate in these trials to see how the vaccines offers protection to people of different ages, races, and ethnicities, as well as those with different medical conditions.
- Kenya has initiated the process of vaccinating frontline workers, with phase 2 commencing shortly to include those with compromised health over the age of 50

Getting COVID-19 gives you better and longer immunity than the protection a vaccine can give

- The disease and the vaccine are both new. We don't know how long protection lasts for those who get infected or those who are vaccinated. What we do know is that COVID-19 has caused very serious illness and death for a lot of people. If you get COVID-19, you also risk giving it to loved ones who may get very sick. Getting a COVID-19 vaccine is a safer choice.

REPUBLIC OF KENYA
MINISTRY OF HEALTH

PROTECT YOURSELF FROM COVID-19

VACCINE IS NOW AVAILABLE HERE!

PHASE 2:

Individuals over 50 years of age
Individuals with Co-morbidities:
Persons >18 Years living with cancer,
diabetes, sickle cell disease, chronic
lung disease, cardiovascular
disease, renal disease, HIV infected,
tuberculosis, obesity (BMI>30),
Neurologic conditions and blood
disorders
Individuals working in the hospitality

Supported by:

World Health Organization unicef amref

For more information visit: www.health.go.ke/covid-19 or dial *719# (Toll free)

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COVID-19 VACCINES



How much does the vaccine hurt and can it cause you to be sick?

- Most people do not have serious problems after being vaccinated. Your arm may be sore, red, or warm to the touch. These symptoms usually go away on their own within a week. Some people have reported headache, fever, and/or fatigue. These side effects are a sign that your immune system is doing exactly what it is supposed to do. It is working and building up protection to disease.



COVID-19 VACCINES



Can the vaccine cause problems that we don't know about yet? What about long-term problems?

- COVID-19 vaccines are being tested in large clinical trials to assess their safety. However, it does take time, and more people getting vaccinated before we learn about very rare or long-term side effects. That is why safety monitoring will continue. CDC has an independent group of experts that reviews all the safety data as it comes in and provides regular safety updates. If a safety issue is detected, immediate action will take place to determine if the issue is related to the COVID-19 vaccine and determine the best course of action.

If I am pregnant, can I get the COVID-19 Vaccine?

- Yes. If you are pregnant, you may choose to be vaccinated when it's available to you. There is currently no evidence that antibodies formed from COVID-19 vaccination cause any problem with pregnancy, including the development of the placenta.

COVID-19 VACCINES



Do I need to wear a mask after I have received both dosages of the vaccine?

- Yes. To protect yourself and others, follow these recommendations: Wear a mask over your nose and mouth, Stay at least 6 feet away from others, avoid crowds, avoid poorly ventilated spaces, wash your hands often
- It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions



If I have already had COVID-19 and recovered, do I still need to get vaccinated?

- Yes, you should be vaccinated regardless of whether you already had COVID-19. Experts do not yet know how long you are protected from getting sick again after recovering from COVID-19. Even if you have already recovered from COVID-19, it is possible that you could be infected with the virus that causes COVID-19 again.

COVID-19 VACCINES



If I have an underlying condition, can I get a COVID-19 vaccine?

- People with underlying medical conditions can receive the COVID-19 vaccines as long as they have not had an immediate or severe allergic reaction to a COVID-19 vaccine or to any of the ingredients in the vaccine. In the unlikely event that you experience an immediate or severe allergic reaction you should consult your doctor to assess alternative vaccine options.
- Vaccination is an important consideration for adults of any age with **certain underlying medical conditions** because they are at increased risk for severe illness from COVID-19.

Can I get vaccinated against COVID-19 while I am currently sick with COVID-19?

- No. People with COVID-19 who have symptoms should wait to be vaccinated until they have recovered from their illness and have met the criteria for discontinuing isolation; those without symptoms should also wait until they meet the criteria before getting vaccinated.

Source: CDC



SUMMARY

You can protect yourself and help prevent spreading the virus to others if you:

Do

- Wear a Mask correctly
- Wash your mask every day
- Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub
- Avoid close contact (1.5 meters)
- Maintain good hygiene and respiratory hygiene
- Ensure natural ventilation when indoors
- Stay home and self-isolate from others in the household if you feel unwell
- Ventillate cars, homes, work spaces as best possible

Don't:

- Touch your eyes, nose, or mouth if your hands are not clean



Questions and Answers





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