

AFIDEP COVID-19 RESPONSE PLAN

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Response Plan - AFIDEP Kenya

This COVID-19 response plan for the AFIDEP Nairobi office is spearheaded by a task-force whose members include:

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Levels of COVID-19 transmission (World Health Organization)

- 01 Level I-not within the borders of the country
- 02 Level II-connected with inbound travellers at Point of Entries (POE)
- 03 Level III-POE with community spread <500 persons
- 04 Level IV-nationwide spread

By the classification above,
Kenya is at Level III

How is COVID-19 spread?



Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.



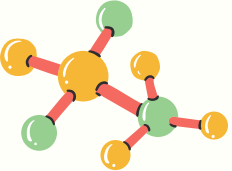
Through close contact with COVID-19 infected person(s), approximately within 2 metres or 6 feet or 2-3 steps. This can be through hugging, kissing, hand shaking or standing close.



By touching objects and surfaces contaminated by Coronavirus and then touching the mouth, nose, or eyes.

What should staff do?

Classification	Actions to take
No symptoms	<ul style="list-style-type: none">• Adhere to the ministry of Health directive of #stayhome• Wash your hands with soap and water or with an alcohol-based sanitiser• Keep a distance of at least 2 meters/6 feet between yourself and anyone who coughs or sneezes• Try your best not to touch your eyes, your nose and your mouth• Cover your mouth and your nose and your bent elbow or a tissue when coughing• Social distancing-avoid congregations/gatherings maximum 15 people• Mandatory use a face mask when going into public places/public transport etc
If you are unwell and suspect to have symptoms related to COVID-19	<ul style="list-style-type: none">• If you feel unwell, symptoms like fever, cough and difficulty in breathing, CALL 719, seek medication urgently, and inform your line manager and HR <p>As you wait for the way forward:</p> <ul style="list-style-type: none">• Self-isolate while in the house; use a specific room and put a sign• Use a face-mask• Do not share: do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home• Wash thoroughly after use: after using these items wash them thoroughly with soap and water• Clean and disinfect: use diluted sodium hypo-chlorite solution (e.g. jik) with a solution ration 4 parts water 1 part jik to disinfect shared surfaces and the room surfaces <p>Please note: in Kenya currently, all confirmed cases are to be admitted at the designated isolation facilities in Nairobi or any other county that has designated isolation facilities. In Nairobi, these are:</p> <ul style="list-style-type: none">• Kenyatta National Hospital• Mbagathi District Hospital• Kenyatta University Hospital
Have COVID and are asymptomatic?	<ul style="list-style-type: none">• These patients are only identified through being tested for given indications e.g. being a contact or having travelled• If identified, MOH Kenya isolates them same as those with symptoms as above



Do you have any of these symptoms?

Dial 719 or *719#

What are the signs and symptoms of COVID-19?



High body temperature



Coughing & sneezing



Sore throat



Headache



Difficulty in breathing

The symptoms starts within **14 days** of being infected.

If you have these symptoms, visit the nearest health facility for medical attention or contact Ministry of Health emergency teams on hotlines: **0729471414** and **0732353535**.

Kenya Ministry of Health (MoH) directives

The following are some of the MoH directives that staff should be keen on:

- **Curfew:** A daily curfew is in effect that applies to all persons during the hours between seven o'clock in the evening and 5 o'clock in the morning.
- **Movement:** Nairobi Metropolitan Area, Mombasa County, Kilifi County and Kwale County are currently under a containment order that restricts movement in and out of the four locations.
- **Wearing of masks:** It is mandatory to wear a mask in all public places. These include markets, supermarkets and all other public places with high populations.
- **Self-isolation and quarantine:** Mandatory quarantine will be enforced on those travelling into the country, those who have been in contact with people who test positive for COVID-19 and those who fail to comply with COVID-19 regulations.

For more information: <http://www.health.go.ke/covid/#1585098124233-854c2e59-c29a>

Mental Health Resources

The current outbreak of COVID-19 can cause stress, anxiety and panic. We encourage you to reach out for help should you experience any of these through:

- The Kenya Red Cross hotline to receive free telephone-based counselling services

[Call 1199 for free counselling or any necessary referral and linkage for psycho-social support](#)

- AFIDEP's UAP medical insurance counselling services.

To access the UAP list

[List of UAP Counsellors and psychiatrists](#)



Resources for more information on COVID-19:

<https://africacdc.org/covid-19/>
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

AFIDEP COVID-19 TASKFORCE

Measures Currently in Place

- 01 Staff to work from home until advised otherwise
- 02 Holding of online meetings in the spirit of promoting social distancing
- 03 Restriction of work related travels
- 04 Authorization to be sought ahead of publishing of Covid-19 related articles with the use of AFIDEP's name
- 05 Office open for cleaning throughout the week
- 06 Hand sanitisers placed at strategic places in the office
- 07 Provision of masks for staff accessing the office
- 08 Project team and department leads to check on staff to ensure they are okay and report to HR on a weekly basis
- 09 If any staff has symptoms of COVID-19 they should **DIAL *719#**, notify HR and super-visor, and should not go to the office

Medical insurance cover in the wake of the novel Covid-19

- Communication from our medical insurance provider is that COVID-19 being a global pandemic, it is beyond the insurances' scope to cover any Covid-19 related illness
- As at now, any staff suspecting to have contracted the disease should call the numbers provided by MOH as we all adhere to Government directives

For insurance updates: <https://www.uapoldmutual.com/faqs-covid-19>