

COVID-19 RESPONSE PLAN

—• AFIDEP MALAWI

—• TERMS OF REFERENCE

AFIDEP COVID-19 Committee Terms of Reference:

1. Assess COVID-19 situation on the ground
2. Advise management on the course of action to take
3. Ensure AFIDEP complies with government directives by raising awareness of the directives
4. Provide resources to colleagues on local services to mitigate impact of COVID-19

—• RESPONSE PLAN

- a) Level I- not within the borders of the country
- b) Level II- connected with inbound travellers at Point of Entries (POE)
- c) Level III-POE with community spread <500 persons
- d) Level IV- Nationwide Spread

By the classification above, Malawi is at Level III

—• ADDITIONAL RESOURCES

- <http://covid19.health.gov.mw/>
- <https://africacdc.org/covid-19/>
- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-aresick/steps-when-sick.html>

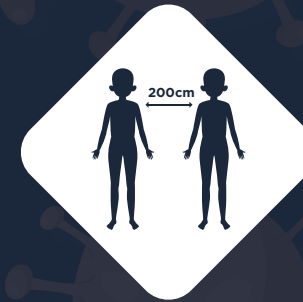
—• COVID-19 HOTLINES

COVID-19 Toll Free Line	+265 887 371 288
UN Doctor, Dr Sigauke	+265 999 960 188
WHO Malawi, Dr Kelias Msyamboza	+265 999 258 391
Lilongwe District Helath Office (DHO)	+265 999 934 523

—• 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 meters 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.

—• COUNSELLING & SUPPORT

Here are some contacts of counsellors that are operating in Lilongwe. Please note that staff are responsible for doing their own vetting of and engaging these services.

- Micheal Udedi, Ministry of Health Capital Hill, mphatsoudedi@yahoo.co.uk | +265 99 425 3002 | +265 88 161 3541
K5,000 per 1 hour session. Can do house calls in extreme measures
- Nunga Kamau, Area 43, nungakamau@gmail.com | 0999 317 529
K15,000 per 1-hour session. Also an addiction therapist
- Devlin Ndumanene Silungwe, St John of God Area 43, devlinsilungwe@yahoo.com | +265 99 913 3593
First session is K20,000 and follow up sessions are K15,000 per 1-hour

WHAT SHOULD STAFF DO?

CLASSIFICATION

ACTIONS TO TAKE

No symptoms

- Adhere to the Ministry of Health directives on work patterns
- Wash your hands with soap and water or use an alcohol-based sanitiser
- Keep a distance of at least 1 meters/3 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 with your bent elbow or a tissue when coughing
- Social distancing: Avoid congregations/gatherings, limit numbers as advised by Ministry of Health

If you are unwell and suspect to have symptoms related to COVID-19

- If you feel unwell with symptoms like fever, cough and difficulty in breathing, CALL **54747** to seek medical attention urgently, and inform your line manager and HR
- As you wait for the way forward:
 - Self-isolate while in the house – use a specific room and put a sign to warn others
 - 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 hypochlorite solution (e.g. Jik®) with a dilution ratio of 4 parts water 1 part Jik to disinfect shared surfaces and the room surfaces
- **Please note: In Malawi, all confirmed cases are to be admitted at secondary facilities (district hospitals)**

Have COVID and are asymptomatic?

- These patients are only identified through being tested for given indications, eg being a contact or having travelled
- If identified, MOH Malawi isolates them same as those with symptoms, as described above

What should we ALL do?

- We may not know whether we have COVID-19 or not, especially if we are asymptomatic
- Always assume you have COVID-19: wear a mask, clean hands, keep social distance, avoid cash transactions where possible, do your business as quickly as possible

What should happen at the OFFICE?

- Disinfect all surfaces frequently
- Wear gloves where appropriate
- Have administrative oversight of office cleanliness
- Clean the office thoroughly twice a week
- Commuters on public transport to be given masks and their temperature checked every day, or alternatively provided with taxis to replace public transport
- Encourage feedback from staff to the COVID-19 Task Force through the WhatsApp group
- Observe communication protocols instituted by HR
- Record all additional costs incurred due to COVID-19 for possible refund
- Report domestic violence and use psychosocial therapy services identified by AFIDEP
- Place posters throughout the office prompting people to wash hands or use sanitisers

MALAWI COVID-19 TASK FORCE

- Nyovani Madise
- Paul Kawale
- Masida Nyoni
- Victoria Kusamale
- Ronald Manjomo

