



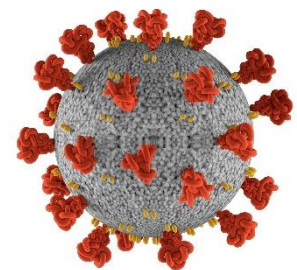
PARTICIPATORY PLANTATION FORESTRY PROGRAMME
(PFP 2)

PFP 2 GUIDELINE FOR STAFFS, SERVICE PROVIDERS AND STAKEHOLDERS FOR IMPLEMENTING THE PROGRAMME ACTIVITIES DURING THE COVID 19 PERIOD



(Landscape photo of Makangalawe village in Makete district)

Prepared by PFP 2 Programme Management Team (PMT)
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Corona virus illustration

1. OVERVIEW AND CAUSES OF COVID 19

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus¹. The virus was discovered in 2019 and is now known as the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic².

It should be noted that; Tanzania's Ministry of health, community development, gender, elderly and children (MOH)³ and other public health groups, including the U.S. Centres for Disease Control and Prevention (CDC) and WHO, are monitoring the pandemic and posting updates on their websites as well as providing recommendations for preventing and treating the illness.

¹ WHO – Corona virus: https://www.who.int/health-topics/coronavirus#tab=tab_1

² MAYO CLINIC – Coronavirus disease 2019 (COVID 19): <https://www.mayoclinic.org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>

³ Ministry of health, community development, gender, elderly and children: <https://www.moh.go.tz/en/>

2. SYMPTOMS OF COVID 19

COVID-19 affects different people in different ways. 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.

Most common symptoms

- ✚ Fever
- ✚ Dry cough
- ✚ Tiredness

Less common symptoms

- ✚ aches and pains
- ✚ sore throat
- ✚ diarrhoea
- ✚ conjunctivitis
- ✚ headache
- ✚ loss of taste or smell
- ✚ a rash on skin, or discolouration of fingers or toes

Serious symptoms

- ✚ difficulty breathing or shortness of breath
- ✚ chest pain or pressure
- ✚ loss of speech or movement

Note:

Seek immediate healthy support for any symptoms by calling 199 or * 199 #

3. SPREAD OF COVID 19

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. Infected people are thought to be able to start transmitting COVID-19 from 2 to 14 days after being infected. Because it is usually not possible to tell when a person has been infected, the period of risk of transmission is counted from the time of the most likely exposure.

Currently, there are no proven or specific vaccines or treatments for COVID-19 despite of many ongoing clinical trials evaluating potential treatments.

4. PREVENTIONS

To reduce chances of being infected or spreading COVID 19, follow below precautions:

- ✚ Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- ✚ Maintain at least 1 metre (3 feet) distance between yourself and others.
- ✚ Practice social distancing by avoiding going to crowded places
- ✚ Avoid touching eyes, nose, and mouth.
- ✚ Make sure you, and the people around you, follow good respiratory hygiene.
- ✚ Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover.
- ✚ If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority.
- ✚ Keep up to date on the latest information from trusted sources, such as MOH – Tanzania, WHO or your local and national health authorities.

It should be noted that, People can be infected but have no symptoms. There is, to date, little evidence that asymptomatic people can transmit the virus, but this possibility must be considered until there is clear evidence.

5. PFP 2 IMPLEMENTATION WITH PRECAUTION AGAINST COVID 19

PFP 2 COVID-19 strategy is built on the four pillars of distance, masks, screening, and hygiene and each of these pillars requires support:

Distancing:

- ✚ Staff should work at home (or remote from busy offices), wherever possible.
- ✚ A minimum social distance of 3 m between people should be maintained.
- ✚ Events bringing 10 or more people together should not be organised or attended. (This means a temporary end to group training events and participatory processes, and a shift in focus to technical, solitary duties).
- ✚ E-conferencing will be introduced to substitute for some meetings and events.

Masks

- ✚ Face masks should be worn during meetings and whenever it is not possible to maintain social distance.
- ✚ Face masks will be procured by the programme and made available to staff, students and visitors. Sufficient stocks will be retained to allow for replacement every day and when damaged.

Screening

- ✚ If someone becomes unwell in the workplace with a continuous cough or a high temperature, he or she should be sent home and advised to follow current coronavirus medical and restriction advice for at least 14 days before returning to work.
- ✚ If symptoms are minor such as just a mild cold or flu symptoms the person will be sent home until fully recovered.
- ✚ COVID-19 testing kits will be made available when this becomes practical.

Hygiene

- ✚ Employees, students, and visitors will be required to wash their hands frequently for 20 seconds and to cough and sneeze in tissues or the crooks of their arms.
- ✚ Objects and surfaces in PFP offices, FWITC and all vehicles that are touched regularly will be cleaned and disinfected regularly and before and after each use using standard cleaning products.
- ✚ Electronic hand dryers will be installed to avoid use of hand towels and accumulation of possibly hazardous paper towel waste.
- ✚ Use of cramped, non-hygienic public transport should be avoided.
- ✚ Use of hotels that do not maintain above hygiene standards will not be allowed
- ✚ In addition, any new GoT regulations relating to protecting people from the corona virus will be complied with, and any travel advisory messages from the home countries of expatriates will be respected.

6. PROCEDURES TO FOLLOW IN PFP 2 OFFICES

Cleanness

Staffs, service providers and other stakeholders should practice cleanness and observe instructions provided under section 5 of this guideline.



Accessing the office facility

Check the temperature before entering the office area



Wash your hands

The guard will direct you to wash your hands.



Wear mask perfectly

Follow the instruction for wearing mask as provided by the MOH Tanzania.



HAKIKISHA UNAZINGATIA MAELEKEZO YA KITAALAMU

7. FOR MORE INFORMATION

Please visit:

- ✚ <https://www.moh.go.tz/en/> - For guidance and updates of status of COVID 19 from the Tanzania's Ministry of healthy
- ✚ <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> - For international updates on COVID 19