

Maputo, Mozambique

2020.03.22-04.02

**Promoting Hand Washing
and Health Education**

**Training Seed Advocates for
Epidemic Prevention**

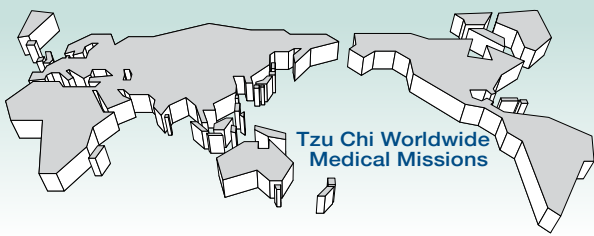
The COVID-19 pandemic has spread to Africa as the Republic of Mozambique confirmed its first case on March 22, 2020. Given the widespread poverty

and without phones or TVs for most people, the government worries that many are not aware of the pandemic situation. Knowing Tzu Chi has been deeply involved in the communities, the government invited Tzu Chi assistance to promote COVID-19-prevention awareness in their communities. Certified medical specialists from the Ministry of Health visited Tzu Chi's home to provide training classes to its volunteers.

Dr. Fatima taught volunteers about the coronavirus and stay home



During the epidemic prevention training courses, medical specialists of the Ministry of Health used dyes as soap, asked volunteers to put on gloves and close their eyes while washing their hands. After finished washing, each examined their hands for residual dyes to see missed opportunities.



In many places, personal hygiene is inexistent. The volunteer team entered the communities and visited house by house for the promotion. The picture shows the local people practiced hands washing by following the volunteers.

quarantining, and how to prevent infection. He demonstrated on the spot the correct handwashing techniques; how to cough effectively into the elbow to reduce spread. Every volunteer worked hard during the live training.

A team of eight volunteers wearing protective face masks visited Costa de Sol on March 30. They divided into the indoor and outdoor groups to promote COVID-19-prevention.

Volunteers also visited the Francisco family with five children. The homeowner

was accompanying children doing their homework since the school was closed because of the pandemic. Volunteers gave the family of seven a hand-washing lesson so everyone knows the importance of frequent hands washing. Edda is a 61 years old grandmother living by herself. She does not have any tools at home for news and knew nothing about the coronavirus. She was very grateful that Tzu Chi volunteers came to deliver messages to people like her who has no means to access information.

Seeing children playing outdoors, volunteers intercepted them to break the news of virus spread, and persuaded them to go home to help parents with housework, instead of gathering with others in the playground.

On April 1, volunteers came to Maxquene to promote epidemic prevention. Due to the lack of supplies like hand sanitizers and alcohol, volunteers thoughtfully brought water and soap instead.

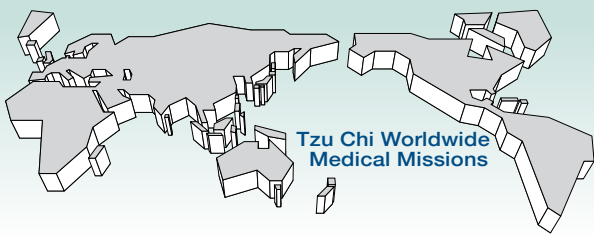
The elderly group tends to have a higher rate of severe illness once infected with the virus. During home visits, in

addition to the regular health education, volunteers helped each elderly to wear a face mask for proper protection. Some residents took the initiative to come for information. They followed volunteers' demonstration for proper hands washing. During the health promotion, volunteer Cai DaiLin explained in detail whenever needed to ensure the importance of the health education messages. Amelinda reminded the public to avoid rubbing the eyes or touching the noses and mouths with bare hands to prevent virus's infection.

During a meeting review on April



British medical doctor, Long JiaWen, was giving demos to volunteers on performing the task of checking temperature.



2, Dr. Karmen Long, a British medical doctor, also conducted lectures on epidemic prevention other than the discussions to strengthen community health promotion. Every volunteer came to Maputo Tzu Chi must first had their temperature checked, then washing hands and donning a face mask. I was grateful to the Bodhisattva from South Africa for sending me a forehead temperature reading gun. Dr. Long mindfully trained four volunteers and

made sure that everyone knows how to operate and understand their roles and responsibilities. Concerned about the volunteers in Yama County in the central part of the country, volunteers worked together to produce a video for epidemic prevention. Fernando, who is from Yama County, recorded a video with his local dialect for volunteers to learn together. It can also be used locally for conducting community outreach.



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