

The COVID-19 risk communication package for community members in various settings

Living life safely

This package provides practical advice and tips about COVID-19 protective measures that individuals can apply in their daily life and as leaders in their communities to keep their respective settings safe.

20 December 2022

This toolkit is designed to be easily edited, printed and shared. The layout is suitable for any ISO-sized paper (A4, A3, A2).

To print, export the files as PDF or PNG and send to the printer. For borderless printing, the image may be scaled to fit the printable area and trimmed along the edges.

Introduction

Life during the COVID-19 pandemic has been hard on all of us. Many people have and are still facing challenges and had to adapt their ways of life. With many countries lifting public health and social measures aimed at reducing transmission, people are eager to go back to their 'normal' daily lives.

However, COVID-19 is still around, posing a threat to the health of many, especially those most at risk of developing severe illness and death. Even if cases seem low, thousands of people are still dying from COVID-19 every week globally. So, it is important to continue to apply protective measures based on the risk of COVID-19 to keep yourself and those around you safe.

Purpose

The purpose of this package is to share practical guidance on how to go about your daily life while protecting yourself and those around you from COVID-19.

As a member of your household and community, you can protect yourself, your loved ones and those around you by choosing and applying protective measures appropriate to your context in consideration of the risk of COVID-19 to you and others.

If you oversee a specific setting such as a workplace, school or food shop, you have a key role to play in keeping your community safe by acting as a role model, encouraging and enabling your community to practise appropriate protective measures.

Audience

This package is intended for:

- Community members
- Leaders in communities for various settings

The package has messages for individuals and for leaders in the following settings:

- Workplaces
- Schools
- Food shops and markets
- Restaurants and eateries
- Places of worship
- Events
- Transport

Content

The package contains:

- Information sheet for community members
- Information sheet for leaders in communities for various settings

Live your life safely

With COVID-19 still around, how can you go about your daily life and still be safe? What can you do to protect yourself, especially when mandatory measures such as mask wearing and physical distancing are relaxed where you live? Protective measures that you have learnt and have practised are still effective at reducing your risk of COVID-19.

To reduce the risk of COVID-19 to yourself, your loved ones and those around you:



Get all the recommended doses of a COVID-19 vaccine, including booster doses.



Know the risk of COVID-19 to yourself and those around you.



Take appropriate protective measures.

Benefits of practising protective measures



You can live your life while protecting yourself and those around you.



You can also protect yourself from other infectious diseases such as flu and other respiratory viruses.



You reduce the risk of getting long COVID, which can affect your ability to perform daily activities.



You can help protect people at high risk of severe illness and death.



You reduce the circulation of the virus, thus the risk of new variants emerging.

What is your risk?

To know your risk of COVID-19, consider your:



Overall health status

Do you have any health conditions such as lung or heart disease, diabetes or other conditions that weaken your immune system? Are you pregnant or planning to get pregnant?



Vaccination status

Have you had all the recommended doses of a COVID-19 vaccine, including booster doses?



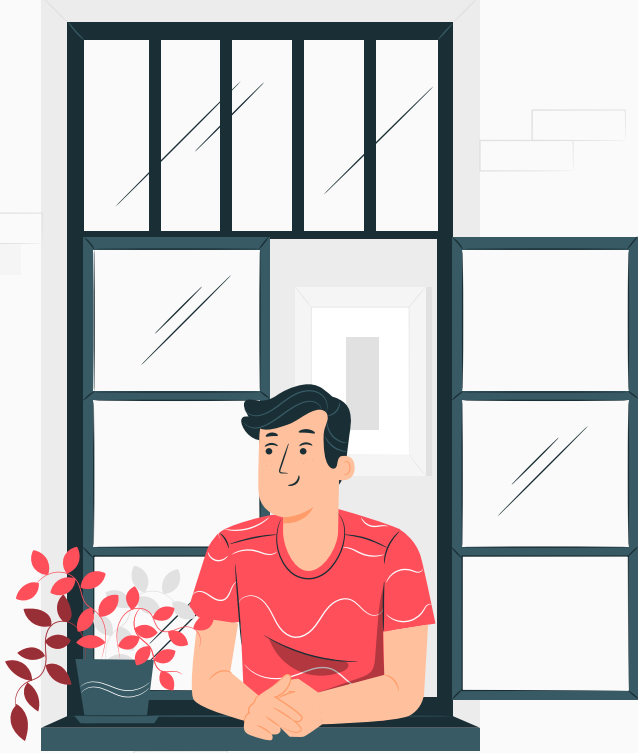
Setting

COVID-19 easily spreads in closed, crowded and close-contact settings. So, consider whether you will be indoors or outdoors. How many people will be there? Can you keep a safe distance from others?



Contacts

Is anyone around you at high risk of severe illness and death? Do you or those around you have someone at home who is high risk?



When do you apply protective measures against COVID-19?

Why is ventilation important?

Ventilation brings fresh, outdoor air inside and lets indoor air out. It reduces the risk of the virus spreading indoors.

Ventilation is especially important if:



You are indoors with someone at high risk of severe illness from COVID-19



You are caring for someone who is sick with COVID-19

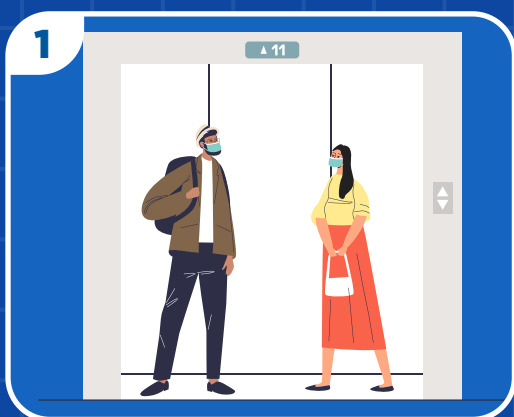


When do you apply protective measures against COVID-19?

When to wear a mask?

Keep a mask handy, so you can use it when you need it. When wearing a mask, make sure you fully cover your nose, mouth and chin.

Wear a mask if:



1 You are in an indoor setting with poor ventilation



2 You are in a crowded place



3 You are in a health-care or a long-term care facility



4 You are or you interact with someone who is at high risk of severe illness from COVID-19



When do you apply protective measures against COVID-19?

When to keep a distance of at least 1 metre?

Keep a safe distance from others if:

1



People at high risk of severe illness from COVID-19

You are at high risk of severe illness

2



You have respiratory symptoms such as cough, runny nose and sore throat

3



You are interacting with someone who has respiratory symptoms

When do you apply protective measures against COVID-19?

When to clean hands?

Clean your hands frequently with soap and water or an alcohol-based hand rub.

Remember to clean your hands:

1



After blowing your nose, coughing or sneezing

2



Before and after caring for someone who is sick

3



Before eating

4



After using the toilet



When do you apply protective measures against COVID-19?

When to get tested?

COVID-19 tests can detect if you have the virus. They help you take early action to stop the virus spreading to others and get timely treatment, especially if you are at high risk of severe illness.

Get tested if:



You feel unwell or have respiratory symptoms



You are at high risk of severe illness and have been exposed to someone with COVID-19



You plan to visit someone who is at high risk of severe illness from COVID-19

Tips to keep your community safe from COVID-19

As a leader in your community, you play a key role in enabling those for whom you are responsible to practise protective measures. You can do this by:

Communicating that COVID-19 is still around and the importance of getting vaccinated and taking appropriate protective measures.

Acting as a role model by applying appropriate protective measures yourself.

Supporting everyone for whom you are responsible to practise protective measures.

COVID-19 protective measures

Choose and apply the appropriate protective measures:



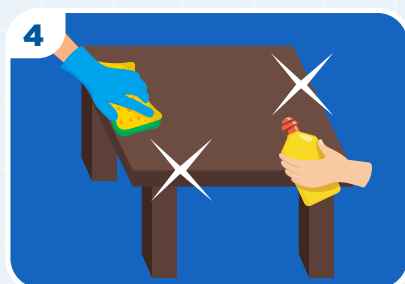
1 Talk to your community about the risk of COVID-19 and ways to protect each other.



2 Encourage people in your community to get vaccinated.



3 Increase ventilation.



4 Regularly clean and disinfect your setting.



5 Make handwashing facilities, tissues and closed bins readily available.



6 Promote a 'stay at home when sick' policy.



7 Advise people to get tested if they have been exposed to someone sick with COVID-19.

10 tips to keep workplaces safe from COVID-19

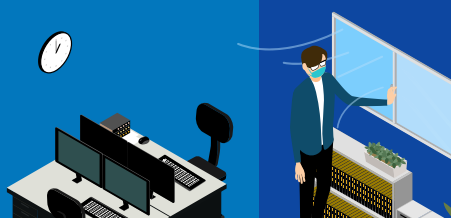
Choose and apply the appropriate protective measures:

1



Talk to your employees about the risk of COVID-19 and ways to protect each other.

2



Ventilate the workplace by opening windows and doors when possible and safe.

3



Ensure mechanical ventilation systems such as heating and air conditioning are serviced regularly.

4



Ensure the workplace is regularly cleaned and disinfected.

5



Remind everyone to practise good hand and respiratory hygiene.

6



Ensure tissues and closed bins are readily available.

7



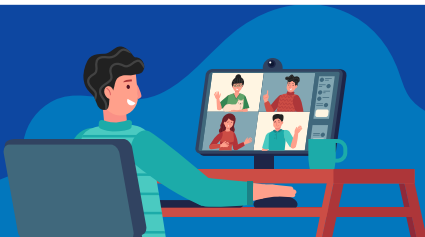
Make handwashing facilities such as soap and water and alcohol-based hand rub easily accessible.

8



Encourage all employees to get all the recommended doses of a COVID-19 vaccine, including booster doses.

9



Promote a 'stay at home when sick' policy for all.

10



Advise everyone, especially those at high risk of severe illness, to get tested if they have been exposed to someone sick with COVID-19.

10 tips to keep schools safe from COVID-19

1



Talk to parents and students about the risk of COVID-19 and ways to protect each other.

2



Encourage all teachers, support staff, parents, eligible students and household members to get all the recommended doses of a COVID-19 vaccine, including booster doses.

3



Remind everyone to practise good hand and respiratory hygiene.

4



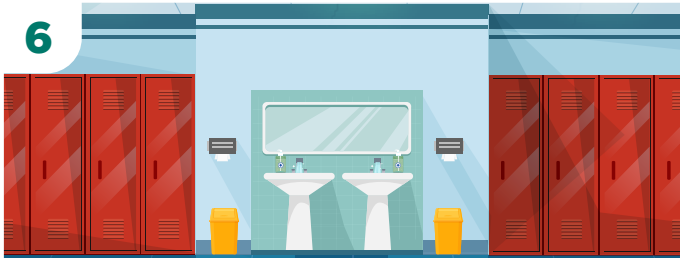
Ensure ventilation of classrooms, common areas such as canteens, toilets, sports facilities, changing rooms and school buses.

5



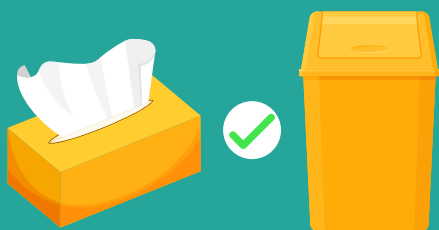
Regularly clean and disinfect classrooms, toilets, canteens and other common areas.

6



Make handwashing facilities such as soap and water and alcohol-based hand rub easily accessible.

7



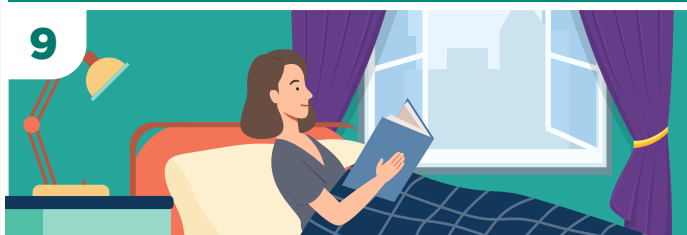
Ensure tissues and closed bins are readily available.

8



Consider a risk-based approach to mask wearing in school.

9



Promote a 'stay at home when sick' policy for everyone – students, teachers and school staff.

10



Advise everyone, especially those at high risk of severe illness, to get tested if they have been exposed to someone sick with COVID-19.

10 tips to keep food shops and markets safe from COVID-19

1



Talk to vendors and food handlers about the risk of COVID-19 and ways to protect each other.

2



Place signs to remind everyone to practise protective measures.

3



Keep indoor shopping areas well ventilated.

4



Ensure regular cleaning and disinfection of facilities and frequently touched surfaces and equipment.

5



Ensure all vendors and food handlers follow proper hygiene practices such as washing hands, and cleaning and disinfecting surfaces and equipment regularly.

6



Make handwashing facilities such as soap and water and alcohol-based hand rub easily accessible.

7



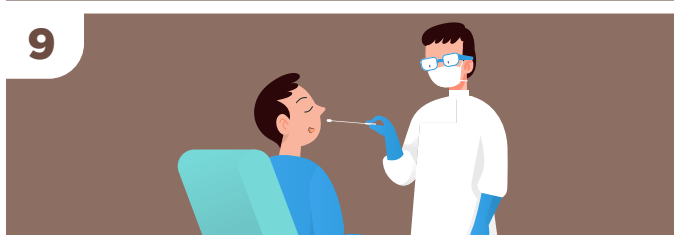
Encourage all vendors and food handlers to get all the recommended doses of a COVID-19 vaccine, including booster doses.

8



Offer home delivery services if possible.

9



Advise everyone, especially those at high risk of severe illness, to get tested if they have been exposed to someone sick with COVID-19.

10



Promote a 'stay at home when sick' policy for all.

10 tips to keep restaurants and eateries safe from COVID-19

1



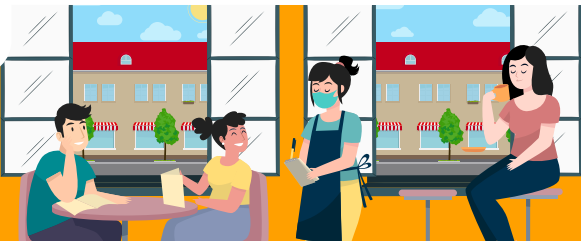
Talk to staff about the risk of COVID-19 and ways to keep each other and customers safe.

2



Encourage staff to get all the recommended doses of COVID-19 vaccine, including booster doses.

3



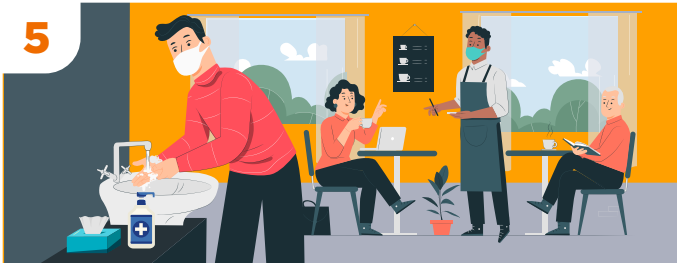
Ensure the premises are well ventilated.

4



Regularly clean and disinfect the premises and frequently touched surfaces.

5



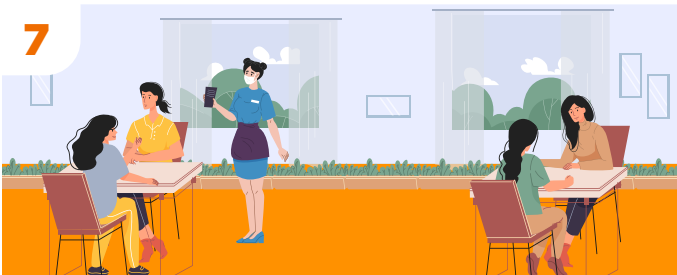
Make handwashing facilities such as soap and water and alcohol-based hand rub easily accessible.

6



Ensure staff comply with hand and respiratory hygiene.

7



Use a risk-based approach to mask wearing.

8



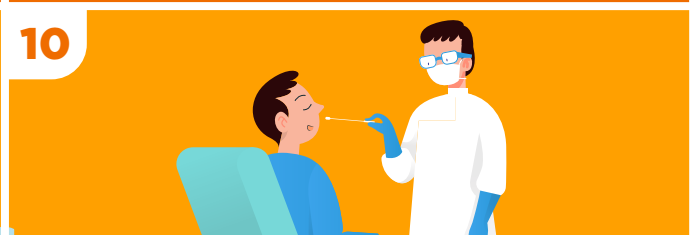
Offer pick-up or home delivery services if possible.

9



Promote a 'stay at home when sick' policy for all staff.

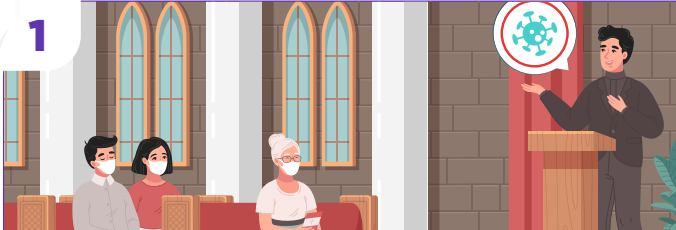
10



Advise staff, especially those at high risk of severe illness, to get tested if they have been exposed to someone sick with COVID-19.

10 tips to keep places of worship safe from COVID-19

1



Talk to your community about the risk of COVID-19 and ways to protect each other.

2



Encourage people in your community to get all the recommended doses of a COVID-19 vaccine, including booster doses.

3



Remind everyone to maintain good hand and respiratory hygiene.

4



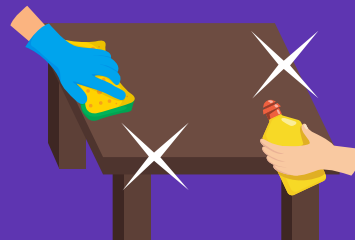
Use a risk-based approach to mask wearing.

5



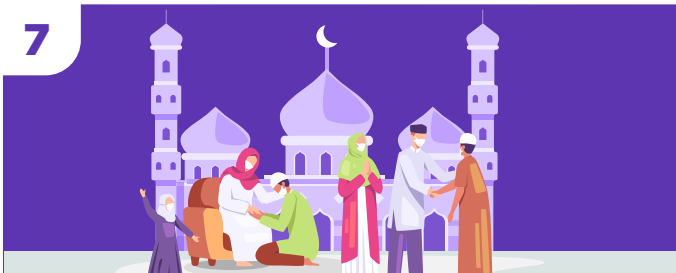
Ensure the premises are well ventilated.

6



Regularly clean and disinfect common areas, such as toilets and entrances, and frequently touched surfaces.

7



If and when possible, hold services, ceremonies and gatherings outside.

8



If possible, hold services virtually for those who wish to attend but cannot do so in person.

9



Advise people to stay home if they feel unwell or have symptoms such as cough, runny nose or sore throat.

10



Advise people, especially those at high risk of severe illness, to get tested if they have been exposed to someone sick with COVID-19.

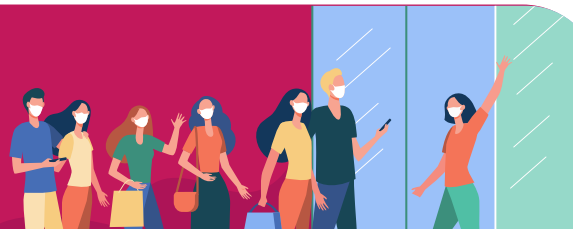
10 tips to keep events safe from COVID-19

1



Talk to staff and those involved in organizing the event about the risk of COVID-19 and ways to protect each other and attendees.

2



Advise staff and attendees to get all the recommended doses of a COVID-19 vaccine and practise protective measures.

3



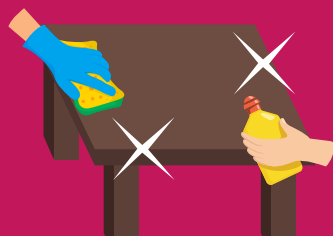
When and if possible, hold the event outdoors.

4



For indoor spaces, keep the venue well ventilated.

5



Clean and disinfect the venue and common areas such as handwashing facilities, toilets and entrance halls.

6



Make handwashing facilities such as soap and water and alcohol-based hand rub easily accessible.

7



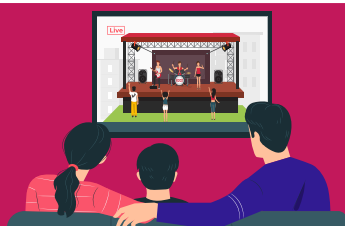
Have masks, tissues and closed bins readily available.

8



Advise people to stay home if they feel unwell or have symptoms such as cough, runny nose or sore throat.

9



If possible, hold the event virtually for those who wish to attend but cannot do so in person.

10



Advise staff and attendees, especially those at high risk of severe illness, to get tested if they have been exposed to someone sick with COVID-19.

10 tips to keep transport safe from COVID-19

1



Talk to staff about the risk of COVID-19 and ways to protect each other and travellers.

2



Encourage staff and travellers to get all the recommended doses of a COVID-19 vaccine, including booster doses.

3



Advise people to plan ahead to avoid travelling during peak times when possible.

4



Advise travellers to wear a mask if they cannot keep a safe distance.

5



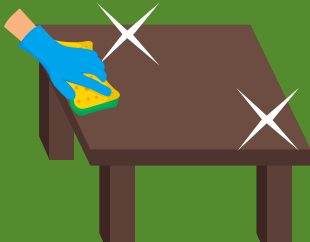
Place signs to remind staff and travellers to practise protective measures.

6



Ensure ventilation of the premises and vehicles.

7



Ensure regular cleaning and disinfection of the premises, vehicles and frequently touched surfaces.

8



Make handwashing facilities such as soap and water and alcohol-based hand rub easily accessible.

9



Advise travellers to postpone their travel if they feel unwell.

10



Advise travellers, especially those at high risk of severe illness, to get tested if they have been exposed to someone sick or have recently travelled to a place with high risk of transmission.