



**WASH YOUR  
HANDS  
REGULARLY**



**SNEEZE OR  
COUGH  
INSIDE OF  
YOUR ELBOW**



**AVOID  
PUBLIC  
GATHERINGS**



**CLEAN  
EVERYDAY  
OBJECTS  
YOU USE**

**"THIS PUBLICATION WAS PRODUCED WITH THE FINANCIAL SUPPORT OF THE EUROPEAN UNION  
ITS CONTENTS ARE THE SOLE RESPONSIBILITY OF THE IPVC PROJECT PARTNERS AND DO NOT  
NECESSARILY REFLECT THE VIEWS OF THE EUROPEAN UNION"**

**COVID-19**



Government of Zimbabwe



Zimbabwe  
**AGRICULTURAL  
GROWTH  
Programme**



Funded by the European Union



**INCLUSIVE  
POULTRY  
VALUE CHAIN**

# **IPVC AGAINST COVID-19**



## DO THIS EVERYWHERE, HOME, OFFICE OR FIELD, ALWAYS DO THIS!!!

## ITA IZVI KWESI; MUMBA, MUHOFISI NEKWAUNOSHANDIRA

### Your prevention

- ◆ Wash your hands with soap often. Dry them with a paper tissue that you then discard in the dustbin
- ◆ Sneeze and cough in a tissue or in the inside of your elbow
- ◆ Do not touch your face
- ◆ Avoid contact with people who are ill
- ◆ Keep a distance of 2 metres always
- ◆ Get a fever thermometer for your home, so that you can check people's temperature.
- ◆ Buy essential items in quantities that permit you to avoid frequent visits to the supermarket

### When you have flu like symptoms

#### Stay home

- ◆ Call your doctor to say you are ill. You do not need a doctor's sick note to stay home.
- ◆ Don't go to the hospital immediately, go after you have informed them.
- ◆ Inform your supervisor. The supervisors inform HR.
- ◆ If you stay with elderly, please try to isolate them as much as possible, because they are the most vulnerable people.

#### If someone in your immediate environment is ill !!

- ◆ Avoid contact with the patient as much as possible
- ◆ Don't care for the patient when you are yourself ill or weak.
- ◆ Air the patient's room as much as possible.
- ◆ Wash your hands **OFTEN**.
- ◆ Do not touch your face, eyes, nose or mouth.
- ◆ Disinfect surfaces in the rooms with diluted bleach

### Rules in the field

#### In the car

- ◆ Drivers should disinfect steering wheel, clutch, door handles, door supports, windows and any areas that are frequently touched, at least three times a day.
- ◆ Driving with open windows strongly recommended.
- ◆ Do not share water bottles, food, phones or pens.
- ◆ Clean hands after paying toll.

### In the community

- ◆ Do not shake hands, explain why you are not shaking hands.
- ◆ Keep a distance of 2 metres from people with whom you talk. Explain why you are keeping this distance.
- ◆ We will have meetings and conversations only in open air, not in closed off rooms. Explain why.
- ◆ If indoor meetings cannot be avoided, insist on opening doors and windows. Explain why.

### Rules at the office

#### At your desk

- ◆ Do not share your computer and/or keyboard, phone.
- ◆ Wipe your keyboard, desk phone and desk surface three times a day.
- ◆ Cleaners wipe door handles with disinfectant three times a day.
- ◆ If you can work from home, work from home.
- ◆ Report people who are ill and do not stay home.

### In meetings

- ◆ Meet only outdoors, in the garden.
- ◆ Arrange your setting so that there is a distance between you and your neighbors of at least 2 metres.
- ◆ Do not share food, drink, pens or phones.
- ◆ Comment at the beginning of the meeting if these rules are not followed.

### Kuzvidzivirira

- ◆ Geza maoko ako nesipo kakawanda. Omesa maoko ako nebepa rekupukutisa maoko wirirasa mubhini ramarara
- ◆ Kosora nekuhotsira mubepa kana mukati megokora
- ◆ Usabata kumeso kwako
- ◆ Edzai kusabata kana kugumha vanhu vari kurwara
- ◆ Siyai mamita maviri pakati pako nevamwe nguva dzose
- ◆ Gara uine mudziyo wekupima kupisa kwemuviri yevanhu mumba mako
- ◆ Tenga zvinhu zvaunoshandisa mumba zvakanosha uye neuwandu hunokubatsira kuti usaenda kakawanda kuzvitoro

### Kana uine zviratidzo zvechirwere chedzihwa

#### Gara kumba

- ◆ Foneri chiremba womuudza kuti uri kurwara. Hapadiwi tsamba yachiremba kuti ugare kumba
- ◆ Usaenda kuchipatara ipapo, asi unozoenda watanga wavaudza kuti uri kurwara
- ◆ Udza mukuru wako wepabasa. Iyewo mukuru oudza vanoona nezvevashandi pabasa (HR)
- ◆ Ngatichengetedzei vanhu vakuru vane makore anodarika makumi matanhatu nekudarika vatigere navo, kuti vasabatire chirwere ichi

### Mitemo kunzvimbo dzaunoshandira

#### Mumota

- ◆ Mutyairi anofanirwa kuisa mushonga unouraya utachiona pamadhiraivho, nekuchinja magiya, mibato yemikova, mafafitera nedzimwe nzvimbo mumotokari dzinobatwabatwa, itai izvi katatu pazuva
- ◆ Unokurudzirwa kutyaira motokari wakavhura mafafitera
- ◆ Musashandisa mese zvinhu zvakaite sezvibhotoro zvemvura, zvekudya, nharembozha, uye nezvinyoreso
- ◆ Zora mushonga wapedza kubhadhara mutero panzira

#### Munharaunda

- ◆ Musamhoresana nemaoko uye tsanangura zvikonzero
- ◆ Gara kure nevaunenge uchitaura navo kwemamita anokwana kuita maviri tsanangura kuti sei uri kuzviita izvi
- ◆ Misangano yese ichaitirwa panze, vhurai magoni nemafafitera mumba mamuri kuitira musangano. Ipa tsananguro kuti sei uri kuita izvi

### Kana ari pedyo newe achirwara

- ◆ Edzai nepose kusabata murwere
- ◆ Kana iwe uchirwarawo kana kupera simba, usapepa murwere
- ◆ Vhura mafafitera muimba ine murwere nepese paunokwanisa napo.
- ◆ Geza maoko **KAKAWANDA**
- ◆ Usabata kumeso kwako, maziso, mhino kana muromo
- ◆ Pukuta nemishinga inouraya utachiona panzvimbo nemudzimba dzamunogara

### Mitemo pahofisi

#### Paunogara muhofisi

- ◆ Musapanana computer, kana nharembozha nezvimwewo
- ◆ Pukuta computer, nhare nepaunogara pese, kanoita katatu pazuva
- ◆ Vanotsvaira pukutai mibato yemikova nemishonga inouraya utachiona kanoita katatu pazuva
- ◆ Garai makavhura mafafitera nemikova nguva dzose kuitira kuti mhengo itenderere.
- ◆ Kana zvichibvira, shandirai kumba.
- ◆ Taurai kana pane vanorwara uye vasagara kumba vachirwara

#### Mumisangano

- ◆ Itirai misangano yenyu panze, pamafura mhengo.
- ◆ Pakugara kwenyu, Siyai Mamita Maviri Pakati Pevanhu Viviri Voga Voga.
- ◆ Musapanana zvokudya, zvokunwa, zvinoyoreso nenhare
- ◆ Ipai chenjedzo panotanga misangano kana mitemo iyi isina kutevedzerwa.