USING PPE LIKE A PRO!

ABOUT THIS COVID-19 • SCREENING FOR THE VIRUS
KEEPING YOURSELF SAFE WHILE SAVING LIVES
STORIES FROM THE FRONTLINE • CARE FOR THE CARERS

...AND MORE!
WHO ARE THE MASKED HEROES?

CCWs perform a variety of essential services in our community including healthcare, social work, child and youth care work, and other paid and voluntary relief work. They are in direct contact with the general public, often working in the poorest communities across the country, and can be beacons of hope in this strange time by sharing information to keep people informed and safe. CCWs are Masked Heroes and need to be protected as they protect us all.

Community Connectors are organisations who have signed up as central nodes to support community care workers (CCWs) carrying out professional duties during the COVID-19 outbreak. Connectors have agreed to ensure that the personal protective equipment (PPE) for care workers will be (1) well managed, and (2) provided to genuine community care workers (CCWs) at no cost to them. Connectors are part of a movement of compassionate and proactive organisations across the country responding to a bottom-up demand that the country’s care workers be supported and kept safe.
A silent and invisible enemy has crept into the places where our friends, families and colleagues gather. It has sent almost a third of the world’s population into some form of lockdown. It has turned our lives upside down and undone everything we considered normal. Hundreds of thousands of people have already died from the virus since the outbreak began a few months ago and millions are financially ruined. It is during these uncertain times that heroes emerge.

This Masked Heroes magazine is all about you. You are a community care worker who often faces overwhelming challenges, putting yourself in the way of danger to save others. You might not have signed up to be a hero in the middle of a global pandemic, but the reality of the situation has forced you to be one. We want you to know that we back you!

This magazine is dedicated to you, our Masked Hero. Along with personal protective equipment (PPE), this magazine will give you the tools you need to be well informed, to stay safe, and know where to go to find additional support should you need it.

Please keep me! There is information in this magazine that might not seem helpful or important right now, but that will be helpful in the future.

This virus may be invisible – but you are not. We see you, and we salute you.
A useful starting point is that most viruses, like Covid-19, do not want to kill you. They want to make your body react in a way that allows them to infect the next person. Your body wants to get rid of the virus, which it does by producing mucus that catches the virus and coughs and sneezes it out – which suits the virus just fine, because it gets a free ride to the next person on the mucus droplets.

For most healthy people, the virus is just toxic enough to infect as many people as it can, which is why most infections only cause mild symptoms. Unfortunately, when people have an underlying health condition or are older and don’t have the same physical reserves, that same level of toxicity is too much to handle, and these individuals can develop severe complications or even die.

For this reason, we must do everything to ensure that people who have an underlying health condition – including TB and HIV (even more so those not on ARV treatment), heart, kidney or lung disease, cancer or other forms of immune suppression – are kept away from the virus through self-isolation.

The epidemic will eventually burn itself out, probably later this year, when enough healthy people get infected and develop the antibodies that prevent immediate re-infection. This means that more and more people will become immune and the virus will struggle to find its next victim. It will remain dormant until the next time it causes an outbreak of new infections.

We won’t be able to stop community spread completely, but we can limit the number of new infections to try and prevent the health services from becoming overwhelmed. So containment measures, such as keeping distance between yourself and other people, wearing a mask, and avoiding crowded places are really to stretch out the duration of the epidemic (especially to prevent a rapid increase at the beginning) and to try and ensure that it peaks at a lower level – and fewer people become infected.

Remember that we don’t all get ‘flu each year – even if we don’t all get the ‘flu vaccine. In the same way, not all of us will get coronavirus and we can take precautions to reduce our chances. Most importantly, we must reduce the risk of infection of friends, family and others we know who may be at higher risk.

So, read on, Masked Hero, to equip yourself with more information to keep yourself, your loved ones and your clients safe.
Personal protective equipment (PPE) is the equipment needed to protect you and other healthcare workers from becoming infected with coronavirus. Please ensure you consult your PPE Checklist when deciding what PPE to use in which situation.
Can I reuse my PPE? And how do I dispose of it?

There is a global shortage of PPE, and it’s no different in South Africa. Every effort has been made to ensure that you have access to this important protective equipment, but there is still a shortage. It’s critical that you care for the items given to you as they will be hard to replace.

Some PPE items can be reused, such as your reusable cloth masks. Aprons and gloves should be replaced between handling clients. Paper masks can be used for 8 hours during in-field screening but should be discarded if they become dirty or wet.

Keep in mind that your PPE could have the virus on it and so take care when removing and disposing of it. Make sure you place disposable PPE in a plastic bag and seal it before you throw it away. Wash your hands.

A general guide to using face masks:

It is important to use and dispose of your mask correctly. This will help avoid any increase in the risk of transmission. When using your mask remember to:

- Place mask carefully over your mouth and nose and tie securely to minimize any gaps between the face and the mask
- Avoid touching the mask
- Remove the mask by removing the bands from behind your head
- Avoid touching the front or inside of the mask
- Wash your hands

How do I use the Type 1 Mask Kit?

You may receive three reusable face mask kits – enough to wash and disinfect the used ones every day. The kit consists of:

- A polyester two-layer face mask, AND
- An inner layer made of a high quality ‘nanofiber insert’ that meets the health specifications of a Type 1 mask.

The cloth mask can be used many times. The nanofiber insert must be replaced after ten days’ use. COVID-19 is carried in droplets. Like any Type 1 or Type II mask, this face mask kit will prevent any droplets containing the virus from getting through, but it is not as effective as an N95 respirator mask.

When should I use this mask?

- Use this mask whenever you need to wear a Type 1 mask (see your PPE checklist).
- If you need to use a Type II mask but don’t have one, this mask will give you almost the same level of protection.
- It is also suitable for use by patients who have COVID-19 – but we suggest you keep them for your own use and give your patients a clean Type 1 medical mask each visit.

How do I disinfect and clean the mask?

At the end of each day:

- Take the inner layer out.
- Disinfect the cloth mask and the inner layer by pouring boiling water over them. You can wash then wash them by hand or in the washing machine.
- Wash your hands well afterwards.

DISINFECT - AND THEN CLEAN!

- DISINFECT kills germs. CLEAN makes it smell fresh.
- Always apply and remove your mask as instructed.
Riglyne vir die gebruik van die herbruikbare gesigmaskerstelle

Jy sal drie herbruikbare gesigmaskerstelle ontvang – genoeg om elke dag die gebruikte maskers te was en te ontsmet. Gebruik die lapmaskers weer en weer totdat hulle verslete raak, maar vervang die binneste laag na tien dae se gebruik.

Wat is dit?
Dit is ’n Tipe I-maskerstel. Dit kan hergebruik word en bestaan uit:

• ’n Gesigsmaker met twee lae wat uit poliëster gemaak is, EN
• ’n Binneste laag wat bestaan uit ’n “nanovesel-binnelaag” van hoogstaande gehalte wat aan die gesondheidspeisifikasies van ’n Tipe I-masker voldoen.

Die lapmasker kan weer en weer gebruik word. Die nanovesel-binnelaag moet na tien dae se gebruik vervang word. Die Covid-virus word in druppeltjies oorgedra – wanneer iemand hoes, nies of selfs praat of sing. Soos enige Tipe I- of Tipe II-masker, sal hierdie gesigmasker die oordrag van enige druppeltjies wat die virus bevat keer, maar dit is nie so doeltreffend soos ’n N95-asemhalingsmasker nie.

Wanneer behoort ek hierdie masker te dra?
• Dra hierdie masker wanneer jy ’n Tipe I-masker moet gebruik (sien jou PPE-kontrolelys).
• As jy ’n Tipe II-masker nodig het, maar nie een het nie, sal hierdie masker jou amper dieselfde vlak van beskerming bied.
• Dit is ook geskik vir gebruik deur pasiënte wat met Covid besmet is – maar ons stel voor dat jy dit vir jou eie gebruik hou en vir jou pasiënte ’n skoon Tipe I-mediese masker tydens elke besoek gee.

Hoe ontsmet ek die masker en maak ek dit skoon?
Aan die einde van elke dag:
• Haal die binneste laag uit.
• Ons met die lapmasker en die binneste laag deur dit in kookwater te dompel. Jy kan dit dan met die hand of in die wasmasjien was.
• Was jou hande na die tyd deeglik.

ONTSMET – EN WAS DAN
• ONTSMETTING maak kie de dood. WAS laat dit vars en lekker ruik.
• Sit altyd ’n masker op en verwyder dit soos wat jy geleer is.

Isikhokelo ngokusetyenziswa kwegigquhethelo semaski ephinda isebenziseke

Uya kunikwa isigquhethelo zeemaski zezimbelezeke ezithathu – ezikwaneloyo ukuhlanjwa nokubulawo kwethwesolwengwane kwezo zisetyenzisweyo yonke imihla. Phinda uzisebenzise iimaski zelaphu zide zonakale, kodwa tsintsha umakelele ongaphakathi ngokufaka omnye emva kokuyisebenzisa kwiintsuku ezilishumi.

Siyintoni?
Esi sisisigquhethelo semasko soHlobo loku-1. Siphinda sisebenziseke kwaye senziwe kanje:
• Imaski ye-polyester yobuso enemannako ezimbini, NGOKUNJALO
• Umakelo ongaphakathi wodidi oluphezulu ‘lweshohlwa se-nanofiber’ esenziwe ngokwegamigqaliselo yemasko yoHlobo loku-1.


Ndifanele ukuyisebenzisa nini le maski?
• Sebenzisa le maski nanini xa kudingeka ukuba unxibe imaski yoHlobo loku-1 (jonga uludwe lwakho loqwalaselo lwePPE).
• Ikwalungele ukusetyenziswa zizigulana ephinda ezithatho yiCovid – kodwa siqunciseba ukuba uzingqiso njengomnyama ngokukwazi okanye ngokwazi ezithatho izilithiyo izigqubuthelo semasko yoHlobo loku-1 kutyelilela ngalunye.
• Xa udinga ukusebenzisa imaski yoHlobo lwesi-ll, kodwa ubenyelenge, le maski iya kukunika phantse umgangatho wokhuylelo ofane nowayo.

Ndizibulala njani iintsholongwane kwaye ndiyicoca njani le maski?
Ekupheleni kosuku ngalunye:
• Khupha umakele ongaphakathi.
• Bulala iintsholongwane kwemaski yelaphu nakkumalelo wangaphakathi ngokugalele amanzi abalayo phezu kwazo. Ungazihlamba ke ngoko ngesandla okanye ngomathini wokhuylelo.
• Hiamba izandla zakho ngocoselele emva koko.

BULALA IINTSHOLONGWANE – UZE UCOCHE
• ZIBULALE iintsholongwane. COCA ukuze kuhuphi ubutsha.
• Yiba soloko unxiba futhi ukuhlula imaski ngokwendiela ofundiswe ngayo.
Umhlalalandlela wokusetshenziswa kwekhithi yemaski yobuso engalahlwa

Uzonikezwa amakhithi amamaski amathathu angalahlwa – maningi ngokwanele ukuba ukwazi ukwasha leyo obuyisebenzisile ngosuku ngalunye nsukuzonke. Sebenzisa futhi amamaski endwanggu kuze kube ayaguga, kodwa ushintshe ingxenye yangaphakathi emva kokuyisebenzisa izinsuku ezisimisile.

Kuyini lokhu?
Lena yikhithi yemaski Yohlobo 1. Iyakwazi ukusetshenziswa kaningi futhi phakathi kukhona:

- Imaski yobuso eyenziwe ngendwangu yepholiyesta ephindeke kabili, KANYE
- Nengxenye engaphakathi eyenziwe ngekhwalithi ephezulu ‘ye-nanofiber insert’ ehambisana nezimfundo zezempilo zemaski Yohlobo 1.

Imaski yendwangu ingasetshenziswa izikhathi eziningi kakhulu. I-nanofiber insert kufanele ishintshwe emva kokusetshenziswa izinsuku ezisimisile.

Igciwane le-Covid likhomba ngamathonsi amancane – ngokukhwehlela, ukuthimula noma ukukhuluma noma ukucula. Njenganoma iyi phi imaski Yohlobo 1 noma Uhlolo II, le khithi yemaski yobuso izovikela ukuthi noma yimaphi amathonsana athwele igciwane angakwazi ukudlula kuyona, kodwa-ke ayisebenzi ngempumelelo njengemaski yohlobo iwe-N95 respirator.

Ngiyisebenzise nini le maski?

- Sebenzisa le maski noma nini lapho udinga ukufaka imaski Yohlobo 1 (buka uhla lwe-PPE yakho).
- Uma kudingeka usebenzise imaski Yohlobo II kodwa ungenayo, le maski izokunika ukuvikeleka cishe kweningo efikile.
- Ifanelekile futhi nokuzebenziswe yiziguli ezine-Covid – kodwa sincoma ukuba uzigcinele ukuzebenzisa wena bese unika iziguli imaski ehlanzekile Yohlobo 1 ekuvakasheni ngakunye.

Ngibulala kanjani amagciwane futhi ngiyihlanza kanjani imaski?
Ekupheleni kosuku ngalunye:

- Khipha ingxenye engaphakathi.
- Bulala amagciwane kumaski eyindwangu kanye nengxenye engaphakathi ngokuthela amanzi abilayo phezu kwako. Ungabe usukuwasha ngesandla noma emshinini wokuwasha.
- Gezisisa izandla zakho emva kwaloko.

BULALA AMAGCIWANE – BESE UHLANZA

- BULALA amagciwane.
- Ngaso sonke isikhathi faka futhi ukhiphe imaski ngendlela ofundiswe ngayo.
As a Community Healthcare Worker (CHW) you have an important role to provide timely and helpful health information, so that people know how to protect themselves and stay healthy through this time. You are in a great position to build trust with communities and community leaders. Therefore, it is important that you listen to people and respond to their questions, fears and misinformation with fact-checked information that is useful to them.

**SCREENING FOR THE VIRUS**

Start by explaining who you are, which organisation you work for and what you do in the community. Listen first to what people have to say about COVID-19, before sharing what you know, and then asking for consent and explaining the screening process.

Have they had contact with anyone with confirmed COVID-19 in the last 14 days? Do they have symptoms such as fever, cough and difficulty in breathing?

**Screening** is a tool that you and other health workers can use to find out if people might have COVID-19 or not. You will need to ask community members questions about their health and at times you will need to take their temperature.

If a client answers ‘Yes’ to any of the questions, or shows symptoms during screenings, you should refer them to the nearest healthcare facility to be tested.

If a client experiences COVID-19 symptoms, you should encourage them to immediately quarantine themselves. This means isolating themselves from other people - even from their own family members when possible - and to stay at home. If they don’t have space to isolate from others, they should try to keep a 2-metre distance and practice regular hand washing and covering their mouth and nose when sneezing and coughing.

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Have they had contact with anyone with confirmed COVID-19 in the last 14 days? Do they have symptoms such as fever, cough and difficulty in breathing?

Report to your team leader to alert the COVID-19 testing team. Explain to the client about self-quarantine and how they must limit the spread of the virus. Also explain this information to a family or friend of the client if possible. Share a self-quarantine pamphlet with the client if you have one.

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WASH YOUR HANDS OFTEN AND THOROUGHLY

We use our hands to touch objects and surfaces that may be contaminated. Without realizing it, we then touch our faces, transferring viruses to our eyes, nose and mouth where they can infect us. Washing your hands with soap and water or using alcohol-based hand sanitizer kills viruses that may be on your hands – including the new coronavirus.

COVER YOUR COUGH WITH THE BEND OF YOUR ELBOW OR A TISSUE

Droplets from a cough can spread the virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

STAY AT HOME IF YOU FEEL UNWELL – EVEN WITH A SLIGHT FEVER AND COUGH

By staying at home, and not going to work or other places, you will recover faster and will avoid spreading diseases to other people.

AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

AVOID CROWDED PLACES AND SHAKING HANDS

Maintain at least 2 metres distance between yourself and anyone who has a cough or is sneezing. This also means that you should not greet people with a kiss or by shaking hands.

IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY – BUT CALL BY PHONE FIRST

If you develop a fever, cough and difficulty breathing, seek medical advice immediately as this may be due to a respiratory infection or other serious condition. Stay at home and call NICD COVID-19 hotline on 0800 029 999, or text the word “hi” to the national Department of Health’s WhatsApp line on 060 012 3456 to get advice on what to do next.
Most people who become infected experience mild or moderate symptoms and recover, but the disease can be more severe for others. Here are some basic measures you can take to look after your health and protect others.
CARE FOR THE CARERS

YOU ARE HERE.
The COVID-19 pandemic has upturned our knowledge of the world. People everywhere are struggling to come to terms with changes in their lives and as care workers this is also applicable to our work ... What is allowed? How do we offer help? What is right and wrong? How do we keep ourselves safe? The questions come faster than the answers.

We are also not only worried about the safety of those we care for, but our own well-being too. Working in this time often results in isolation from family, friends and even their children - the fear of becoming infected, and infecting others, is a real. Also, existing illnesses, poverty and trauma do not disappear in this time - it is adding layers to what we, as care-workers, face on a daily basis. Much is being asked of you in these difficult times, and it is completely normal to feel anxious, angry and overwhelmed. This means that taking care of ourselves and our mental health in this time is more important than ever. Some quick pointers:

**Boundaries are protective**

Although it feels that your role demands more and more from you (and it does), it’s important to set strong boundaries. This could mean ‘switching off’ after hours, or setting a cut-off time for calls or messages. You may be hearing and engaging with COVID-19 related material all day - during work, on your phone, the radio, TV and conversations after-hours. While it’s important to stay up-to-date with current news, it’s also crucial to protect yourself from information overload. Set time to enjoy your hobbies and interests, take time to exercise, and do family activities together if that’s available to you. Protecting your personal time may not only help elevate your mood, but help you manage your daily work as well.

**Communication is key**

We all want to feel safe in our work-spaces, and we can only do this if we have trust in our teams and our colleagues. Communicate your concerns clearly - whether it is about your hours, your access to PPE or your own health. Feeling unheard and undervalued can worsen your anxieties and fears. Remember that it is within your right and ability to ask - ask for more information if you need it, ask for clarity if you feel confused, ask for PPE if you don't have any. Health and community care-workers spend much of their time hearing the concerns of others, and it is as important to be heard and seen yourselves. Remember that most community clinics and hospitals have a mental health department. If you feel overwhelmed and unsure, you can always ask a nurse to be referred to a mental health professional.

**Staying connected is protective**

Working in this time may feel exhausting and frightening. The stresses that you faced before the pandemic could feel even worse now. Social distancing means that many people feel disconnected from those in their lives; and sometimes loneliness can feel as painful as a physical illness. Set aside time to connect with loved ones, even if it’s over the phone. Talk to friends, co-workers or family about how you feel, and reach out them when you feel lonely. In these times, be aware of exactly what you’re feeling and name it - sad, angry, anxious, frustrated, shameful, lonely, etc. Try to share these honest feelings with those closest to you. If you feel stressed, or if things begin to feel unmanageable, remember that you can access professional help. Trained counsellors or psychologists are available to help you through this.

As care workers, you are facing a pandemic in the midst of existing hardship. You may feel confused and helpless at times, and you may find yourself making difficult decisions during its course. Perfection in your work is not the goal. In these circumstances, the work that you are able and willing to provide is invaluable. Importantly, in your own struggles through this, remember that you can reach out for help and care:

**Masked Heroes Psychosocial Support:**

Even heroes need a little back up every now and then. If you want to be connected to a community of care workers that is led by one of our certified community connectors, please email your physical address and contact details to backup@maskedheroes.org.za

**Lifeline:**

24/7 toll-free: 0861 322 322 OR lifelineoffice@gmail.com OR WhatsApp call counselling line: 065 989 9238

**South African Depression and Anxiety Group:** Helplines provides free telephonic counselling, information, referrals and resources 24/7 – call 0800 21 22 23, 0800 70 80 90 or 0800 456 789 or the Suicide Helpline 0800 567 567
As Masked Heroes, you are known and loved by your communities. People trust you and that’s why it’s important that you protect that trust by empowering yourself with the correct information. At times, you might be asked questions about COVID-19 that are difficult to answer. We pulled these into a list of commonly asked questions to help you answer with confidence.

**CORONAVIRUS Q&A**

**What are the symptoms of COVID-19?**

- A dry and continuous cough
- Fever - where your chest and back feel hot
- Tiredness
- Other flu-like symptoms (sore throat, aches. runny nose)

*If you have difficulty breathing or chest pain, call for urgent medical care!*

**PPE Checklist**

**Put on the right PPE for that home visit.** Look at the table below for more information.

**What PPE do you need?**

<table>
<thead>
<tr>
<th>Patient is very sick or coughing and your work requires touching him/her</th>
<th>FOR YOU</th>
<th>MASK</th>
<th>FOR YOU</th>
<th>GLOVES</th>
<th>GLASSES</th>
<th>APRON</th>
<th>GOWN</th>
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<tr>
<td><strong>FOR YOU</strong></td>
<td>N95*</td>
<td>Type II</td>
<td>Type I</td>
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<tr>
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- If N95 not available, use Type II mask
- If not enough Type I masks for patients, get them to use a cloth mask
- A face screen can be used instead of glasses

**When you enter a home:**

- Put on the right PPE for that home visit.
- If you suspect or know that someone in the home has Covid, give them a Type I mask to put on.
- Wash your hands if there is soap and running water, or rub them with alcohol disinfectant.
- Unless you are directly caring for them, stay 2 metres away from a person who has a fever, or is coughing or feeling sick.
- Use the Jik spray to wipe down any tables, bed or counters you may touch.

**When you get home:**

- Take off the PPE carefully and dispose of it as you have been taught.
- If you have running water, have a shower.
- Relax and take time to be with your family.

**When your work takes you into people’s homes:**

- Unscrew the lid of one of the 500ml spray bottles you have been given, and add one tablespoon (15ml) of Jik.
- Fill it with clean water and close the lid tightly. (KEEP IT OUT OF THE REACH OF CHILDREN: if swallowed.)
- Put the bottle in your bag, together with a cleaning cloth and the right PPE for home visits (see below).

**Masked Heroes** is a national campaign to support, equip and inspire community care workers delivering professional services during the COVID-19 outbreak in South Africa. The campaign - coordinated by the DG Murray in partnership with REDISA and the Centre for Learning on Evaluation and Results at the University of the Witwatersrand - will provide personal protective equipment, psychosocial support, information and communication to thousands of community care workers across the country. Funding has been provided by the Solidarity Fund, Elma South Africa Foundation, Coca-Cola South Africa, Johnson and Johnson Foundation, Entertainment Industry Foundation, Charlize Theron Africa Outreach Project and the Goldsmith Foundation.
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**Masked Heroes** is 'n nasionale kampagne om ondersteuning, apparatuur en inspirasie te verskaf na gemeenskaplike werkers wat professionele dienste lewer gedurende die COVID-19-onderwerp in Suid-Afrika. Die kampagne - coördineer deur die DG Murray in samewerking met REDISA en die Centre for Learning on Evaluation and Results by die University of the Witwatersrand - sal persoonlike beskermingsuitrusting, psichososiale ondersteuning, inligting en kommunikasie verskaf aan tusiental gemeenskaplike werkers deur die land. Vindings is deur die Solidarity Fund, Elma South Africa Foundation, Coca-Cola South Africa, Johnson and Johnson Foundation, Entertainment Industry Foundation, Charlize Theron Africa Outreach Project en die Goldsmith Foundation gegee.

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**WANNEER JOU WERK VEREIS DAT JY IN MENSE SE HUISE MOET INGAAN...**

- Skroef die doppie van een van die 500 ml-spuittottels wat jy ontvang het af en voeg een eetlepel (15 ml) Jik by.
- Maak dit vol skoon water en draai dit stfy toe. (HOU BUITE BEREIK VAN KINDERS: indien 'n kind die middel inkry, maak dit vol skoon water en draai dit stfy toe.)
- Gee vir haar bale water om te drink en gaan daadlik kliniek toe, maar moenie probeer om haar te laat opgooi nie.
- Sit die bottel in jou sak saam met 'n skoonmaak lappie en die korrekte PPE vir tuisbesoeke (sien onder).

**WAT OM TE DOEN WANNEER JOY IN ‘N HUIS INGAAN...**

- Dra die korrekke PPE vir die tuisbesoek. Kyk na die tabel hieronder vir meer inligting.
- As jy vermoed dat iemand in die huis Covid het, gee vir hulle 'n Tipe I-masker om te dra.
- Was jou hande indien daar seep en lopende water is, of vryf dit skoon met ontsmettingsmiddel wat ‘n alkoholbasis het.
- Tenby jy leemde se persoonlike versorger is, bly 2 meter weg van ‘n persoon wat koors het, wat hoes of siek voel.

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**WAAT PPE HET JY NODIG?**

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**WATTER PPE HET JY NODIG?**

- Indien ‘n N95 nie beskikbaar is nie, gebruik Tipe II-masker
- Indien daar nie genoeg Tipe I-maskers vir pasiënte is nie, laat hulle lapmaskers dra
- ‘n Gesigskerm kan in plaas van ‘n bril gebruik word

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Isiguli sigula kakhulu nama siyakhelela, kanti ngokomsebenzi wakho kudingeka usithinte

**ISIGULI SINEGCIWANE LE-COVID ELAZIWAYO**

Isiguli asiguli kakhulu futhi ngeke usithinte

**ISIGULI KUSOLAKALA UKUTHI SINE-COVID**

Akekho ekhaya okusolakala nomaxawizwa ukuthi une-COVID

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**IYIPHI I-PPE OYIDINGAYO?**

Faka i-PPE efanele lelo khaya. Buka ithebhula elilandelayo ukuze uthole ulwazi oluthe xaxa.

Uma usola noma wazi ukuthi umuntu othile kulelo khaya une-Covid, mkize imaski Yohlobo I

Geza izandla zako uma kungenzisipho nomi zikhulu uma kungenzi impakwelela uma kungenzi impakwelela esicinawula.

Uma unenge umnakekela, qhela ngamunayimihloko ama-2 emuntwini onemfiva, noma okhwehlela noma ozizwa ngalela.

Sebenzisa isifutho se-jik usukusula noma yimaphi amatafula, umbhede noma akhawunta okwenzeke ukuthi une-Covid

**UMA USUHAMBA...**

Shiya isiguli sisafake imaski yaso!

Phinda usule izindawo ezisobala ngoketshezi lwe-Jik uma kuke kwakhona izinquubo ozenzayo.

Geza izandla zako uma kungenzisipho nomi zikhulu uma kungenzi impakwelela uma kungenzi impakwelela esicinawula esine-alcohol.

Faka zonke izinto ezithintekile ngesicwane esikhwameni sepulastiki.

Yazisa umndeni ukuthi uwukhathalele.

**UMA UFIKA EKHAYA...**

Khumula i-PPE ngokucophelela bese uyilahla njengoba ufundiswe.

Uma unamanzi asendlini, geza eshaweni.

Nethezeka bese uthokozela isikhathi ndawonye nomdjeni wakho.
If you have been in close contact with someone with COVID-19, you may be infected. In these cases, it is best to stay at home for 14 days. You are more likely to infect others in the early stages of the disease when you just have mild symptoms, therefore early self-isolation is very important. Inform your supervisor as soon as possible, and do not continue to make home visits to your clients. If you develop severe symptoms and need to get medical assistance (1) wear a mask, (2) keep at least 2 metres distance from other people and (3) do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice. If you live in an area with malaria like Limpopo or Mpumalanga it is important that you do not ignore symptoms of fever. Seek medical help.

Q: What should I do if I have come in close contact with someone who has COVID-19?

A: The time between exposure to COVID-19 and the moment when symptoms start is around 5 - 6 days but can range from 1 – 14 days.

Q: How long does it take after exposure to COVID-19 to develop symptoms?

A: If you develop severe symptoms and need to get medical assistance (1) wear a mask, (2) keep at least 2 metres distance from other people and (3) do not touch surfaces with your hands. If it is a child who is sick help the child stick to this advice. If you live in an area with malaria like Limpopo or Mpumalanga it is important that you do not ignore symptoms of fever. Seek medical help.

Q: What is self-isolation?

A: Self-isolation is a way to keep yourself from possibly infecting others if you think you might be infected. It involves limiting contact with public places, relatives, friends, colleagues, and public transport by staying in your home or room.

Q: I have flu-like symptoms, should I get tested?

A: Most people who get COVID-19 can take care of themselves at home. The National Institute of Communicable Diseases (NICD) recommends that you should only get tested if you have:

- Symptoms of potential COVID-19 infection, including: fever, cough, shortness of breath, chills, muscle pain, new loss of taste or smell, vomiting or diarrhea, and/or sore throat.
- Been in contact with a confirmed COVID-19 person
- Worked in or been to a healthcare facility treating people with Covid-19
- A severe case of pneumonia with an unknown cause.

You can also do a mobile health check via the National Department of Health’s WhatsApp line. Just text “hi” to 060 012 3456. Following this process will help you decide what next steps you should take. If you think you might have contracted the virus, you can call the NICD helpline (0800 029 999) and you will be advised on possible testing facilities.

Q: Can children or adolescents catch COVID-19?

A: Research shows that children and adolescents are just as likely to become infected as any other age group and can spread the disease. They are however less likely to become severely ill. Children and adults should follow the same guidance on self-quarantine and self-isolation if there is a risk they have been exposed or are showing symptoms. It is particularly important that children avoid contact with older people and others who are at risk of more severe disease.

Q: Is there a vaccine, drug or treatment for COVID-19?

A: Not yet. Possible vaccines and some specific drug treatments are currently under investigation. They are being tested through clinical trials.
We have taken this opportunity to hear from our Masked Heroes on the field. Community health workers were among the first health care workers to be called upon to fight COVID-19. Elizabeth Mkhatshwa and Sheila Khoza from Nkomazi rose to the occasion and they have been actively doing COVID 19 screenings in their communities. It is stories like these that motivate us and keep us going.
Our community opened their gates and door for us, because they know us. Even though they didn’t know some of our team members they still welcomed them because they know that they are doing what’s right for them.

My community also trusts that I’ll give them the right advice as they can see I’m with the health department – we were given working tools and white overalls that have “COVID-19” written on them so that immediately identified us as health professionals that could be trusted. They know me and I’m always friendly with them, so they trust me. Before we even started screening them, our community had heard about the initiative on radio and TV so that made our work easier. They also answered questions truthfully and were helpful.

We have masks, gloves, screening tools and hand sanitisers – all CHWs [who are part of the mass screening and testing campaign] have them. There is also transport available to get us to work and back. At first, I was afraid, feeling that I might eventually get infected with COVID-19 by doing house-to-house visits but I was ready and confident because it showed that the government trusted me enough to do this important work. I just told myself I’m going to face whatever situation I find myself in head-on.

My experience as a CHW has helped me because I’m confident to answer any health-related question confidently. Staying safe does not end at work – when I get home I change clothes and wash them immediately and I would encourage my colleagues to do the same to keep their families safe.

I make sure I’m always smiling and laughing to put the patients at ease; it’s important to be friendly to them. We teach them about masks and the importance of always having them on, even if they are homemade. We tell them ‘you are protecting not only yourselves but others as well’. They are worried about treatment.

We tell them to wash hands, keep a safe distance from each other, and not touch people as there isn’t a vaccine yet. They are anxious for a treatment to be found, so we have to constantly assure them that the government is still researching it and eventually it should be available.

Not much has changed. I’m still doing the work I normally do, which is conducting home visits. The only difference is that I’m now focusing on screening and testing for COVID-19, while I would focus on early bookings before. If I do see a pregnant woman, I still tell her to book early at the clinic and explain to them why this is important.

People are practising physical distancing and no one enters our clinic without a mask. I think what caused the cases to rise was that there wasn’t enough awareness initially, but now we have someone with a loudhailer in our community reminding people to stay at home until the lockdown ends, and only to leave when they have to buy essentials.

“I just told myself I’m going to face whatever situation I find myself in head-on.”
Asiyibambeni singayi yekeli, size sifike ekugcineni. Ngithi asiyeni phambili! (Let’s persevere until the end, let’s move forward).

I wasn’t sure whether I’d wanted to be part of the screening campaign at first, but I enjoy it now even though we work non-stop. I love putting on my white overalls and getting to work. I know the coronavirus is very infectious but I always follow the safety precautions. I’m very proud of being part of efforts to keep my community safe from this disease. When I first heard about COVID-19, I didn’t understand the seriousness of it until I saw 25 people being buried in a mass grave in Italy – that gave me a wake-up call.

Facebook and other social media have shown that they can be harmful during this time. There is a lot of false news circulating. For example, there are people that believe that a concoction from Madagascar can cure COVID-19. We’ve had to explain to them that our countries are not the same: we don’t eat the same food, or have the same climate. You could find that the drink is harmful. Our government is busy testing its safety and whether it actually works.

So far, only a few people have kept us from visiting them at their homes, but the majority have had no problem. Those that wouldn’t let us into their homes were afraid that we [CHWs] would infect them with COVID-19 because we go from home to home screening people for the disease. Some even believe that we’ll infect them with COVID-19 through 5G waves, which is another myth that is going around on social media.

Everyone knows what social distancing is, even children - our community is trying their best to do it correctly and I’ve also seen this at the mall and banks. I believe that the real reason for the high number of coronavirus cases is because we are situated next to the Mozambique and Eswatini borders. When the lockdown began, the people from those countries who work on farms in Nkomazi were unable to return home and now they are stuck here. They also don’t have a lot of friends this side who can support them this side with food and shelter, nor do they have government benefits: a lot of them don’t have passports so they can’t get any assistance. Another reason is that a lot of international tourists would pass through Nkomazi and that possibly contributed to the fast spread of COVID-19 here. One of the first cases was traced back to the Spar in Malelane and that is where many tourists exchange their money. It is also the preferred supermarket for many of our community members.

I’d like to tell the community to avoid social media, and obey the lockdown laws that are in effect. People should also not buy things like cement, expensive clothes and furniture with the Social Relief of Distress grant, they should buy food instead because if their bodies are not nourished it can be easy for them to get ill. I urge them to eat foods that are high in Vitamin C during this time such as lemons, oranges and other citrus fruit as well as garlic. We’ve told mothers to buy oranges instead of yoghurt, for example, because of the Vitamin C content or to buy Vitamin C supplements for their children at pharmacies.

We should just stay at home. Let’s fight COVID-19. It will pass.

“I’m very proud of being part of efforts to keep my community safe from this disease.”
HOME BASED CARE
The COVID-19 Modelling Consortium advising government have projected that between June and November this year 12-million to 13-million cases of COVID-19 can be expected in South Africa. Most people won’t even know that they have contracted the virus and the vast majority will only have mild symptoms and recover quickly. In some cases, however, infected people may become ill and will need some special treatment at home.

The idea of people being able to self isolate away from the people who share their residence with them is incredibly difficult in South Africa. Nonetheless, there are steps that can be taken to try and keep everyone healthy. These are some tips and tricks you can share with people who are caring for people with suspected or confirmed cases of COVID-19.

- Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.
- Frequently clean your hands with soap and water or alcohol-based rub, especially after any type of contact with the ill person or their surroundings; before, during and after preparing food; before eating; and after using the toilet.
- Identify surfaces frequently touched by the ill person and clean and disinfect them daily.
- Wear a medical mask when in the same room as an ill person. Do not touch your mask or face during use and discard it afterwards.
- Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash these items used by the ill person with soap and water.
- Call the national COVID-19 call centre (0800 029 999) immediately if the ill person worsens or experiences difficulty breathing.

SOURCES: World Health Organisation (WHO) www.who.int/covid-19
How can I help support survivors of family violence during COVID-19?
Families might be experiencing a lot of stress during the COVID-19 crisis. They may be stuck at home together, the breadwinner may not be able to work and may be worried about how they are going to survive financially. Some family members may be drinking or taking drugs to deal with the stress. All of these things can lead to an increase in physical, emotional or sexual abuse in the home, especially abuse of women and children.

As a community care worker, there are things you can do to help lessen the impacts of violence on women and children at any time, including during the COVID-19 pandemic.

Whilst your time and resources may be stretched during this health emergency, you have a duty of care to families who may seek help from you – often to address physical and mental hurt caused by violence. In any circumstances, including during the COVID-19 pandemic, community care workers should provide first-line support, using the LIVES approach to help survivors of domestic violence:

- **Listen closely, with empathy and no judgement**
- **Inquire about their needs and fears**
- **Validate experiences. Show you believe and understand.**
- **Enhance their safety.**
- **Support them to connect with additional services.**

You may need to adjust how you provide support, if face-to-face care is not possible due to lockdown restrictions. Your mobile phone, the Moya Messenger App (which is South African and data-free), WhatsApp (which is data light) or other platforms can help you to deliver support - but always ensure you can do this in a way that is safe for the survivor. To report gender-based violence without having to make a call, you can WhatsApp the word “BRAVE” to 0800 150 150. Make sure you know who to call for additional services and save the numbers on your phone, for example, the police (call 10111 and for SAPS child safety 08 600 10111), security company, abuse 24 hour helplines, social workers, shelters etc.

If someone with suspected or confirmed COVID-19 seeks your care because of violence, your response should be the same as for any other survivor. You should however ensure that you are protected from infection by following the Six Safety Rules (see page 10)

The Messages for Mothers website provides good guidance in different South African languages on how adults can prepare for and deal with family violence. If you are worried about someone don’t hesitate to share this information with them, www.messagesformothers.co.za/resources-2/mental-health.

If you are worried about a child that may possibly be abused or neglected, contact local social services to investigate the situation.

**SOURCES:** Messages for Mothers www.messagesformothers.co.za; and the World Health Organisation (WHO) www.who.int/news-room/q-a-detail/violence-against-women-during-Covid-19
Knowledge is power. Stay aware of the latest COVID-19 news and updates by making sure your information comes from reliable sources. Only listen to the experts. If you’re not sure of a message then double-check it on one of the verified list of information resources you can trust:

World Health Organization: www.who.int
National Department of Health Official COVID-19 information site: www.sacoronavirus.co.za
National Department of Health: www.health.gov.za
The National Institute for Communicable Diseases (NICD): www.nicd.ac.za
National Institute of Occupational Health: www.nioh.ac.za
National Health Laboratory Service: www.nhls.ac.za
COVID-19 free website: www.coronavirus.datafree.co
COVID-19 online resources: www.gov.za/coronavirus
DGMT: www.dgmt.co.za
Messages for Mothers: www.messagesformothers.co.za
COVID-19 Hotline Number: 0800 029 999
COVID-19 WhatsApp Number: 0600 12 3456
Morongwa’s surprise

Lerato Trok
n the last day of school, just before the start of the holidays, Morongwa sat quietly at her desk listening to her teacher, Mrs Nchwe, tell the class about a new germ that had been found. It was called the coronavirus and was making many people all over the world very sick.

As she listened, Morongwa didn’t know what to feel. The germ sounded really scary, but on the other hand, the president had announced that all schools would close earlier for the holidays. The country was going into lockdown to keep people safe. This meant a very long break from school, and that sounded good! But Morongwa wasn’t sure what a lockdown was.

She felt confused and worried. Although her teacher had told them about the virus and the lockdown, Morongwa didn’t really understand everything.

After a while, Morongwa raised her hand. “Mrs Nchwe,” Morongwa began, “I understand that there is a new virus that can make us all very sick and that is why schools are closing today. But can you please explain more about the virus? How does it make you sick?”

“That’s a good question, Morongwa,” said Mrs Nchwe. “Let me help you understand better.”

Mrs Nchwe put up a poster. “First of all, if the coronavirus gets into your body, it may cause an illness called COVID-19. The coronavirus can get inside your body when someone who has the virus sneezes or coughs near you. The virus comes out of their mouth in small drops of water. These drops can get onto your hands. If you then touch your mouth, nose or eyes, the virus can get into your body and make you sick,” Mrs Nchwe explained.

“So how can we stop ourselves from getting the virus?” asked Morongwa.

“You have to wash your hands with water and soap as often as you can. Slowly count to twenty while you wash to make sure your hands are clean. You also have to stay at home. You should stay away from everyone outside your home. If you have to go outside, you must wear a mask,” said Mrs Nchwe.

Then she explained that the virus is passed from person to person. “Anyone can get it from anyone, and anyone can give it to anyone,” she said. “That is why the country is going into a lockdown. Everyone must stay home and away from other people so that no one can make anyone else sick.”

Just as Morongwa was starting to worry about how she was going to remember all these facts so that she could tell her mama and younger brothers, Mrs Nchwe handed out booklets to everyone. “You can take these little books home to remind you about the important information we have shared today,” she said.

The first thing Morongwa did when she got home was to wash her hands with soap and water. “Ofentse, Lesedi, come join me,” Morongwa said when she saw her younger brothers watching her. “Slowly count to twenty while you wash.” She signed to Mama Maduo to wash her hands too.

Mama Maduo was surprised by Morongwa’s change in attitude. If there was one of her children who always had to be reminded to wash her hands, it was Morongwa. Mama Maduo smiled, but
she was also a little confused about this change.

That night Morongwa read the booklet that her teacher had given her to her family and explained to them what COVID-19 is. Then she gave Mama Maduo the booklet to read.

A few days later Morongwa saw that her two brothers were a bit bored because of the lockdown. “Hey, you two, I’ve got a plan! Do you want to have fun?” asked Morongwa.

Morongwa did not wait for their answer. Instead, she went straight to the corner of their small bedroom where Mama Maduo kept her magazines. Morongwa chose a few magazines and laid them on the floor. Next, she took out the scissors, crayons, glue and sheets of paper that their uncle had bought for them at the beginning of the school year. As Lesedi watched his big sister, his eyes grew wide with excitement.

For the next few afternoons Morongwa, Ofentse and Lesedi locked themselves in their bedroom and had lots of fun cutting out pictures from magazines. There was a lot of cutting and a lot of laughing!

“This is fun!” said a giggling Lesedi.

“Remember that it’s a surprise, Lesedi. This is our holiday surprise mission,” said Morongwa, tickling Lesedi’s legs.

Then, one evening after dinner, Mama Maduo was surprised to see her children lining up next to her. Ofentse and Lesedi were each holding a sheet of paper and Morongwa was holding a book. “What are those?” signed Mama Maduo.

“It is our holiday surprise for you!” the children all signed together. “Can we show you?” Mama Maduo nodded.

Lesedi went first. He told the story about his picture and also used his little hands to do sign language so that Mama could follow his story. And even though Lesedi’s story didn’t always make sense to Morongwa, it was funny and made everyone laugh.

Next, it was Ofentse’s turn. He had cut out pictures of a beautiful mother and also two big bird wings. Then he had glued the wings onto the mother’s shoulders. “This is you, Mama,” he said pointing at his mother. Then he signed, “You are our special superhero.”

When it was Morongwa’s turn, she showed Mama the picture book she had made about a protective Mama Bear and her cubs. She wanted to make sure Mama Maduo knew how much they loved her and how proud they were of their real-life Mama Bear.

By this time, Mama Maduo was crying tears of joy and gave all her children a big happy bear hug.

The children were happy too. They had each made up a different story and told it in their own way. And while they were doing this, they had completely forgotten about the lockdown! “Lockdown? What lockdown?” they all laughed.

To read this story and more in any of the South African languages please visit www.nalibali.org
WE ARE THE CHAMPIONS

Are you a community health worker, home-based carer and home visitor who is passionate about helping mothers and children in their community?

Grow Great Champions is a community of practice that supports and celebrates our everyday heroes, the community health workers, and recognises the important work that they do in empowering parents and caregivers to raise healthy and happy children.

As a Grow Great Champion, you will be connected to your colleagues across the country and will have access to exclusive resources for community health workers after signing up to the programme, including:

- Key practical information to support pregnant women and young children in homes;
- A quarterly Grow Great Champions magazine;
- Educational and motivational messages, and videos.

Grow Great Champions members also have access to a National Information Line where they can ask work-related questions. Simply send an SMS, WhatsApp message or “please call me” to 071 861 5795 and you will receive a response within 24 hours on weekdays from a trained healthcare professional.

The Grow Great Champions Facebook page is the space where club members can connect with other colleagues, collaborate, share ideas, join bigger events and grow the Grow Great Champions network.

All Grow Great Champions stand a chance to have their work featured on the Facebook page and in the Grow Great Champions magazine. We encourage club members to share their experiences, challenges and achievements on Facebook or via SMS and WhatsApp.

From time to time, we will run competitions and challenges where club members stand a chance to win cash prizes. The most active Grow Great Champion in the network will be invited to attend the annual awards ceremony. Here, your efforts and contributions will be recognised and rewarded!

If this sounds like something that excites you, send us a direct message on the Facebook page, email championsforchildren@growgreat.co.za, or WhatsApp or SMS us on 071 861 5795. Please include your name and surname, contact details and the area where you work in your communication.

Grow Great Champions is brought to you by Grow Great, a campaign with the bold aim of mobilising South Africa towards a national commitment to achieving zero stunting by 2030.

www.growgreat.co.za
Masked Heroes is a national campaign to support, equip and inspire community care workers delivering professional services during the COVID19 outbreak in South Africa. The campaign - coordinated by the DG Murray Trust, with support from REDISA and the Centre for Learning on Evaluation and Results at the University of the Witwatersrand - will provide personal protective equipment, information and communication to hundreds of non-government organisations, and thousands of community care workers across South Africa involved in health, social support and relief services. This drive is being implemented through a network of over 250 non-government organisations, working with local government and provincial departments. Funding has been provided by the Solidarity Fund, Elma South Africa Foundation, Coca-Cola South Africa, Johnson and Johnson Foundation, Entertainment Industry Foundation, Charlize Theron Africa Outreach Project and the Goldsmith Foundation.

Stay part of this community of incredible Masked Heroes:

⭐ Visit our website at www.maskedheroes.org.za

⭐ Have a conversation with us on WhatsApp. Message “hi” to 060 011 9999

⭐ Talk to us by dialling *134*38847#

⭐ Follow us on @MaskedHeroesSA