



# Weekly Newsletter

Volume 1, Issue 1, May2020

## *Announcement*

*Top Story:* Training of Community Health Care workers to Support uptake of Immunization in the Wake of the COVID-19.

### *Ongoing*

County Community Sensitization on COVID 19

### *Upcoming*

World no Tobacco Day 31<sup>st</sup> May 2020

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## *CHVs sensitization on Immunization Defaulter Tracing in the Wake of COVID19*

Through the GAVI-HSS CSO component project, KANCO is training CHVS on how to carry out immunization defaulter tracing in the wake of COVID 19. The project targets to carry out these CHV training in all the 17 counties that the project is implemented in spread across Kenya, towards supporting uptake of immunization in the wake of the pandemic.

So far 100 CHVs have been trained across 10 sub counties in Nairobi County, while more trainings are ongoing in Bungoma Counties and Nakuru while other counties are preparing to start off.

The trainings are focusing on promoting understanding of the COVID-19 and key messages for Prevention like Effective handwashing practices, use of masks and answering frequently asked questions on corona virus. They are also emphasizing on the importance of immunization in the context of covid-19, the role of CHVs in immunization in the context of covid-19 and defining the way forward.

*“It is critical that Immunization is Uninterrupted even as we work to combat this pandemic”* GAVI-HSS Project Manager

*Elizabeth Muchoki*



One of the CHVs training in Nairobi and Bungoma Counties

During the Nairobi County training, CHVs relayed some challenges including: Lack of incentives, inadequate protective gears, and community compliance with the set guidelines such as wearing of masks and physical distancing especially in the informal settlements, poverty and misinformation.

From the Nairobi training, an action plan was developed for CHVs to: continue door to door health talks, sharing key messages including the community response number with households (\*719#). Inform communities that services are continuing in all immunizing facilities as well door to door defaulter tracing activities by cross checking with the facility if clients registered in facilities are accessing the services. Reinforce the importance of covid-19 prevention for the safety of the whole community. They are also keep reporting their achievements and challenges to the CHAs

*Pictorials for Ongoing CHVs Training on COVID-19 and Immunization*



L-R Group photo and an ongoing CHV training session in Tongaren Sub County Bungoma County



Religious leaders and media sensitization, Kanduyi, Bungoma County on going



Hand Washing Demonstration and Physical Distancing in effect at the Tongaren Sub County Bungoma Meeting

## *Working at the DIC during the COVID 19 pandemic*



Kanco wellness center or Drop in Centers are safe spaces for key populations. The three DICs at Mariakana, Kakamega and Rongai, have remained open as part of KANCOs COVID-19 pandemic response, offering services to key populations as well as creating awareness on COVID-19.

The Mariakani DIC main target is female sex workers and sometimes by extension their clients. Sex workers are vulnerable to many infectious diseases because of the number of sexual contacts they have with different cadre of clients in this light KANCO has been offering:

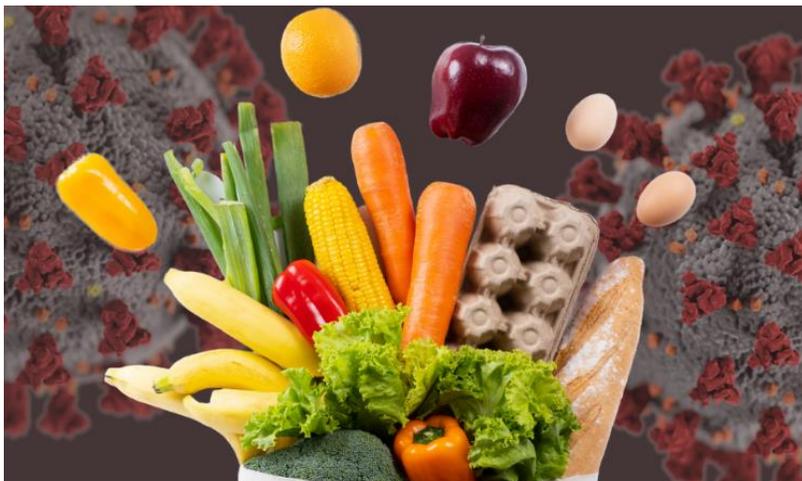
STI screening, Treating and referral services when need be, Family planning, TB screening and referral , HTS and psychosocial support, Provision of HIV self-test kit, Outpatient services , HIV care and treatment, Condom demonstration and education plus distribution, Peer education and health talks through peer educators, Paralegal services and Violence prevention

Under the current national directives, including a 7PM to 5AM curfew and inter county movements cessation, closure of night clubs, bars, Mangwes and hotels there has been minimum movement of people during the day and zero activities at the hotspots at night.

The DIC in response to sensitizing the client on COVID 19, the DIC has put in place measures for COVID 19 prevention by: installing hand washing stations in each room, ensuring all staff have protective gears, all clients and staff are screened for COVID 19 by a trained nurse and staff attending actual and virtual sensitization session on COVID 19

This has not been without challenges, fear, stress and panic among the, staff, clients and the community remain rife. Low number of clients have been recorded due to the movement restriction and closure of hot spots, consequently, most clients are experiencing financial crisis due to lack of clients and increased number of conflicts and violence among peers.

## *COVID 19 and Nutrition*



The COVID 19 pandemic has caused a lot of changes in our daily lives. However, it is possible to maintain a healthy lifestyle during this difficult time. In addition to observing the guidelines provided by the Ministry of health on physical distancing, observing hygiene by washing hands regularly, not touching your face and always wearing a mask correctly, a good diet is also critical to boosting your immunity as we continue to face Covid-19.

Maintaining a healthy diet is an important part of supporting a strong immune system. A Healthy diet is a diet that is of adequate quantity and quality to achieve optimal growth and development of all individuals and support functioning and physical, mental and social wellbeing at all life stages. Healthy diets are diversified, balanced, and safe and should limit the intake of saturated and Trans fats, added sugars, and salt. They also help to protect against, undernutrition, micronutrient deficiency, overweight and obesity as well as related Non-Communicable Diseases.

As we continue to wrestle Covid-19 it's important to eat a variety of foods from at least 4 to 5 food groups: Fruits, Vegetables, Dairy and alternatives, Meat and alternatives and Grains and cereals.

Eat plenty of fruits and vegetables: Fruits and dark green vegetables are rich in minerals and vitamins like beta-carotene and Vitamin C that are important for boosting immunity. As we exercise social distancing, you can cool fresh fruits and vegetables to extend shelf life.

Consume a diet rich in whole grains, nuts and other foods that are rich in healthy oils: Eat foods rich in healthy oils such as fish, avocado, nuts and seeds. Such foods help support your immune system and help reduce inflammation. While at it watch out for allergies, some people have adverse allergic reaction to some nuts and fish.

Eat lots of pulses, dry pulses such as green grams, cowpeas seeds, pigeon peas, black eyed peas etc. are a great source of plant-based protein, are high in fiber, low in fat and contain no cholesterol. They are also rich in minerals such as potassium and iron. Having a good stock of pulses during emergency will ensure a constant source of protein when households can't access animal source proteins. To enhance absorption of iron, eat pulses with vitamin C rich foods such as lemon/orange.

Watch your intake of fats, sugar, and salt and high calories foods: Excess intake of foods that are high in fats, sugar and salt content can lead to excessive weight gain, diabetes and high blood pressure. Watching the intake of these ingredients can help prevent excessive weight gain and related health risk when physical activity is limited.

Most importantly, continue to practice good self and food hygiene: Keep clean; separate raw and cooked foods; cook meats thoroughly; Store food at appropriate temperature to prevent growth of microorganisms; use safe water and raw materials. Also exercise and drink plenty of water.



A vertical list of social media contact information for KANCO. It includes the Facebook logo with the name 'KANCO', a globe icon with the website 'www.kanco.org', and the Twitter logo with the handle '@KancoKE'. Each item is separated by a horizontal blue line.



A black rectangular area containing two light blue boxes. The top box contains the hashtag '#StaySafe' and the bottom box contains the hashtag '#KomesaCorona'.