

# TB AND COVID-19

**#ItsTimetoEndTB**

**#FightCOVID19**

**Weekly**  
**Newsletter**

Volume 1, Issue 1, June 2020

## *Announcement*

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*Day of the African Child , June 16, 2020*

## *Inside This Issue*

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**PG. 2**

**PPE kits for Enhanced TB Reach in the  
Context of the Pandemic**

**PG. 3**

**Covid-19 Pandemic and Mental  
Health**

## ***PPE Kits for Enhanced TB Reach in the Context of the Pandemic***

KANCO with the support of AMREF Health Africa has been implementing the Global fund TB project in KWALE County.

The goal of the project is to accelerate the reduction of TB, leprosy and lung diseases burden through provision of people-centered, universally accessible, acceptable and affordable quality services in Kenya.

On June 9, 2020, KANCO team visited Kwale County for a verification, distribution and handing over of the Personal Protective Equipment (PPEs) to facilitate continued the GF TB project implementation under the pandemic.

The PPE kits were received by the CEC Member, Mr. Francis Gwama and the County TB and Leprosy Coordinator (CTLC), Mr. Lawrence Tanui.

The PPE kits support was from AMREF through KANCO to ensure the continuity of TB services amidst COVID-19. Under the project, KANCO, has been supporting, contact tracing through CHVs, defaulter tracing and contact tracing of children under 5 years, community health Extension Workers Linkage assistants and DRTB champions in the county. In addition, KANCO supports the County on Active Case Finding Meetings which are conducted on a quarterly basis.

Mr. Tanui acknowledging receipt of the PPE kits, expressed his gratitude to the team saying they will go a long way in supporting the implementation of the project. He noted that the pandemic had slowed patients' facility visits, saying the county was doing its best to ensure that patients were brought back to treatment, and the PPE kits would facilitate commencement of contact tracing.

The PPE kits targeted CHVs with Reusable masks, gloves and hand sanitizers, Community Health Extension Workers with surgical masks, gloves and hand sanitizers, linkage assistants with surgical masks, reusable masks, gloves and hand sanitizers and DR TB Champions with reusable masks and hand sanitizers.



*Mr. Samuel Njoroge – M&E officer and Mr. Sammy Kihui, TB Programs Assistant handing the PPE kits shared to Kwale County over to the CEC Member Mr. Francis Gwama*

Expressing the counties commitment to fighting the Pandemic, Mr. Francis Gwama stated “The provision of these PPE kits is a good step in putting an end to this pandemic.” He added that hospitals within Kwale County, are experiencing PPE kits shortages and thus support targeting CHEWs and the CHV's was timely. He added that reusable masks are better as they address the shortage of the disposable masks where a HCW can easily wash a used mask while still having another pair to use.

He observed that despite the pandemic, there is no reason for the reported low numbers in TB yet proper sanitation structures have been implemented within the hospitals in Kwale. He asked the CTLC to do a memo on awareness creation where though the village elders, chiefs and local FM's, for county residents to be sensitized on the importance of visiting health facilities and continuation of their medication.

A follow- up stakeholders virtual meeting will held on 10<sup>th</sup> June, 2020.

## COVID-19 PANDEMIC and Mental Health



As the Covid-19 pandemic rages on, with the rise in the death tolls and numbers of new cases strict measures by governments in efforts to contain the spread of the virus, as well as the economic challenges are all contributing to a lot of unhealthy phonological pressure.

Within the pandemic fight there is an invisible fight emerging triggered by loss of income, anxiety, fear, death, isolation and the looming uncertainties.

The WHO has noted that the impact of the pandemic on people's mental health is already extremely concerning with social isolation, fear of contagion, and loss of family members, distress caused by loss of income and often employment. Further the UN has highlighted the need to urgently increase investment in services for mental health or risk a massive increase in mental health conditions in the coming months.

WHO further highlight a rise in depression and anxiety with some countries like Ethiopia showing up to 3-fold increase in the prevalence of symptoms of depression compared to estimates from Ethiopia before the epidemic. The study highlighted that specific population groups who are at greater risk of Covid-19 related psychological distress including: frontline health-care workers, faced with heavy

Workloads, life-or-death decisions, and risk of infection, are particularly affected, children women and youth, with the sudden changes taking a psychological toll on these groups.

In response, the Ministry of Health has developed a Comprehensive Guide on Mental Health and Psychosocial Support during the Covid-19 Pandemic to guide health workers in the COVID-19 response

This is in acknowledgment that COVID-19 has created a lot of uncertainties. persistent worries on safety and normal functioning of the communities are threatened. The guide impresses that feeling stressed is a normal response in this abnormal situation.

The WHO proposes support for community actions that strengthen social cohesion and reduce loneliness, particularly for the most vulnerable. Such support is required from government, local authorities, the private sector and members of the general public, with initiatives such as provision of food parcels, regular phone check-ins with people living alone, and organization of online activities for intellectual and cognitive stimulation. There is also the call for scaling-up and reorganization of mental health services

Read the full guideline [here](#)

# Mental Health Guidelines by WHO for Adults and Children



## Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

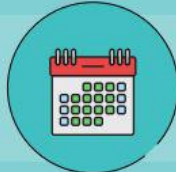
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.

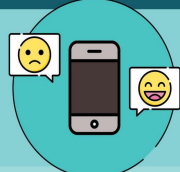


Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



## Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

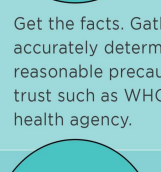
Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

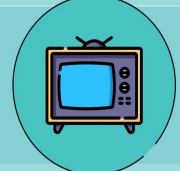


Don't use smoking, alcohol or other drugs to deal with your emotions.

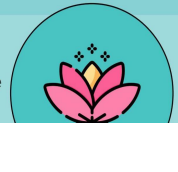
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.



Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during



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