

Peoples' Poverty Reduction Programme

RESPONSE

of Natural Calamities: COVID-19 & Heavy Rain/Flood

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Response

Natural Calamities (COVID-19 & Heavy Rain/Flood Monsoon,2020

What We've Learned So Far for Humanity

COVID-19, Emergency Response



COVID-19 has affected nearly every country in the world, and no community has been prepared to deal with the pandemic. Coronavirus, high rates of serious malnutrition, low access to basic WASH services, and weak health systems will become a deadly combination in Sindh rural areas. Around the Sindh, SRSO responding to this pandemic, supporting communities, raising awareness about how to prevent outbreaks, and providing essential basic necessities of life: Ration/Face masks/Soaps.SRSO also committed to continuing for reducing poverty.so we're keeping our Programmes running through this new crisis. Even with travel restrictions and lockdowns, SRSO in some of the hardest to reach places ensuring children and their families receive the vital care they need and working on community mobilization to stoppage the spread of corona virus at rural areas. CIs on self basis has taken many initiatives of relief work i.e. Food Charity Drive, Distribution of Ration/cash, Dsitribution of Face Masks/Soaps/Sanitizers and most important community mobilization.

Natural Disaster Resilience

Heavy Rain/Flood Monsoon,2020



During the current monsoon, Sindh faced several spells of moderate to heavy rains across multiple districts causing havoc. These heavy rains affected several districts of Sindh including, Sanghar, Thatta, Badin, Mirpur Khas, and Umerkot.The coronavirus pandemic, the recent monster rains might add to the miseries of overall sources of incomes and purchasing power parity has been reduced and almost all crops including cotton and rice have either been destroyed completely or damaged partially because of the floods. Livestock, another major subsector of agriculture, would continue to face its impact for some time. There are chances of an exponential increase in the mosquito population, another disaster, which may affect all animals, including buffaloes, cows, goats, and poultry. It is ultimately going to increase the food insecurity and lose of livelihoods especially for families living in rural areas.

The rainfall spread over three spells, devastating the already crumbling infrastructure and inundating much of the region. With no pathway for the water to drain, hundreds of thousands of people have been forced to leave their homes and set up temporary make-shift tents on roads, which are slightly higher than their now-flooded homes on either side. Villagers have set up make-shift tents on both sides of the road, which is higher than the lands surrounding it. Hundreds of thousands of people have been displaced in the aftermath of the torrential rains.



Response by Community Institutions

COVID-19

In This :

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WHAT IS COVID-19?

Corona viruses (CoV) are a large family of viruses and causes illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

MOST COMMON SYMPTOMS:

- Fever
- Tiredness
- Dry cough

Some people become infected but don't develop any symptoms.

Most people (about 80%) recover from the disease without needing special treatment.

WHO'S AT RISK:

- **OLDER PEOPLE**
- **People with underlying medical problems like high blood pressure, heart problems, diabetes, asthma.**

WHAT TO DO:

When you experience symptoms, seek medical attention immediately.

COVID-19, EMERGENCY RESPONSE BY COMMUNITY INSTITUTIONS

Stay Home, Save Lives



1

RATION DISTRIBUTION

CIs on self Initiative basis, from their savings, collected donations from community and philanthropist and distributed the ration bags/cash among 19,151 vulnerable households.



2

PUBLIC AWARENESS

The public has been aware about the COVID-19 and their preventive measures. 84,983 households have got the awareness about the COVID-19



3

SOCIAL DISTANCING

Social Distancing demo sessions and behavioral changes conducted at community level. **5,320** Participants participated in **409** Social Distancing Sessions



4

FACE MASK DISTRIBUTION

BDGs under the VO, have prepared the Face mask at their centers and distributed among community level. 15,669 Masks have been distributed among community



5

SOAP DISTRIBUTION

CIs on self donation distributed the soaps among community along with sanitizer. **5,224** Soaps and **1,370** Sanitizers have been distributed among community



6

VOLUNTEER SERVICES

LSOs' are performing different volunteer services at community level. i.e. in Relief Food/Ration Distribution and EHSAAS Payment Centers for social distancing discipline

The Peoples' Poverty Reduction Program is being implemented in close collaboration with the Government of Sindh.

Under this collaboration, the Three-tier social Mobilization (the basic pillar) of formation of Community Institutions under this program have found out different ways to mainstream developments that are being driven by, and working for, communities under different self initiatives.

In this pandemic situation, the cases in Sindh have been accelerated. While COVID-19 is a threat to people everywhere, what's most worrying is the danger the virus poses to people already affected by poverty.

Despite their resilience they do need to help each other today, this is the moment to step up for the vulnerable households. The Community institutions stand up for humanity to save lives and slow the spread of this virus.

In the wake of this situation arising out of the spread of Coronavirus (COVID-19), Community Institutions have responded to the COVID-19 situation with the following initiatives.

- 1- Mass Awareness about preventive Measures
- 2- CIs Charity
- 3- BDGs- Relief Work
- 4- Volunteer Services
- 5- Distribution of Ration, Face Masks and Sanitizer

1- Community Institutions came forward through social pillar recognition by District administration that they are performing their volunteer duties in Union council level Relief Committees formed under the supervision of Assistant Commissioner. i.e. Ration Distribution etc.

2- Mass awareness to mitigate the impact of the pandemic and prevention measures at the household level.

3- Public awareness must be effectively prepared for the critical measures that are needed to help suppress the spread and protect vulnerable household age groups, like the elderly and those with underlying health conditions.

4- In this lockdown challenging time, Community institutions have initiated food charity-ration distribution drive on self community basis among the affected households.

5- Community institutions have prepared the face masks through at BDGs and distributed among the households

6- Hand Hygiene practice sessions were conducted to aware of the community that only prevention is cure.

7- Relief work on a volunteer basis for registration of Households in **EHAAAS Cash Program** and Payment centers.

CIs are also aware of the heavy impact the crisis is having on the daily wagers, women across many fronts, in particular losses of livelihood, increased burdens of unpaid care labor, and the heightened exposure to firing from domestic work from cities.

CIs have proven their humanitarian work and history will judge us on how the community-based community institutions have responded to the poorest communities in their darkest hour. Their message is simple that Let's act together, right now!. Because this is a matter of basic human solidarity. It is also crucial for combatting the virus.

Chapter-1

COVID-19

Emergency Response

Risk Communication, Social Mobilization & Community Engagement Strategy

Emergency Response by Community Institutions'

The outbreak of COVID-19 that started in China in December 2019 continues to pose a significant risk to international public health security and has been declared it as a pandemic. Pakistan-Sindh is on high alert and Government of Pakistan has activated the NCOC. The NCOC pillar is a critical part of COVID-19 emergency response and preparedness.

The SRSO past proven experience in working of natural calamities' that Knowledge, Attitude and Practices outbreaks and years clearly indicate the importance of risk communication, social mobilization and community engagement in preventing and responding to disease outbreaks.

Objectives:

The SRSO COVID-19 Emergency response strategy aims to empower Households and communities to make informed decisions, positive behavior change and thus maintaining trust in the response through varied communication approaches and mechanisms.

Specific Objectives:

- Disseminate timely information
- Track and mitigate rumors related to COVID-19
- Effectively involve communities in the response to control the outbreak
- Share information and advice between experts, communities and officials

Risk Communication Mechanism

COVID-19 is a high hazard, high outrage response where crisis communication is critical; and everyone is considered a stakeholder. In crisis, this strategy will explore other relevant forms of communication channels that trigger human to human interactions such as print, radio, tv, megaphones, telecommunication (SMS), mass communication systems to ensure effective dissemination of life saving messages reaching the population timely.

Key Activities

The mobilization will focus efforts on building trust, increasing awareness and create social support. This will be achieved through:

- a) Increased COVID-19 risk perception communication activities)
- b) Self-health care practices (self-hygiene, self-isolation, community care),
- c) Promotion of personal distancing,
- d) Regular and proactive (two-way) communication with at-risk (and/or affected) communities.

Communication Channels

- Mass Media – radio, print, - Radio jingles and radio talk shows, - Consistent messaging through the development and dissemination of IEC materials (posters, leaflets, banners), - Social mobilization through megaphone & mobile radio announcements, - Strengthening the rumor tracking/two-way communication mechanisms, - Community engagement through community





Community Mobilization - COVID-19

1.1 Community Mobilization through Community Institutions

Community institutions self-initiative and preparedness for natural calamity is evidence of interventions intended to mobilize community-level action to control viral disease outbreaks in low resource and humanitarian contexts.

The primary aims were to make the community aware of this pandemic and how to save the community from this epidemic disease in rural areas by providing information on precautions, safety tips, and maintaining social distance. The rapid response of the community is reflecting the evidence on community engagement in preparing for or responding to viral disease outbreaks and other emergencies; and to identify approaches and practices that can inform efforts to address COVID-19-related risks in low resource settings. In addition to response,

community initiatives launched the emergency self-initiative relief work of ration bags/cash, Face masks, Soaps/Sanitizer distribution with self resources and potential good practices from past crises.

In addition to this, Preparedness planning is an essential in order for CIs to respond effectively to COVID outbreak and epidemic. The CIs have strength to respond effectively through social mobilization and awareness session with the technical assistance of SRSO in terms of publishing IEC material, guideline and preventive measures in the area of health emergency preparedness which adds value to the efforts of community to strengthen the capacities and ensure coordination and effective support to community and Government Departments.

In continuation of awareness, SRSO staff and CIs leaders arranged different awareness sessions, demo of different preventive measures i.e. hand washing, usage of mask and hand sanitizer usage and social distancing during their routine life. The CIs were provided the IEC material in local languages.

COMMUNITY INSTITUTIONS-LSO AWARENESS CAMPAIGN

COVID-19, precautionary measures awareness has been executed at community level and community institution LSO is at their level best. In Badin District, LSO Chairperson named Ms. Bakhtawar Mallah, LSO Mushuk, UC Shaheed Dodo Soomro, telling the precautionary measures through microphone by visiting the different villages and telling them in detail how to prevent you and your family from this virus.

CIs are also distributing the IEC material regarding COVID-19 preventive measures and social distancing. Mainly how quarantine oneself into home to save other and promote the message of stay homes, Save Lives. Moreover, the IEC material is also containing the handwashing, face mask and other precautions mandatory for every person.



COMMUNITY SESSIONS

As COVID-19, Outbreak in Pakistan and in Sindh reported, the SRSO Staff working under Peoples' Poverty Reduction Programme started awareness campaign released by Ministry of Health Advisory and Government of Sindh Precautions.

Following these measures, the routine meetings of Community institutions were stopped and in emergency they have to follow social distancing to record their view for input in meeting. SRSO-PPRP Team leader stopped all the program activities of Social Mobilization, running Vocational Centers and community gatherings in Managerial Activist conference in the light of COVID-19 infection.

SRSO-PPRP, publish public awareness preventive measures nomenclature in Sindhi and distributed the flyers, brochures and





Public Awareness

Community Institutions (CO/VO/LSO)

In this pandemic situation, Community institutions are responding timely and conducting different behavioral change sessions and communication through different channel.

CIs are ensuring that the current outbreak of COVID-2019 is responded timely and efficiently to prevent its further spread through their small efforts at community level.

CIs have sensitized 25,754 community members' as of this week to prevent themselves through advisory and precautionary measures on social distancing, use of face mask and hand hygiene because prevention is cure.



COMMUNITY SENSITIZATION COVID-19

Promoting Hand Hygiene at community level



Assistant Commissioner (SFR-Badin)
Zulifqar Nizamani

Promoting Hand Hygiene Practice

HANDWASHING STALLS AT COMMUNITY LEVEL

Hand hygiene is essential to containing the spread of COVID-19. Therefore, SRSO staff while delivering the awareness session regarding this pandemic, they inform the community about importance of Hand Hygiene that it is essential for everyone of you to wash your hands regularly with water and soap or alcohol-based hand rub.

In pursuit of COVID-19, community institutes on self basis doing awareness of good hygiene practices is key to reduce the spread of disease at community level.

However, it is only practice that even when people do have knowledge of good hygiene behavior, they wash their hands with soap, safe water and washing facilities to make positive changes to protect themselves and their community.

In connection to this, Community and SRSO Staff- SMT SFR of Badin also staled at community level for hand hygiene.

The AC SFR, Mr. Zulifqar Nizamani also participated in the hand

washing practice stall of SRSO and appreciated the efforts.

and this was followed by the Community institution in all PPRP Districts.

The CIs leaders and members at community level have started a campaign of hand washing along with soap distribution at poor households door step.

This activity was carried out in SFR-Badin, Khairpur, Ghotki, Umer kot and Mirpurkhas to ensure the women a practice that hand washing is best practice to prevent from this disease because is prevention is a cure and till now the 2500 soaps have been distributed among the community



COMMUNITY INSTITUTION SELF INITIATIVE-FOOD CHARITY DRIVE



RATION DISTRIBUTION CHARITY COMMUNITY INSTITUTIONS CHARITY DRIVE

In the continuation of the ongoing emergency response against the COVID-19 pandemic, the community institutions (Co/VO/LSO) have started self-initiative a relief for the poorest households' of society in terms of charity to serve the humanity at the door step.

In the current scenario, survival is the most difficult thing for unemployed and daily wages labor because running the kitchen in this lockdown situation is the biggest challenge for the poor and needy.

In such a hard time, daily wagers have been among the most suffered segment of our society. In order to provide relief to the sufferings of the poor, Community Institutions on self-resources basis distributing Ration packages in their areas. The ration bags consist of food items and soap. The community institutions are also distributing awareness pamphlets among the people.



District Thatta



CI's Relief Work in Thatta Creeks -Self Initiative

LSO Baghaan Relief Work in Tehsil Keti Bunder, District Thatta

Union Council Baghaan of Keti Bander, a range of Indus Deltaic coast line area of Thatta. This UC has been already destroyed due to intruding of sea water and due to wipeout the vegetation, cultivation, residential, aquaculture industry and fisheries socio-economic but current lockdown has further brought at the stage of catastrophic of lives .

In this scenario, the representatives of LSO Baghaan organized women stand up and dedicated herself for a noble cause to serve the community.

Meanwhile, at this time no any Government/Non-Profit Organization have reached for relief due to not having any access of roads/bridges to water and only source is a single boat.

LSO Chairperson said that “Using the LSO platform, we decided for public awareness and fund raising through the use of community radio, and Social Media (WhatsApp and Facebook).

When LSO started fund raising drive, they received a good response and on immediate basis we arranged **90,000** rupees to provide the ration bags through boats to 90 HHs. In second shift we provided 60 HHs ration items. In addition, we were also provided mask, sanitizers and soaps along with IEC material.

Until now they have collected, **260,000** donations’ and continued to support more than 280 vulnerable households living in the creeks where there is no way to support and even GoS is not reached at there. They are laying under mostly into 0-18 PSC score.



DISTRICT	TEHSIL	UC_NAME	HHs	PSC Surveyed HHS Band Wise						
T			Surveyed	0_11	12_18	19_23	24_34	35_50	51_100	Total
Thatta	Keti	Beghaan	4,813	937	967	901	1,180	304	49	4,338



FACE MASK DISTRIBUTION

COMMUNITY
INSTITUTION SELF
INITIATIVE



FACE MASKS/SOAPS/SANITIZERS COMMUNITY SELF INITIATIVE

In the pandemic of COVID-19, to acknowledge the community about basic hygiene measures that are the most important way to stop the spread of novel coronavirus (COVID-19). Face mask is the basic measure including, hand hygiene, staying at home if you are sick, coughing or sneezing into a tissue or your elbow and then cleaning surfaces regularly.

As per the increasing ratio of patients and being an airborne, there is dire need of the moment is to ensure aware the community about precautionary measures and face mask is the compulsory, if you are sick. Masks are not necessary if you are healthy, the World Health Organization in its notice has made it clear. "Wear a mask if you are

it's for all community that "If you are sick, say you have a cough or cold, then wearing a mask would help prevent droplets from going outside."

In addition to community precautionary measures, BDGs of Mirpurkhas (Joki Machine Tailoring Centre and Ahuri) started preparing face masks for community to distribute on behalf of LSO among community. So, 300 Masks were prepared by Sooraj BDG (Joki Machine Centre) and 400 by Ahuri Union Council.

In addition to this, Khairpur District (Vocational Trainings) distributed 1500 masks prepared by trainees and same in district Sanghar 250 Masks were distributed among different villages through community institution.



Coordination Meetings

SRSO District Management was in close coordination with Government Line Departments and District Administration for COVID-19 Task force committees. In the light of COVID-19 Lockdown a notification was issued by GoS to Districts for constitution of Corona relief committees and SRSO was nominated as Prominent member from NGO.

In this pursuance, Team Leaders/Regional Managers and DM attended the coordination meetings regarding COVID-19 Emergency response.



COVID-19, Task Force Committees Meetings

In the response of COVID-19, every district administration as per directions of Provincial Government constituted a Task force and SRSO was the member of committee.

Indeed, SRSO provided a List of Local Support Organizations leaders for relief work. In pertinent to this, LSOs leaders became member of UC level task force Committees.

In addition, they have submitted the LSO Volunteers list and offered their services for ration/food distribution at UC level in light of issues letter by Government of Sindh.

RECOGNITION OF SOCIAL PILLAR

Under the Peoples' Poverty Reduction Program, Community institutions' (Co/VO/LSO) have got strong recognition due to their activeness, dedicated work with enthusiasm and spirit with community self-initiatives'.

Therefore, in the light of current pandemic situation to combat at the household level against Corona virus Assistant Commissioner Kingri, nominated the LSO office bearers as a focal person of 14 Union Councils of Tehsil Kingri in the COVID-19 Relief Action Committee of 13 LSOs. This recognition was indeed, as LSO office bearers were working day and night for relief of daily wages households' and sensitizing the people regarding preventive measures at every door step and instructing them to do social distancing because prevention is cure.

In addition to this, in all PPRP districts the DCs have notified the DMs as a focal person of District Relief committee and LSO members at Union Council Level.



issued by worthy Deputy Commissioner Khairpur, the relief Committee of UCs of Taluka Khairpur is hereby constituted comprising following Members

Sr. No.	Name of UC	Name & Designation	
02	Shah Bhangio	Abdul Shakoor Solangi Mukhtiar Kar Taluka Khairpur	Convener
		Riaz Ali Mari Chairman UC Shah Bhangio	Member
		Mashooque Ali Chairman Local Zakat Committee	Member
		Raees Fazuil Muhammad Masti District Council Member Shah Bhangio	Member
		Riaz Ali Kandhiro Notable Person	Member
		Ghulam Hyder Phuiplota Notable Person	Member
		Ghulam Fareeda Notable Person	Member

Khairpur is hereby constituted comprising following Members

Sr. No.	Name of UC	Name & Designation	
01	Tando Masti	Abdul Shakoor Solangi Mukhtiar Kar Taluka Khairpur	Convener
		Ghulam Asghar Hundal Chairman UC Tando Masti	Member
		Khadim Hussain Lanjwani Chairman Local Zakat Committee	Member



Relief Work by Business Development Groups

BUSINESS DEVELOPMENT GROUPS

Under the banner of Community Institutions', Business development Groups are working for promoting the rural women entrepreneurship for reduction of poverty.

In this regard, the BDGs of district Khairpur are actively working for relief activities for vulnerable and marginalized community who has been affected due to COVID-19 lockdown to curb the spread of the virus.

1- **The BDG-Rickshaw**, the group is collecting the orders for purchase of daily consuming goods i.e. food and nonfood items and went city to purchase it at free of cost without any fair to avoid the gathering of people at market and keep social distancing and quarantine at home. The VO leaders are also using rickshaw as public awareness in all villages through visit on rickshaw having loudspeakers.

2- **The BDG-Small Scale Floor (UC Gadeji)**, it has offered a special off of 20% and free home delivery of order. The BDG has hired a daily wagger with bike and collecting the order through phone, where he collects the wheat from their homes and their grind it at floor mill and deliver at home. BDG is also providing flour to 20 HHs per day free of cost who are unable to earn in this situation.



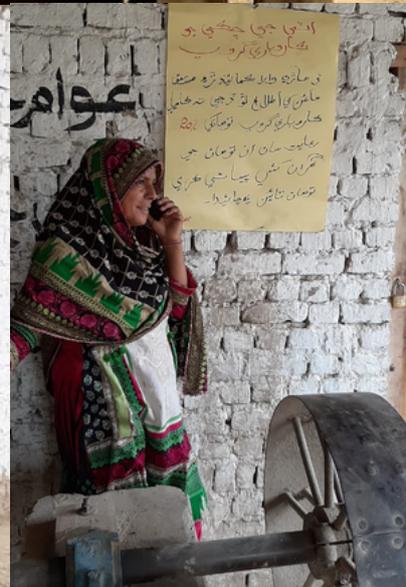
BDG-Tunnel Farming Distributing the vegetable



BDG-Rickshaw, Public Awareness about COVID-19



BDG-Small Scale Floor Mill, Taking the orders on phone and Bike is used for pick and delivery of order



BUSINESS DEVELOPMENT GROUPS-RELIEF WORK



Under the banner of Community Institutions', Business development Groups are working for promoting the rural women entrepreneurship for reduction of poverty. In this regard, the BDGs of district Khairpur are actively working for relief activities for vulnerable and marginalized community who has been affected due to COVID-19 lockdown to curb the spread of the virus.



1- **The BDG Grocery**, the group is collecting the orders for purchase of daily consuming goods i.e. food and nonfood items. besides, they have also maintained a Social distancing out side of Shop.



2- **The BDG-livestock**, This group is doing charity of fresh milk on daily basis and distributing it among the vulnerable households' who have been affected by COVID-19 Situation.



3- **BDG-Tunnel Farming-Off season Vegetable**
The BDGs members' are also distributing the vegetables among the affected households at village level on daily basis.



CIs Facilitation in EHSAAAS Registration and at Payment centers



Facilitation and ensuring social distancing at EHSAAAS Emergency Payment Centres

Under the Peoples' Poverty Reduction Program, District Mirpur Khas Team remained involved in facilitating the vulnerable household who have rush at the EHSAAAS Emergency Cash Program Payment Centres.

In addition, the team distributed 650 Mask at four centers of Taluka Mirpurkhas and Jhuddo. Mainly they work on keeping social distancing in queues, moreover, they were also facilitating the women with hand washing and providing hand sanitizers.

Ehsaas Payment Centers details are:

1. Government Comprehensive High School Mirpurkhas
2. Shaheed Benazeer Bhutto Girls high School Mirpurkhas, Qaed-e-millat School Mirpurkhas
3. Government Boys High School Jhuddo
4. Government Girls High School Jhuddo.

During the facilitation, SRSO team also conducted awareness session on COVID-19 and ensure social distance.

The Team provided, soaps, sanitizers and mask to Community, EHSAAAS Emergency Center staff, Security staff and Media.

These 650 Mask were prepared by Trained VTP PAX and BDG Members.

POOREST COMMUNITY REGISTRATION IN EHSAAAS EMERGENCY CASH PROGRAM

For ease of access and registration to this program for the local community, SRSO translated the guidance steps provided by Ehsaas Program into Sindhi Language.

Now CIs, CRPs and SRSO staff is assisting the poorest community, having no access of mobile/internet to register themselves for Ehsaas Rashaan/Emergency Cash program.

In pertinent to this, more than **235,000** households have been facilitated for registration in EHSAAAS Cash Grant Program, out of which **183,190** have been duly received the response to contact with district administration and SRSO Official have registered them though weblink for further process. The remaining households have received the response of ineligibility, Kafalat and Emergency



Deputy Commissioner Visit of LSO Volunteer facilitation desk

AT EHSAAS Cash Payment Center-Khairpur

On dated 16th April,2020, Deputy Commissioner Khairpur Mr. Muhammad Naeem Sandhu along with Assistant Commissioner Khairpur Mr. Mirza Waleed Baig ,Assistant Director NADRA khairpur, District Information Officer khairpur and District Manager Khairpur Mr. Khadim Hussain Shar visited EHSAAS CASH Payment Centers.

This center was managed by 12 staff and 25 LSO members of Khairpur tehsil.

Members and staff were performing their duties through social awareness to crowd about COVID-19, managing social distancing to crowd and providing hand sanitizer, frequent hand washing, face mask and drinking water at the venues and mainly focusing on keeping all safety health measures by ensuring and maintaining the social distancing.



During Visit of DC, he interacted with deserving women, regarding the safety measures and facilitation role of LSO representatives.

They all replied that these women are giving information us about this virus and how to keep safe and avoid this disease by taking different precautionary measures and also provided Face Mask, Soap and Sanitizer and told us that hand wash for 20 seconds is a basic thing to practice at homes and keep social distancing.

They are also facilitating us by providing drinking water and keeping in a disciplined manner to receive the payment transparently.

ClIs are mainly working for the smooth payment process where social distancing is being observed and women coming to collect money are keeping at a distance of one another.

“

LSO representatives are real unsung heroes of this society, who have fulfilled their social responsibility in this emergency situation for keeping the community safe and aware about COVID-19. DC Said"

COVID-19, Preventive Measures IEC material Distribution

وول ڪورونا وائرس (ڪووبڊ - 19)

حفاظتي آپاءَ

ڪنگهه يا چڪ اچڻ تي وات ۽ نڪ کي تشر يا ڪپڙي سان ڍڪجي (هٿ سان بلڪل نه)		استعمال کان پوءِ تشر کي مناسب طريقي سان ضايع ڪريو.	
پنهنجي هٿن کي باقائده صابن ۽ صاف پاڻي سان ڌوئجي يا هٿ صاف ڪرڻ واري لوشن جو استعمال ڪجي.		بخار، ڪنگهه ۽ ساهه کڻڻ ۾ تڪليف جي صورت ۾ احتياط ڪريو.	
جيڪڏهن اوهان کي زڪار آهي ته ٻين ماڻهن کان گهٽ ۾ گهٽ هڪ ميٽر پري رهو.		جيڪڏهن اوهان کي زڪار آهي ته پنهنجي آفيس، اسڪول يا رش ۾ وڃڻ جي بجاءِ گهر ۾ رهو.	
جيڪڏهن اوهان کي زڪار آهي ته ماڻهن سان يا ڪٿر پائڻي ملڻ يا هٿ ملائڻ کان پاسو ڪريو.		هٿ خراب هجڻ تہ اک، نڪ، وات ۽ منهن کي بلڪل نه هٿو.	

عوام جي غربت گهٽائڻ جو پروگرام



پاڻ کي ۽ پنهنجي گهر وارن کي ڪورونا وائرس کان بچايو

	پنهنجو منهن ۽ وات ٿڌو سان يا لوتل جي آڳاٽي پاسي سان ڍڪيو		زڪار جڙي نشانين وارن ماڻهن سان ملڻ کان پاسو ڪريو
	ان ڏوڻ هٿن سان اکين، نڪ ۽ وات کي ڇهن کان پاسو ڪريو		استعمال ڪيل لٿو کي پنهنجي ڀاءُ واري مڪاني جي ٽوپڪي ۾ ڇڏي
	پيشاب ۽ ڳوٺڪڻي جي طرح پٽائي کائو		پنهنجا هٿ صابن سان ڌوئو يا الڪوحل مائل سينٽائيزر سان باقائده سان مٽيو

سنڌ روئل سپورٽ آرگنائيزيشن (SRSO) ضلع گهوٽڪي



ڪورونا وائرس جي مرض جون عام نشانين

جيڪڏهن هي نشانين هجن ته فوري طبي امداد حاصل ڪرڻ گهرجي

جسم ۾ سوز	ڪوڪي	سافٽ ڪن ۾ تڪليف	پنڀار

هيٺ ڏنل صفائيءَ جي عادتن تي عمل ڪرڻ گهرجي

پنهنجو منهن ۽ وات ٿڌو سان يا لوتل جي آڳاٽي پاسي سان ڍڪيو	جيڪڏهن ڪنگهه ۽ پنڀار هجي ته ٻين ماڻهن جي رنجيدگي ۽ وڃي	استعمال ڪيل لٿو کي پنهنجي ڀاءُ واري مڪاني جي ٽوپڪي ۾ ڇڏي

نوول ڪورونا وائرس (nCoV)

پاڻ ۽ ٻين کي ڪيئن بچائي

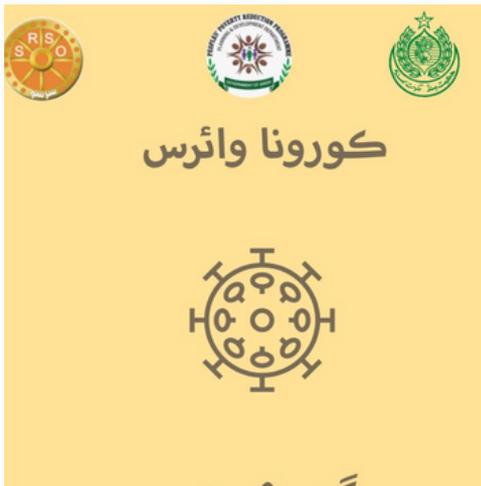
	جيڪڏهن اوهان کي ڪنگهه يا زڪام آهي ته ٻين کان گهٽ ۾ گهٽ 1 ميٽر جو فاصلو رکيو		ڪنگهه ۽ نڪ ڌيڻ وقت منهن تي ٿڌو پيپير يا ڪنگهه پي ٿي ۽ ان کي ڳوٺڪڻي سان نه ملائو		جيڪڏهن اوهان کي ڪنگهه يا زڪام آهي ته آفيس، اسڪول يا ميٽرنگي ۾ وڃڻ بجائي گهر ۾ رهو		استعمال کان پوءِ تشر کي مناسب طريقي سان ضايع ڪريو
	جيڪڏهن اوهان کي ڪنگهه يا زڪام آهي ته ٻين سان هٿ ملائڻ يا پاڪر پائڻ کان پاسو ڪريو		پنهنجي هٿن صابن ۽ پاڻي سان صاف ڪريو يا هٿ صاف ڪرڻ واري لوشن ۽ هيٺ ڏنل سينيٽائيزر استعمال ڪريو		ميرا هٿ اک، نڪ يا منهن تي هٿن کان پرهيڙ ڪريو		بخار، ڪنگهه ۽ ساهه کڻڻ جي تڪليف جي صورت ۾ هڪدم ويجهي ٻه اڪٽر سان رابطو ڪريو



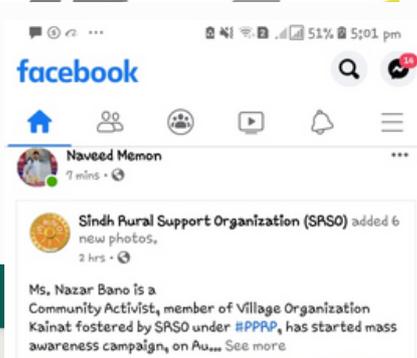
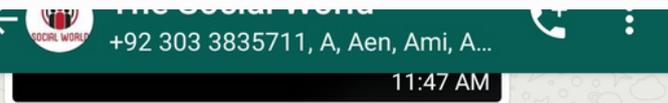
COVID-19, PRECAUTIONARY IEC MATERIAL



For the ease of community, SRSO has published different IEC material in local languages that they can understand the message and take precautions at home level to safe other member.s



SOCIAL MEDIA CAMPAIGN



IEC MATERIAL

اسان کي پنهنجن لاءِ کرونا وائرس جو
هٿ ڌوئي ڪري صفايو ڪرڻو پوندو

گهر
رهو زندگي
بچايو

سنڌ رورل سپورٽ آرگنائيزيشن

عوامي آگاهيءَ بابت پيغام
ڪرونا وائرس
جي خاص دوا

مهرباني ڪري ڪثرت سان استعمال ڪريو

طبيعت وڌيڪ خراب ٿيڻ جي
صورت ۾ 1166 تي رابطو ڪريو

SRSO AWARENESS FOR COVID-19

CORONA
VIRUS PREVENTION TIPS

صحت ۾ زندگي رهي ته
سڀ ڪم ڪري سگهيا

AWARENESS FOR CO

STAY AT HOME AND
SAVE LIVES

هر ڏينهن پنهنجي خاندان
ورٽ آرگنائيزيشن دسترڪٽ

پنهنجي گهر ۾ رهي ڪري توهان ڪرونا کي هارائي
سگهو ٿا مستقبل جي لاءِ حال ۾ محدود ٿي وڃو



Government of Sindh

حکومت سندھ

Peoples' Poverty Reduction Programme (PPRP)

ڪورونا وائرس

پاڻ ۽ پين کي ڪيئن بچائجي



خراب هٿاڪ، نڪ
۽ منهن کي نه لڳايو.



هٿن کي باقائدي سان صابن
۽ پاڻي سان صاف ڪرڻ يا
سينيٽائيزر استعمال ڪريو.



استعمال کانپوءِ ٿشو
کي مناسب طريقي سان
ضايع ڪريو.



ڪنگهه يا چگهه تي منهن
۽ نڪ کي هٿن بجائي ٿشو
يا آستين جي ڪپڙي سان ڍڪيو.



جيڪڏهن توهان کي "نزلو" زڪام
آهي ته پنهنجي آفيس، اسڪول يا
هجومهه ۾ وڃڻ بجائي گهر ۾ رهو.



"نزلو" زڪام هجڻ جي صورت ۾
ٻي ماڻهو کان گهٽ ۾ گهٽ هڪ
ميٽر جو فاصلو اختيار ڪيو.



بخار، ڪنگهه ۽ ساهه ڪٽڻ ۾
تڪليف جي صورت ۾
ڊاڪٽر سان رابطو ڪريو



جيڪڏهن اوهان کي "نزلو"
زڪام آهي ته گلي ملڻ يا
هٿ ملائڻ کان پرهيز ڪريو.

سنڌ رورل سپورٽ آرگنائيزيشن (SRSO) ضلعو سنڌ

Sindh Rural Support Organization (SRSO) District Badin



گهر کان ٻاهر نڪرڻ لاءِ احتياطي تدبيرون

ڪورونا وائرس

ڪورونا جي وبا اسان جي روز مره جي زندگيءَ ۾ وڏين تبديلين جو سبب بڻجي پئي آهي، انهيءَ جي ڪري اسان جي روزمره جي زندگيءَ جي هلچل نه صرف محدود بڻجي وئي آهي پر ان سان گڏ اسان پنهنجي گهرن تائين پڻ محدود ٿي ويا آهيون. ان جي باوجود به ڪاٺ پيٽ جي شين، دوائن جي خريداري، اي تي ايم مان پيسا ڪڍرائڻ لاءِ گهر کان نڪرڻ اسان لاءِ جهڙوڪ ضروري ٿي پيو آهي. پر اهڙي صورتحال ۾ گهر مان صرف هڪ ئي فرد جنهن جي عمر 50 سالن کان گهٽ هجي ۽ جنهن کي اڳ ڪا به بيماري نه هجي اهو ئي ٻاهر وڃي ۽ ضروري خريداري ڪري بغير ڪنهن دير جي واپس گهر اچي وڃي. اهڙين حالتن ۾ مهرباني ڪري پنهنجي پاڙي وارن جي به پرگهور لهو ۽ انهن جي گهرجن ۽ ضرورتن جو خيال رکو. گهر کان ٻاهر نڪرو ته هيٺ ڏنل ڳالهين جو خاص خيال رکو ۽ انهن کي اپنائيو ۽ پنهنجو پاڻ کي، پنهنجي آس پاس موجود ماڻهن کي وائرس کان بچايو.



۲- گهڻن ماڻهن وارين جڳهن تي وڃڻ کان احتياط ڪيو/نه وڃو.



۱- جيڪڏهن توهان صحتمند آهيو ۽ توهان کي نزلو، زڪام، ڪنگهه يا بخار نه آهي ته پوءِ صرف ان ئي صورت ۾ گهر کان ٻاهر نڪرو.



۴- اي تي ايم مشين استعمال ڪرڻ کان اڳ ۽ پوءِ سينيتائيزر سان هٿ صاف ڪيو.



۳- ٻاهر وڃو ته پاڻ سان گڏ سينيتائيزر کڻي وڃو.



۶- بئنڪ جي عملي ۽ دڪاندارن سان تعاون ڪيو ۽ انهن جي ڏنل هدايتن تي عمل ڪيو.



۵- ڪنگهه ۽ زڪام واري ماڻهوءَ کان بچڻ لاءِ سرجيڪل ماسڪ ۽ هٿ جا دستانا استعمال ڪيو.



۸- پنهنجي آس پاس موجود ماڻهن کان گهٽ ۾ گهٽ 6 فوٽ جو فاصلو رکو.



۷- ماڻهن سان ملڻ وقت هٿ ملائڻ يا پاڪر پائڻ کان پاسو ڪيو ۽ هٿ جي اشاري سان ئي سلام دعا ڪيو.



۱۰- نچ يا ڪنگهه اچڻ جي صورت ۾ پنهنجي ٿوٺ سان منهن کي ڍڪيو.



۹- پنهنجي منهن، اکين ۽ نڪ کي هٿ نه لايو.



۱۲- گهر ۾ داخل ٿيڻ کانپوءِ هڪدم پنهنجن هٿن کي گهٽ ۾ گهٽ 20 سيڪنڊن لاءِ صابن سان صحيح طريقي سان ڌوئي صاف ڪيو.



۱۱- گاڏي ۾ سفر ڪرڻ جي دوران وڌيڪ استعمال ٿيڻ واري سطح يا شين کي صاف رکو.

<https://www.youtube.com/watch?v=uz6eK9i5Y>

ڪورونا وائرس جي باري ۾ وڌيڪ ڄاڻ حاصل ڪرڻ لاءِ وزٽ ڪيو

نوٽ: وائرس جون علامتون ظاهر نه ٿيڻ جو مطلب اهو هر گز نه آهي ته اوهان ڪورونا وائرس جو شڪار نه ٿيا آهيو. ڪورونا وائرس جون علامتون 1 کان 14 ڏينهن جي اندر ظاهر ٿينديون آهن، ان جو مطلب آهي ته اوهان پڻ بيمار نه به هجو پر ڪورونا وائرس اوهان جي جسم ۾ داخل ٿي سگهي ٿو.

گهر ۾ رهو محفوظ رهو

سنڌ رورل سپورٽ آرگنائيزيشن (سرسو)



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