



**CENTRE FOR  
FAMILY HEALTH  
INITIATIVE  
(CFHI)**

...promoting health, protecting well-being

# **NEWSLETTER** VOL. 4 EDITION 5



**Dear friends and family,**

**We welcome you to another interesting edition of our Monthly Newsletters.**

**It is no more a myth that the world is fighting against an enemy, a common enemy which is threatening to destroy our entire health and well-being. COVID-19 has landed on our shores, which is an indicator that we need to be responsible for ourselves and family in order to be able to fight and curtail this disease from spreading. In order to stay healthy, we have been told to carry out some health tips such as: if you want to sneeze, please do into your elbow arm, wash your hands regularly and for at least 20 seconds each time, always make sure you have and apply hand sanitizer as often as possible, and wear your nose mask as often as you can especially when you are amidst people. CFHI team advises everyone to please kindly follow instructions that are been given for our benefit by the National Center for Disease Control (NCDC) and the Federal Government of Nigeria.**

**CFHI, joined other establishments, schools, public offices and other corporate societies to stay at home during the lockdown and worked from home in order to continue our services to humanity. Though it was a different work experience, meetings and conferences were done online, which has revealed that there are different platforms for working and learning. Some people used the lockdown period to take online courses, while some worked from home.**

**Reports on Achieving Control of HIV/AIDS Epidemic through Evidence (ACHIEVE) Orphans and Vulnerable Children (OVC), and Improving Maternal and Child Health Through Capacity Building and Community Awareness Approach in Imo State (CCAP) are featured in this publication respectively.**

**Do have a pleasant reading.**

**Kind regards,**

**Princess Osita-Oleribe**

**Executive Director, CFHI**

## COVID-19 LOCKDOWN



Four months ago, the world woke up to the news of a new virus called Corona Virus, a novel virus which led to the lock down of major states of Nigeria to mitigate its spread.

During the recent address by Mr. President Muhammadu Buhari GCFR, he stated that the stay at home order may be lifted by May 4th. The safety guidelines prescribed by World Health Organisation (WHO) and Nigeria Centre for Disease Control (NCDC) must be upheld as daily life activities begin. The reason for the lockdown must always be remembered to prevent another lockdown.

By 4pm (GMT+1) on 30th April 2020, world meter figures read that there are over 3.2 million cases of the Corona virus (COVID-19) and more than two thousand deaths have been confirmed. This means all hands must be on deck to fight this deadly virus by observing the safety guidelines to curtail its spread.

The virus affects people differently. Some suffer peculiar symptoms such as diarrhea, sore throat, loss of taste and smell, headache, aches, pains, conjunctivitis, rash on skin, discoloration of fingers and toes etc. However, there are symptoms that are more common such as tiredness, fever, dry cough, short of breath or difficulty in breathing, chest pain, loss of speech and movement. Within 5-6 days some of these symptoms start to show in persons who are infected with COVID-19. For others, it may take up to 14 days to experience these symptoms. Visit a health facility if you notice you have any of these symptoms. Report to appropriate authorities if you notice anyone with these symptoms especially severe symptoms such as difficulty in breathing, dry cough, and loss of speech or movement.

As the lockdown ends, kindly follow the prescribed WHO guidelines of:

**Hand hygiene;** Washing hands with soap under running water for at least 20 seconds or use of an alcohol-based sanitizer.

**Wear a face mask;** World Health Organization (WHO) encourages the use of non-medical face-masks for the fear of shortage for medical professionals.

**When coughing or sneezing;** Cough and sneeze in a flexed elbow or into tissue/handkerchief and dispose it immediately in a waste bin.

**Clean all surfaces;** Regularly clean tables, counter tops, door handles, windows, etc. with bleach or disinfectant solutions.

**When sick, stay at home;** If you notice any symptom of Corona Virus COVID-19, stay at home and call NCDC hotlines in your state if need be.

**Avoid public gatherings/places;** As much as possible, regulate your movement till the spread of the virus is mitigated.

**Maintain social distancing;** Do not mistake eased restrictions as the end of Corona Virus COVID-19. Social distancing which entails keeping a safe distance (of at least 6 meters)

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**Continuation from Page 2** ... from persons outside your household to mitigate the spread of the contagious disease, is very essential . This is not the time to visit or hold parties or to congregate. As much as possible, maintain the protocols as stated while on lockdown. Spread the awareness not the virus. All hands must be on deck to flatten the curve and together defeat Covid-19 infection in Nigeria and the world at large. #StaySafe

## PROJECT REPORTS

### **ACHIEVING CONTROL OF HIV/AIDS EPIDEMIC THROUGH EVIDENCE (ACHIEVE) ORPHANS AND VULNERABLE CHILDREN (OVC) REPORT**



ACHIEVERS' Club



Adolescent Club meeting in Sabo-Lugbe

The ACHIEVE team of CFHI were able to accomplish numerous activities in the month of April 2020. The month began with data update continuing from the stop point and it was completed. Folders of the positive ones were updated. The team also followed up with caregivers for refill of drugs before the lockdown, followed up with reactive Vulnerable Children and their households and provided medical emergency to Vulnerable Children. The team resent Fiscal Year 20(FY20), Semi Annual Program Report (SAPR).

Members of the team coordinated community volunteers' review meeting via WhatsApp and joined an online meeting on effective strategies for service delivery. Volunteers were followed up to submit report of service provided for the month of April.

Standard Operating Practice (SOP) on follow up of caregivers without phones and tools for tracking phone calls were developed.



Scenes during the lockdown in Abuja



**IMPROVING MATERNAL AND CHILD HEALTH THROUGH CAPACITY BUILDING AND COMMUNITY AWARENESS APPROACH IN IMO STATE PROJECT (CCAP) REPORT**

The month of April 2020 featured several activities for the CCAP team. The team developed 8 modules in the training manual for traditional birth attendants and sent each for reviews.

In the course of the break, a banner for the training was also developed and designed with assistance from the Communication Unit. Also, five

Information, Education and Communication (IEC) materials for community awareness were designed and produced for the project.



Group photograph of TBAs after training at Orlu Local Government Area, Imo State

***Interested in helping in any aspect of our work?***

Persons interested in donating to our activities, offering volunteer services or partnering with us, are always welcome. All CFHI's projects are community based and family-centred, so that our beneficiaries are reached with activities that proffer sustainable solutions.

Therefore, individuals or groups concerned with improving community health, sustainable socio-economic empowerment and the development of family-centred policies should kindly do so through the channels below.

**For Donations and/or others:**

**Account details:**

**Name: Centre for Family Health Initiative**

**Number: 5080117843**

**Bank: Fidelity Bank PLC**

**Swift Code: FIDTNGLA**

**Or Contact us:**

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**Liberty Road (Arab Road), Cadastral Zone, Kubwa Extension II, Abuja (FCT) Nigeria.**

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**YouTube: Centre for Family Health Initiative**

**Facebook Page:**

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**Icons showing prevention methods for COVID 19**