

Awareness and precaution measures about Covid-19 from IDEA staff to their concerned teachers through calls:

As in current situations, the Covid-19 is spreading all over in Pakistan. Still today, no certified vaccines are available for this viral disease. The best way to prevent from it is to follow the safety & precaution measures.

IDEA is providing the teachers with all precautions measures about Covid-19. The teachers are updated and instructed on regular basis through mobile messages and calls. Following precautions are sharing with teachers by **IDEA** to make the them aware.

- Use proper face masks .
- Wash your hands frequently using soap and water.
- Keep yourself away from public gatherings.
- Cover mouth and nose with flexed elbow or tissue when coughing or sneezing.
- Avoid close contact with anyone who has cold or flu-like symptoms.
- Dispose of used tissue immediately.
- Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid your children from playing outside.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing then seek medical attention and visit to doctor.
- All teachers are told to announce these instructions through load speaker in their respective camps in near by mosques.



People are being instructed through mosque's loud speaker about Covid-19 in Ghamkol camp.



Children are using face masks in Ghamkol Camps.



Regards,
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Field Officers, Kohat