Let’s be responsible and safe! As we are all no doubt aware, COVID-19 has been rapidly spreading across countries including Zambia where 3 cases have been recorded so far and many being investigated. In light of this, as FSD Zambia we urge all staff members to protect themselves and their loved ones from the virus by doing the following:

1. Washing hands frequently with water and soap
2. Maintain social distancing
3. Stay indoors!
4. Avoid touching mouth, nose and face
5. Cover your mouth with the inner part of your elbow when you cough or use tissue and quickly dispose of it
6. Avoid shaking hands and greet with a bow, a wave or nod
7. Avoid all non-essential travel
8. Refrain from attending public functions that have 50 or more people in attendance
9. Make sure your surroundings are clean and disinfected

According to WHO, coronavirus affects the lungs. Symptoms may take up to five days on average to start showing and some people may experience the symptoms much later. However, even though people will be most infections when they have symptoms, others can spread the virus without showing any signs of symptoms. As soon as you notice or have any symptoms below, please seek IMMEDIATE medical attention at nearest hospital or clinic.

- High fever (90% affected)
- A DRY cough (70% affected)
- Difficulty breathing (majority of the affected)

Please let any member of the FSD Zambia COVID-19 response committee if you have come in contact with anyone suspected to have been exposed to the coronavirus.
The following are the committee members:
Head of Finance | Director – Internal Audit | Director – Finance and Operations | Communications Manager | Stay alert and stay safe!

**Feelings amidst the COVID-19 pandemic**

- “There’s a whole lot of uncertainty and this is putting me on edge. Will washing my hands really prevent me from getting the virus? I am in an office sitting with six people, what is the risk? I need a more clear direction like; Do I need to come to work tomorrow or not?”
- “Seeing what is happening in other countries, especially Italy, my thoughts are on how I protect my family from the virus. They might be on lock down, but I have to come to work every morning, interacting with my peers, sharing the same space, what’s the guarantee that I won’t be a carrier of the virus.”
- It is okay to have all these mixed feelings during a crisis. We will feel uncertain, anxious, scared and emotional. All these feelings are felt by many and so we have a great responsibility to reassure those around us, especially the vulnerable and children. It is important that we talk to each other about what is happening in ways that we can all understand. Let us all continue to abide by and encourage others around us to follow the Ministry of Health (MoH) and World Health Organisation (WHO) protective measures and recommendations put in place.
- Together we can stay safe and prevent COVID-19 spread!

**What else is happening?**

- FSD Zambia office to go into immediate 'limited operations' with all staff working from home
- FSD Zambia annual performance appraisal validation,
- The close of the 2018/2019 financial year,
- FSD Zambia revised 5 year strategy

**“Quote of the week”**

“We begin to fail the moment we exclude men in initiatives meant to address women inclusion and empowerment to equalize power dynamics in our society. Real gender equality is attained when boys and men’s awareness is increased, and they begin to understand the effects of inequality on girl’s and women’s plight for gender equality is not only a woman’s fight but a human fight.”

FREDRICK ROY PHIRI
Project Assistant - Gender and Financial Education

FSD Zambia NEWSFLASH!