

Corona Virus – PFA in the community

17th February 2020

Presentation number 4

Learning objectives

By the end of the session the participants will understand:

- Why community members become worried
- NS role

Psychological first aid (PFA)

The effects on community people during an outbreak

Has anyone experience in working in an epidemic or natural disaster before?

Have you seen these feelings expressed before?



Common reactions and behaviours in epidemics

- It is normal for community people to become worried and scared during an epidemic
- Often rumours start about the sickness and that can lead to mistrust of public health messages
- Fear of getting sick and dying
- Stigma associated with getting sick or going for treatment
- Refuse approaches by volunteers to the community, can be threatening verbally or physically
- Feeling of helplessness and depression especially when isolated
- Beliefs that prayer or black magic is the only thing that will save people

NS staff and volunteers working

Staff and volunteers working in communities amongst sick people may be excluded from their family and friends because they are believed to be:

- Carrying the germs and responsible for spreading the sickness
- Contagious and therefore not welcome at home
- Its important PSS is offered to volunteers working in the community so they can have an opportunity to debrief and develop strategies for coping

PFA activities

- Social mobilization activities to :
 - Provide psychosocial support for people who have a family member with Corona virus or who may have died from the virus
 - Active listening to community members
 - Provide support to vulnerable people
 - Assist with communication between families and patients
 - Provide support and stress management to other volunteers

What activities can volunteers do in the community to help relieve stress for people?



Do:



Fact-check any news you receive from different places against more trustworthy sources;



Educate yourself and others with accurate information such as proper hand washing and cleaning practices, clinics and hospitals to seek help from when needed, and places to buy cleaning materials;



Maintain your daily routine as much as possible: you can continue to engage in leisure or meaningful activities even at home, like talking to or spending time with family and pets, reading books, cooking, and doing relaxation exercises;



Take time to acknowledge your own, normal feelings of fear and helplessness;



Call your friends and family to keep in touch and show your care for each other.



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Don't:



Share information and news that can cause fear and confusion to yourself and others without fact-checking against trustworthy sources;



Blindly follow actions and recommendations you receive without fact-checking, and these may lead to further confusion and unhelpful or irrational behaviors such as excessive purchases of food and medical supplies, and holding stigma against people with sickness;



Spend too much time looking for information / news, as excessive reading would only create more fear and anxiety than you already hold;



Keep thoughts and feelings to yourself without sharing your concerns with loved ones.



Remember always

- Support is available to you
- You are not working alone
- Stay safe

For more information

- <http://ifrc-ecbhfa.org/guides-and-tools/>
- [IFRC psychosocial reference centre website](#)
- <https://www.ifrc.org/volunteers-stay-safe/>