

Supporting women & young women during COVID-19

The YWCA movement has always committed to supporting women who support communities.

During the ongoing COVID-19 outbreak, it is important to remember that many women and young women remain on the frontlines of home, family and community care.



At the same time, these women are more isolated with the quarantine and distancing protocols.

Many of them are unable to reach out for support if they face domestic violence, or are marginalized, pregnant, or facing health (e.g. cancer, STI, HIV) and mental health issues.

We've put this content together to help them access the information and the support that they need.

We also hope that these spark conversations that help to break down the barriers and stigma that women in all their diversity are facing right now, on a daily basis.



WorldYWCA

How will hygiene precautions stop COVID-19 from spreading?

Coronavirus travels in **small droplets that come from the nose and mouth of an infected person.** These droplets can spread when a person coughs or sneezes



That's why people are being asked use their elbow or a mask. It limits where these droplets can land.



That's why people are being asked to touch their face less, and wash their hands.

The droplets can also spread when **someone touches their face,** and then touches another person or surface.

If the hand touches a surface, here's how long the virus can live on it (and infect other people):



4 hours on copper



24 hours on cardboard



2-3 days on stainless steel



3 days on plastic

That's why people are being asked to clean these surfaces. If you don't have disinfectant, you can use:

Regular soap



1 teaspoon of bleach in 1 cup of water

Any alcohol that's at least 70%



If you don't have any of these, white vinegar is better than nothing.



Why am I being asked to stay home? Do I have to?

The virus works by infecting people's airways, making it harder for them to breathe.

This usually causes fever, cough, fatigue, muscle aches, and other symptoms.



However, some people don't seem to have symptoms at all. But they can still carry the virus and contaminate other people

BUT

You do not have to stay home if you do not feel safe there.

That's why we're asking people to follow hygiene precautions and to stay home.

Staying home limits how often we come into contact with each other or with shared surfaces.



If you live with someone who physically or emotionally abuses you or the people around you, **you have every right to run away and seek help.**



Just because you are confined with another person, does not mean that they are allowed to **insult, hurt or assault you or the people around you.**



If there is someone you know that might be in this situation, **reach out to them as soon as you can.**

Potential placeholder for emergency #

HOW TO PROTECT THE MOST VULNERABLE (Part 1)

It is especially important to protect older people and people who already have health problems.

These include people who have had breathing problems before; people who have HIV or have other autoimmune diseases; heavy smokers, etc.



These people tend to get a lot sicker, and often need serious hospital help. There are also healthy people who get seriously ill, for reasons we are still trying to figure out.

Do you have such a person in your home?
Here's what you can do:

OPTION 1

Ask them to remain in a specific room. You will bring them food and water, and leave them outside the door.

Make sure that whatever you leave has been disinfected (plates, cups); and that you did not touch your face, and then touch any of those objects, after disinfection. Disinfect any shared toilet or bathroom before this person uses it.



OPTION 2

If your home is one-room only, see if other people in your neighbourhood are facing the same problem.

You could agree on one person giving up their home, and moving into another, in order to have one space for people who are very vulnerable to the virus.



HOW TO PROTECT THE MOST VULNERABLE (Part 1)

If you have an extra room, here are people that you can help by having them move in:



People who suffer from **domestic violence**, and need a safe place



People who suffer from **depression or loneliness**, and need company



People who have a **physical disability** that might make it difficult for them to live alone



People who suffer from **anxiety or panic attacks**, and need reassurance



Healthcare workers who cannot live at home (e.g. it is too far from the hospital, or one of their family members is infected)



If you have an internet connection, **people who work from home** but don't have internet access themselves

STAYING UNITED DURING TOUGH TIMES

In times like these, small acts of kindness can go a long way. Here are a few things that you can do to support your mental health, your family and your community:



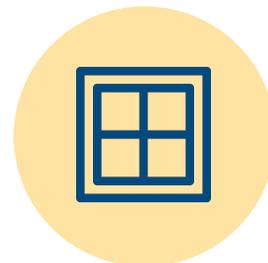
If you have phone credit, **call the people you know** who are going through this alone.



If you are sharing a household, try to **spend a bit of time each day being just by yourself**.



Many organisations are looking for volunteers, including “remote” volunteers. See if any of these opportunities could work for you.



If you have windows, **use them to share messages of support**, or to communicate and play games with neighbours across the street.



Social media and news platforms can be overwhelming right now. **Try to limit the amount of time you spend on these**.



Be wary of dangerous rumours and misinformation. **Stick to trusted sources of information**, and encourage others to do the same.