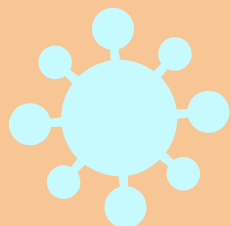


6. Intensified public awareness and behavior change

Individuals must take responsibility for their health and that of their families by staying home, wearing masks when in public, maintaining physical distance of **one meters** and frequent hand washing or use of alcohol-based hand sanitizers. Seek help when you have symptoms suggestive of COVID-19 by calling hotline (909 or 7020 (MTN or Cell Z) or the following phone numbers 0974493553/095389894 1/0964638726) or visiting the nearest health facility. All COVID-19 related services are provided free of charge in Government institutions.

7. Port Health

All travelers coming to Zambia from another country will be expected to produce a valid negative certificate at the Point of Entry, but they will also be screened for COVID-19. This screening will entail temperature check and completion of a self-administered health questionnaire. All asymptomatic travelers will remain under home quarantine for 14 days from the date of entry into the country. Symptomatic travelers will be evaluated by health personnel to determine the need for testing and institutional quarantine.



Symptoms include:

- * fever
- * cough
- * shortness of breath
- * headache
- * sneezing
- * sore throat
- * difficulty breathing

If you're experiencing one or more of these symptoms call **909** for assistance.



COVID-19

**NATIONAL STRATEGY
FOR REDUCING NEW
INFECTIONS OF COVID-19**

SAVING LIVES AND SAVING LIVELIHOODS



Zambian Partners Against COVID-19



The COVID-19 pandemic has evolved since the first case was reported in Zambia. We now have increased numbers of cases and the death toll continues to rise. Among the positive cases, the proportion presenting with severe disease has risen and we have also observed a rise in the number of COVID-19 related community deaths (Brought in Dead). We are now seeing significant community transmission with increased geographical coverage amidst low compliance to public health measures such as physical distancing, masking up and hand hygiene.

Zambia's COVID-19 response has been centered on community engagement as this is a key pillar for an effective response. We recognize that community participation is critical to the successful implementation of all the response strategies from case detection and reporting to laboratory diagnosis and case management. The fight against COVID-19 cannot be won without full community participation.

As COVID-19 cases occur within our communities, the community must be in the forefront of COVID-19 prevention interventions. Each member of the community has an obligation to protect themselves and others from COVID-19. Adherence to stipulated public health interventions is one way in which community members can participate in COVID-19 prevention and control.

The revised "National Strategy for reducing new COVID-19 infections in Zambia" emphasizes the critical role of the community in the response to COVID-19 and aims at reducing new infections using the following strategic interventions:

1. Five golden rules for each individual



Mask up



Maintain physical distancing



Frequent handwashing with soap and water or use of hand sanitizer



Avoid crowded places and stay at home



If you develop any symptoms, seek medical attention immediately

2. Enforcement of Public Health measures

The Public Health Act Cap 295 of the Laws of Zambia and specifically Statutory Instruments Nos. 21, 22 and 62 of 2020 provide the legal framework for enforcement of Public health measures related to COVID-19. SI No. 22 further provides guidance upon which congregate settings can be held in compliance with public health measures. Failure to adhere to these measures will result in a fine or imprisonment as stipulated in SI 22 of 2020. Adherence to Public Health measures must be heightened in restaurants, markets, trading places and bus-stops.

3. Screening and testing

If you develop symptoms suggestive of COVID-19 such as fever, cough, sore-throat, fatigue, difficulty in breathing, loss of smell or taste and general body pains you may call the toll-free numbers 909 or 7020 (MTN or Cell Z) or the following phone numbers 0974493553/0953898 941/0964638726 or visit the nearest health facility. You will be screened and tested for COVID-19 and the test results will be communicated to you.

4. Knowing your status and keeping safe

Everyone is at risk of COVID-19. We must all keep safe and adhere to public health measures to reduce our risk.

If you think you have been exposed to COVID-19, you must quarantine yourself immediately. You must stay under quarantine for 14 days from the date of exposure. If you develop symptoms suggestive of COVID-19 such as fever, cough, sore-throat, fatigue and general body pains call the toll-free number 909/7020 (MTN or Cell Z) or the following phone numbers 0974493553/0953898941/0964638726 or visit the nearest health facility. You will be screened and if necessary, tested for COVID-19. Those who test positive for COVID-19 and have symptoms will be admitted to a designated health facility. Those who have no symptoms will be asked to isolate and monitor themselves at home. They must monitor themselves daily for 14 days from the date of the test or the last date of exposure to a confirmed case. Any symptoms must be reported to the nearest health care facility immediately. It is important that individuals who test positive remain in isolation in order to protect their families and the community from infection.

5. Intensified case management

Symptomatic individuals, the elderly and those with co-morbidities such as cardiovascular diseases, diabetes, Tuberculosis or cancer will be managed in hospitals with easy access to specialized medical services. Severely ill patients will be managed in line with MOH Case Management Protocols.

