



Guideline Framework for Remote Training/Mobile Curriculum

Overview

This document outlines a proposed curricular framework for Viamo's remote training projects. This curriculum framework will be used in the content development workshop as a skeletal framework. Once completed, the document will be used as the educational base for all content developed for any remote training project.

Advance preparation

Ask the partner organisation to share their existing messages with you. Make time to review the messages and use a draft curriculum plan (see below) to guide message delivery.

Production elements to agree with the partner

- How many modules will the remote training have?
- Who will host the remote training, i.e. be the voice of it?
- What is the duration of the remote training?
- How many and which languages will be used?

Module Format

This five minute module format is adapted from the training of Community Health Workers in Rwanda. Feel free to adapt as local partners may see fit.

SEGMENT	TIME	DESCRIPTION	Word Limit (will vary by language)
Introduction	5 sec	The topic of the day	
Lesson Outcome	15 sec	3-4 key points or lesson outcomes	
Narrative	2 minutes	Hosts provides narrative on topic of the day: Definition Key information Call to action	
Closing	30 sec	Recap of key messages	
Quiz/Test	1.5 minute	Multiple choice test	
	1 minute	Answers to wrong choices	
Post call SMS			

Curriculum plan for discussion

Having developed a curriculum plan in advance is important for effective message delivery. You may end up adding or taking modules away, but it is helpful for the participants to start from a structure. Below is an illustrative structure that was developed for COVID-19 for health workers.

Indicative Course outline

Week	Module	Curriculum Area	Content Focus/ Learning Outcomes
	1	Introduction	LO1 Know the purpose of the mobile curriculum LO2 Know how to navigate the content LO3 Know the course outline
	1b	Pre-Test	Assess the current knowledge level of the trainees.
	2	Facts about COVID-19 Disease	LO4 Know what causes COVID-19 disease LO5 Know the most common symptoms associated with the infection LO6 Know how the virus spreads LO7 Know what increases the chances of becoming infected LO8 Know that a person can spread the virus without having symptoms
	3	Preventing exposure to and infection with COVID-19	LO9 Know effective hand hygiene practices LO10 Know the correct way to handle infected secretions from the nose, eyes, and mouth LO11 Know good household hygiene practices LO12 Know when to self-distance and self-quarantine LO13 Know when to report a patient with suspected infection to the local health authorities
	4	Containment of the Outbreak through Behaviour Change	LO14 Know why following the rules designed to contain the outbreak are important LO15 Know why persons with suspected infection need to limit contact with others LO16 Know what persons in contact with someone with suspected infection need to do LO17 Know how stigmatization spreads infection

	5	Personal Protective Equipment (PPE) and Coming in Contact with Infected Patients	LO18 Know what can be worn for Personal Protective Equipment (PPE) LO19 Know how to use PPE LO20 Know what to watch for in a patient with suspected infection LO21 Know how to manage a patient with suspected infection LO22 Know which patients are at higher risk for severe infection
	6	Reliable Information and Rumour management	LO23 Know what are the reliable sources of information about the infection LO24 Know how to suspect false rumors about the infection LO25 Know how to decrease the spread of rumors about the infection LO26 Know what actions to take to help others avoid rumors and inaccurate information
	7b	Post Test	Assess the current knowledge level of the trainees after the training.

Detailed modules

The following can be used as a framework for the development and delivery of content in a detailed module format.

Module 1 - Introduction to the training

Objectives :

LO1 Know the purpose of the mobile curriculum

LO2 Know how to navigate the content

LO3 Know the course outline

SEGMENT	TIME	DESCRIPTION
Module 1 Introduction	5 sec	<p>This is an important message from the Ministry of Health and partners on the Mobile Curriculum for COVID-19 Risk Communication to community members and rumour management. The training will reinforce MOH's guidance to health workers on how and what to communicate with community members regarding COVID-19 disease, with the goals of improving knowledge about the disease and effective infection prevention practices in your community</p> <p>The course outline will focus on facts about the disease, attitudes and behaviours that impact containment, prevention of the infection and rumour management.</p>
Lesson Outcome	15 sec	<p>At the end of today's lesson you will be expected to :</p> <ul style="list-style-type: none">• Know the purpose of the COVID-19 Community Risk Communication Mobile Curriculum• Know how to navigate the content• Know the course outline
Narrative	2 minutes	<p>The training will last for 1 week during which you will be receiving two calls a day for 3 days.</p>

		<p>Each call will last approximately five minutes. Please, listen carefully to the entire call.</p> <p>If you miss the call at any time, you can ‘flash’ the number to receive a callback for free. This will be at no cost to you.</p> <p>All voice messages will start with: “This is an important message from the Ministry of Health.”</p> <p>Remember this is a recorded call, not a live person speaking.</p> <p>At the end of each call, you will answer a quiz. Respond to each quiz by pressing the numbers on your phone’s keypad. The quiz only seeks to assess your understanding of the messages.</p> <p>You can put your phone on loudspeaker when receiving this call.</p> <p>When you have finished listening to this first call, please save the contact number as “MOH” so you will know that it is us calling in the future.</p> <p>To listen again press 0.</p>
Closing	30 sec	<p>The training will reinforce MOH’s guidance to health workers on how and what to communicate with community members regarding the COVID-19 disease. The goal is to improve knowledge about the disease and effective infection prevention practices in your community.</p> <p>The training is a series of recorded calls over the course of one week.</p> <p>During the call you will also take part in a quick pre and post quiz. The quiz only seeks to assess your current knowledge on COVID-19 community risk communication.</p>

Quiz/Test	1.5 minute	<p>[SFX] This is the end of today's lesson; I will now ask you a question. To answer the question, select the option by pressing the numbers on the keypad on your phone.</p> <p>Question: Can you flash the number to get a callback and listen to the call for free if you miss the call?</p> <p>Press 1 for True Press 2 for False Press 3 if you are not sure Press 0 to listen to the question again</p>
Conclusion	1 minute	<p>Wrong answer Sorry that is wrong. The correct answer is True. If you miss the call, you can flash the number to get a callback for free.</p> <p>Right answer Well done, this is correct. If you miss the call, you can flash the number to listen to the call for free.</p> <p>The next call will focus on facts about the COVID-19 disease. The session will focus on what causes the disease, the symptoms, how it is spread, chances of one being infected, how it is managed and recovery rate.</p> <p>Tomorrow, we will call you to answer the pre-test survey. The survey only seeks to assess your current knowledge on the curriculum content.</p> <p>Goodbye!!</p>

Module 2 - Facts about the COVID-19 Disease

Objectives :

- LO4 Know what causes COVID-19 disease
- LO5 Know the most common symptoms associated with the infection
- LO6 Know how the virus spreads
- LO7 Know what increases the chance of getting infected
- LO8 Know that a person can spread the virus without having symptoms

SEGMENT	TIME	LOs	DESCRIPTION
Introduction	5 sec		This is an important message from the Ministry of Health. The topic of this session is: "Facts about COVID-19 disease, also called coronavirus disease." In this session, we will learn about what causes the disease, the symptoms of COVID-19, its mode of transmission, and the management of the disease.
Lesson Outcome	15 sec		At the end of today's lesson you should: <ul style="list-style-type: none"> • Know what causes COVID-19 disease • Know the most common symptoms associated with the infection • Know how the virus spreads • Know what increases the chances of getting infected
Narrative	2 minutes	LO4 LO5 LO6	<p>COVID-19, also called "Coronavirus," is an infectious disease caused by a new virus known as SARS-CoV-2. The disease causes respiratory illness (like the flu) with symptoms such as fever, cough, sore throat and shortness of breath or difficulty breathing.</p> <p>Human-to-human spread of COVID-19 occurs primarily through contact with an infected person through droplets, such as when they cough or sneeze close to you. You can also</p>

		<p>LO7</p> <p>LO8</p>	<p>get it by touching surfaces or objects that infected people have touched, coughed or sneezed on, such as door handles, tables, chairs and so on.</p> <p>Those in contact with suspected, probable and confirmed cases are at risk.</p> <p>It is also possible for people to carry and transmit the disease without showing symptoms. This is why good hygiene and self-distancing is important for everyone. We will discuss these topics in our next lesson.</p> <p>For now there is no specific treatment, but symptoms have been successfully managed until recovery. Some people may need extra help for their illness, in which case they should seek medical attention.</p>
Closing	30 sec		<ul style="list-style-type: none"> ● COVID-19 is caused by SARS-CoV-2 virus. ● Symptoms include cough, fever, and in more severe cases, shortness of breath and difficulty breathing. ● The virus is spread through contact with an infected person when they cough or sneeze close to you, and by touching contaminated surfaces ● There is no specific treatment, but symptoms have been successfully managed until recovery.

Quiz/Test	1.5 minute	<p>[SFX sound] This is the end of this lesson; I will now ask you a question. To answer the question, select the option by pressing the numbers on the keypad on your phone.</p> <p>COVID-19 disease can only be spread when an infected person coughs or sneezes close to you, it cannot spread when a person merely touches a surface or object that has the virus on it and touches their face?</p> <p>Press 1 for True Press 2 for False Press 3 if you are not sure Press 0 to repeat the question</p>
	1 minute	<p>Wrong answer Sorry, that is wrong. The correct answer is False. COVID-19 disease can spread through the cough and sneeze of an infected person who is close to you, and can also spread when a person touches a surface or object that has the virus on it and then touches their eyes, nose, or mouth.</p> <p>Right answer Well done, this is correct. COVID-19 disease can spread through the cough and sneeze of an infected person and can also spread when a person touches a surface or object that has the virus on it and then touches their eyes, nose, or mouth.</p> <p>During the next call, we will focus on containment of the outbreak through behaviour change.</p> <p>Goodbye!!</p>

Post call SMS			Human-to-human spread of COVID-19 occurs primarily through contact with an infected person when they cough or sneeze close to you. You can also get it by touching surfaces or objects that infected people have touched, coughed or sneezed on, such as door handles, tables, chairs and so on. This is why good hygiene and self-distancing are important. We will discuss these topics in our next lesson.
---------------	--	--	---

Module 3 - Preventing COVID-19 exposure and infection

Objectives:

LO9 Know effective hand hygiene practices

LO10 Know the correct way to handle infected secretions from the nose, eyes, and mouth

LO11 Know good household hygiene practices

LO12 Know when to self-distance and self-quarantine

LO13 Know when to report a patient with suspected infection to the local health authorities

SEGMENT	TIME	LOS	DESCRIPTION
Introduction	5 sec		This is an important message from the Ministry of Health. In the last module, we learned about the transmission and management of the COVID-19 virus. Today, we will discuss how to prevent COVID-19 exposure and infection.
Lesson Outcome	15 sec		At the end of today's lesson, you are expected to: <ul style="list-style-type: none">• Know effective hand hygiene practices• Know the correct way to handle infected secretions from the nose, eyes, and mouth• Know good household hygiene practices• Know when to self-distance and self-quarantine• Know when to report a patient with suspected infection to the local health authorities

Narrative	2 minutes	LO9 LO10 LO11 LO12 LO13	<p>As you learned in module 2, people become infected with COVID-19 when they come into contact with droplets containing the virus, such as when an infected person coughs or sneezes nearby, or when they come into contact with a contaminated surface.</p> <p>To prevent infection, you need to practice good hygiene and take the following measures:</p> <ul style="list-style-type: none"> - Do not shake hands or hug. If you are greeting others, wave instead. - Stay 2 meters away from others, so as not to come into contact with infected droplets. - Wash your hands regularly with soap under clean running water for 20 seconds, or dispense a hand sanitizer, rubbing your hands together for 20 seconds. - Cough or sneeze into your bent elbow. - Cough or sneeze into tissue paper and dispose into covered dustbin. Clean the dustbin handle regularly. - Regularly clean all frequently touched surfaces with household disinfectants - Anyone who just returned from an area where COVID-19 is spreading should stay at home and avoid close contact with others for 14 days. If they are experiencing any symptoms, they should call the MOH toll free line. <p>Anyone who experiences COVID-19 symptoms such as fever, cough, sore throat or difficulty breathing should avoid contact with others, and then should call the MOH toll free hotline on XXX.</p>
Closing	30 sec		<ul style="list-style-type: none"> ● COVID-19 can be prevented by practising good hygiene including frequent handwashing with soap and water or disinfecting with a hand sanitizer. ● Maintain a physical distance of at least 2 meters between people. Do not touch, shake hands or hug people at this time. ● If you experience symptoms, avoid contact with others and call the MOH toll-free line right away.

Quiz/Test	1.5 minute		<p>[SFX sound] This is the end of this lesson; I will now ask you a question. To answer the question, select the option by pressing the numbers on the keypad on your phone.</p> <p>COVID-19 can be prevented by keeping a physical distance of at least two meters between people and by washing our hands frequently with soap and running water or hand sanitizer?</p> <p>Press 1 for True Press 2 for False Press 3 if you are not sure Press 0 to repeat the question</p>
	1 minute		<p>Wrong answer Sorry, that is wrong. The correct answer is True. COVID-19 can be prevented by keeping a physical distance of at least 2 meters between people and by washing our hands frequently with soap and running water or hand sanitizer.</p> <p>Right answer Well done, this is correct. COVID-19 can be prevented by keeping a physical distance of at least 2 meters between people and by washing our hands frequently with soap and running water or hand sanitizer.</p> <p>During the next call, we will focus on preventing transmission from contacts/infected people to non-infected people.</p> <p>Goodbye!!</p>

Module 4 - Containment of the Outbreak through Behaviour Change

Objectives:

- LO14 Know why following the rules designed to contain the outbreak are important
 LO15 Know why persons with suspected infection need to limit contact with others
 LO16 Know what persons in contact with someone with suspected infection need to do
 LO17 Know how stigmatization spreads infection

SEGMENT	TIME	LOs	DESCRIPTION
Introduction	5 sec		<p>This is an important message from the Ministry of Health. The topic of this session is “Containment of the COVID-19 Outbreak through Behaviour Change”.</p> <p>In this session, we will learn about the Implications of compliance with protocols for the containment of the COVID-19 outbreak.</p>
Lesson Outcome	15 sec		<p>At the end of today’s lesson, you are expected to:</p> <ul style="list-style-type: none"> • Know why following the rules designed to contain the outbreak are important • Know why persons with suspected infection need to limit contact with others • Know what persons in contact with someone with suspected infection need to do • Know how stigmatization spreads infection
Narrative	2 minutes	<p>LO14</p> <p>LO15</p>	<p>COVID-19 disease can be prevented by increasing the practice of preventive behaviours among individuals and the entire population. When a very large proportion of the population consistently practice behaviours that reduce transmission of the virus, the disease can be prevented or vastly limited.</p> <p>It is essential that individuals take precautions such as regular handwashing, good hygiene and self-isolation. By taking responsibility, individuals can protect themselves and others from infection. The key messages you need to understand and share about COVID-19 are:</p> <ul style="list-style-type: none"> • If you are infected, you can infect your loved ones too • If you do not self-isolate, you can infect your community

		<p>LO16</p> <p>LO17</p>	<ul style="list-style-type: none"> • If you do not report your symptoms early and manage them, you may die. <p>If you have a family member that is suspected of having COVID-19, it is important to isolate them from others in the house as much as possible. Other household members must maintain good hand hygiene and be sure to keep the surfaces around the affected person clean. The family should not share any material items with the affected person.</p> <p>Stigma occurs when people negatively associate the COVID-19 disease with a specific population, resulting in people being labelled, stereotyped, separated, and/or experience loss of status and discrimination because of a potential negative affiliation with the disease. Stigmatizing people during the outbreak can:</p> <ul style="list-style-type: none"> • Drive people to hide the illness to avoid discrimination • Prevent people from seeking health care immediately • Discourage them from adopting healthy behaviours <p>This could potentially contribute to more severe health problems, increase ongoing transmission, and create difficulties in controlling the outbreak.</p>
Closing	30 sec		<ul style="list-style-type: none"> • It is important that a very high proportion of the population is practicing preventive behaviours consistently. • When individuals take responsibility, they protect themselves, their loved ones and their communities from getting infected • Stigmatizing people or populations can contribute to more severe health problems, increase ongoing transmission, and create difficulties in controlling the outbreak.
Quiz/Test	1.5 minute		<p>[SFX sound]</p> <p>This is the end of this lesson; I will now ask you a question. To answer the question, select the option by pressing the numbers on the keypad on your phone.</p> <p>Individuals do not need to take responsibility if the majority of the population are practicing infection prevention behaviours to stop the spread of COVID-19 disease?</p> <p>Press 1 for True</p>

		<p>Press 2 for False Press 3 if you are not sure Press 0 to repeat the question</p>
	1 minute	<p>Wrong answer Sorry, that is wrong. The correct answer is False. COVID-19 disease can be prevented by increasing the practice of precautionary behaviours among individuals and the general population.</p> <p>Right answer Well done, this is correct. COVID-19 disease can be prevented by increasing the practice of precautionary behaviours among individuals and the general population.</p> <p>During the next call, we will focus on personal protective equipment and caring for suspected COVID-19 patients.</p> <p>Goodbye!!</p>

Module 5 - Personal Protective Equipment and Caring for Suspected COVID-19 Patients

Objectives:

LO18 Know what can be worn for Personal Protective Equipment (PPE)

LO19 Know how to use PPE

LO20 Know what to watch for in a patient with suspected infection

LO21 Know how to manage a patient with suspected infection

LO22 Know which patients are at higher risk for severe infection

SEGMENT	TIME	DESCRIPTION
Introduction	5 sec	<p>This is an important message from the Ministry of Health. In the last module, we learned how to prevent COVID-19 exposure and infection.</p> <p>Today, we will discuss how you can reduce your exposure to the virus by wearing personal protective equipment also called PPE.</p>
Lesson Outcome	15 sec	<p>At the end of today's lesson, you are expected to:</p> <ul style="list-style-type: none"> • Know what can be worn for personal protective equipment (PPE) • Know how to use PPE • Know what to watch for in a patient with suspected infection • Know how to manage a patient with suspected infection • Know the conditions that put people at increased risk of needing hospitalization, including a history of heart disease, asthma, lung disease, cancer, diabetes, HIV and tuberculosis

Narrative	2 minutes	LO18	Personal protective equipment, also called PPE, may include all or some combination of a face mask, gloves, protective eye glasses or face shield, and garments. These items can help protect you and others from being infected by virus-containing droplets.
		LO19	When caring for a suspected COVID-19 patient, it is most important to cover the nose and mouth with a face mask. If available, covering the eyes with protective glasses or a face shield and wearing a protective garment is recommended. It is important to carefully remove PPE so the outside of the garments do not touch your face or skin. Wash your hands before and after wearing PPE.
		LO20	When caring for a patient suspected of having COVID-19, you should watch for labored breathing, a decrease in overall condition, including an altered state of consciousness from lack of oxygen. In these cases, they should be seen in a clinic. If the ill person is brought to a clinic, he or she should wear a mask so as not to spread the virus to others.
		LO21	Ensure that the family caregivers: <ul style="list-style-type: none"> ● Keep the person well-hydrated and nourished ● Remain self-isolated ● Do not share plates, spoons, cups or towels with others ● Wash hands frequently and disinfect any surfaces touched by the ill person as often as possible ● Continually monitor the patient for deterioration
		LO22	Individuals who are at higher risk for severe illness include those who are elderly or have underlying disease such as asthma, lung disease, cancer, diabetes, HIV or tuberculosis. If these patients get infected, they should be monitored closely for severe disease such as difficulty breathing and labored breathing, in which case they should be brought to medical attention after being protected by a mask.
Closing	30 sec		
Quiz/Test	1.5 minute		[SFX sound] This is the end of this lesson; I will now ask you a question.

		<p>To answer the question, select the option by pressing the numbers on the keypad on your phone.</p> <p>When caring for a suspected COVID-19 patient, masks are the most important PPE to wear.</p> <p>Press 1 for True (correct) Press 2 for False (incorrect) Press 3 if you are not sure Press 0 to repeat the question</p>
	1 minute	<p>Wrong answer</p> <p>Sorry, that is wrong. Wearing a face mask is the most important PPE to wear. If you do not have gloves, you can thoroughly wash and disinfect your hands and other exposed areas.</p> <p>Right answer Well done, this is correct. Wearing a face mask is the most important PPE to wear. If you do not have gloves, you can thoroughly wash and disinfect your hands and other exposed areas.</p> <p>During the next call, we will focus on rumour management and reliable sources of information</p> <p>Goodbye!!</p>

Module 6 - Rumour management

Objectives:

LO23 Know what are reliable sources of information about the infection

LO24 Know how to suspect false rumors about the infection

LO25 Know how to decrease the spread of rumors about the infection

LO26 Know what actions to take to help others avoid rumors and inaccurate information

SEGMENT	TIME	LOs	DESCRIPTION
Introduction	5 sec		This is an important message from the Ministry of Health. Today we will be talking about rumour management of COVID-19.
Lesson Outcome	15 sec		At the end of today's lesson you are expected to: <ul style="list-style-type: none">● Know what are the reliable sources of information about the infection● Know how to suspect false rumors about the infection● Know how to decrease the spread of rumors about the infection● Know what actions to take to help others avoid rumors and inaccurate information

Narrative	2 minutes		<p>Rumours and false claims can fuel confusion and deepen the negative impact of the COVID-19 disease outbreak on individuals and the economy. Managing rumours during this outbreak is crucial for better outcomes. Here is the TRUTH about some common rumours about COVID-19: Drinking hot water, cold water, or alcohol do NOT help kill the virus, neither does sunshine or warm temperatures. Coronavirus is NOT transmitted through animals or mosquitoes. There are NO foods or medications currently proven to cure the virus. You CAN recover from the virus, but it may take days to weeks.</p> <p>LO23 To obtain reliable sources of information: Obtain input from CBOs, FBOs, WHO and partner organizations. Always compare information you are hearing to a known reliable source.</p> <p>LO24 If information is not endorsed by one of the reliable sources, ensure that you implement the following steps:</p> <ul style="list-style-type: none"> ● Obtain information from surveillance team/unit (EBS) ● Obtain input from CBOs, FBOs and partner organizations <p>LO25 After rumours have been detected the next step is to to respond to rumours in a timely manner:</p> <ul style="list-style-type: none"> ● Inform public officials of circulating rumours ● Share analyzed information with the national/ state rumour management team. ● Draft message to counter the rumour ● Secure approval from the Ministry of Health for the draft message to counter the rumour <p>LO26</p> <ul style="list-style-type: none"> ● Decide appropriate channels to disseminate approved message like radio and social media ● Disseminate approved message to the audience via appropriate and approved channels ● Partner with community leaders and groups to address rumours
-----------	-----------	--	---

Closing	30 sec		<p>Detecting and responding to rumours is critical to minimize misinformation during this pandemic and to ensure the public carry out recommended behaviours and practices</p> <p>Through listening, responders can learn:</p> <ul style="list-style-type: none"> • How affected and involved populations and organizations understand and react to the COVID-19 pandemic • The best sources of information for learning about management of the issue • How to identify misinformation about COVID-19 • How to dispel rumours about the infection that might prevent the adoption of the desired health measures
Quiz/Test	1.5 minute		<p>[SFX sound]</p> <p>This is the end of this lesson; I will now ask you a question. To answer the question, select the option by pressing the numbers on the keypad on your phone.</p> <p>Once adequate preventive measures are in place in the community, detecting and responding to rumours will no longer be an important measure in preventing the spread of the COVID-19 disease?</p> <p>Press 1 for True Press 2 for False Press 3 if you are not sure Press 0 to repeat the question</p>
	1 minute		<p>Wrong answer</p> <p>Sorry, that is wrong. The correct answer is False. Detecting and responding to rumours is an important measure that must be considered alongside other measures in place to prevent the spread of the COVID-19 disease.</p> <p>Right answer</p>

		<p>Well done, this is correct. Detecting and responding to rumours is an important measure that must be considered alongside other measures in place to prevent the spread of the COVID-19 disease.</p> <p>You will now answer the post-test survey. The survey only seeks to assess your current knowledge on the curriculum content.</p>
--	--	--

Sample pre and post test questions

1. The mobile curriculum on COVID-19 Community Risk Communication and Rumour Management is necessary because it will improve my capacity to communicate the risk of COVID-19 effectively to the community.

Press 1 for True

Press 2 for False

Press 3 if you are not sure

Press 0 to listen to the question again

2. The virus that causes COVID-19 disease is a SARS virus.

Press 1 for True

Press 2 for False

Press 3 if you are not sure

Press 0 to repeat the question

3. Human-to-human spread of the COVID-19 disease cannot occur through contact with an infected person when they cough or sneeze close to you.

Press 1 for True

Press 2 for False

Press 3 if you are not sure

Press 0 to repeat the question

4. Cough, fever, shortness of breath, sore throat and difficulty breathing are all symptoms of COVID-19 disease.

Press 1 for True

Press 2 for False

Press 3 if you are not sure

Press 0 to repeat the question

5. COVID-19 disease cannot be prevented by improving the practice of preventive behaviours among individuals and the entire population.

Press 1 for True

Press 2 for False

Press 3 if you are not sure

Press 0 to repeat the question

6. Stigmatizing people can drive them to hide illness to avoid discrimination, prevent them from seeking health care immediately or discourage them from adopting healthy behaviours.

Press 1 for True

Press 2 for False

Press 3 if you are not sure

Press 0 to repeat the question

7. Stigmatization can contribute to more severe health problems, ongoing transmission, and difficulties in controlling the outbreak, these can only occur when people do not practice preventive behaviors.

Press 1 for True

Press 2 for False

Press 3 if you are not sure

Press 0 to repeat the question

8. The recommended distance between people in order to prevent the spread of the COVID-19 disease is at least 2 meters.

Press 1 for True

Press 2 for False

Press 3 if you are not sure

Press 0 to repeat the question again

9. COVID-19 cannot be prevented by washing our hands frequently with soap and running water or with alcohol-based sanitizer.

Press 1 for True

Press 2 for False

Press 3 if you are not sure

Press 0 to repeat the question again

10. A person in self-isolation does not need to remain confined to one room and can share plates, spoons, cups and towels with others.

Press 1 for True

Press 2 for False

Press 3 if you are not sure

Press 0 if you want to repeat the question again

11. The isolation period for anyone who just returned from an area where COVID-19 is spreading or has been in contact with a confirmed case is 10 days or less, even if they are asymptomatic.

Press 1 for True

Press 2 for False

Press 3 if you are not sure

Press 0 to repeat the question again

12. Rumour management does not have to be done in collaboration with partners, stakeholders and opinion leaders; it can be handled by any individual when the rumour begins to spread.

Press 1 for True

Press 2 for False

Press 3 if you are not sure

Press 0 to listen to the question again