



Dear donors and supporters,

I sincerely hope that you and your loved ones are well and healthy. I and all the Karimu family of volunteers are sheltering-in-place in our respective homes (across 5 countries and 3 continents). We are in daily contact with our Tanzanian staff in response to the Covid-19 pandemic to accelerate the current health and sanitation projects.

In this update, I will give you an overview of Karimu's response to the pandemic and then a brief update of the ongoing projects.

I also need to inform you that, while we have been receiving donations directly for the Covid-19 response, they haven't been enough to avoid draining on our finances. For now, we have been redirecting funds from our educational projects to cover Covid-19 and, depending on how successful our fundraising activities are between now and mid year, we may need to cancel the reconstruction of Haysam or Dareda Kati, or the improvements to Ufani Primary School.

In addition, we are being asked to urgently buy furniture to open Gajal dispensary (serving the remotest areas of Ayalagaya) - an expense not planned for. Karimu had an agreement with the government that we would build the clinic and they would make it functional by providing the medical staff, medical equipment (e.g., refrigerator for vaccines, etc.), monthly operational cost (e.g., medicine, gloves, masks, etc.) and all non-medical furniture (e.g., chairs, benches for waiting room, cabinets, etc.). The government has hired all the medical staff, has delivered the medical equipment, and has reserved the budget for the monthly costs. Unfortunately, because of the Coronavirus pandemic, the funds for the non-medical furniture had to be redirected to fight the pandemic. The government recognizes the urgency of opening the Gajal clinic to prepare the population against Covid-19 and is asking Karimu to provide the necessary furniture. **The clinic will open as soon as we deliver the most essential furniture.**

We have a short window of opportunity before Coronavirus reaches the area to open the dispensary which surely would be a tremendous help! We would appreciate donations of any size to help us open the clinic this month.

Please stay safe and healthy wherever you are!

In solidarity and hope,

Nelson Mattos
Karimu, Chief Operating Officer

Karimu Covid-19 Task Force

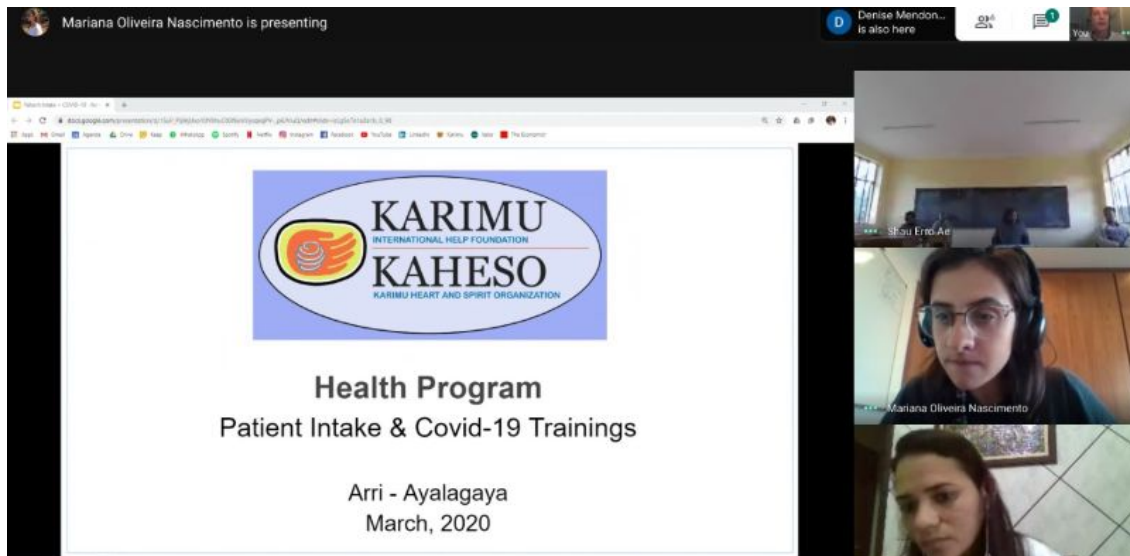
Karimu's response to the pandemic is going extremely well and we managed to complete the most critical and urgent initiatives (see details below) before any cases of Covid-19 have been identified in our state. As of today (April 7), Tanzania has 24 confirmed cases of Covid-19, including 1 death and 5 recovered. All 24 occurred in 4 areas of the country: Zanzibar (15 hours by car from our region), Dar es Salaam (12 hours), Arusha (4 hours), and Mwanza (9 hours).

As described in my previous email, we are working on three fronts jointly with the district & state government and with the in-country wards, villages, and sub-villages leadership across Arri and Ayalagaya:

1. Providing supplies and interventions to the clinics and medical staff
2. Supporting broad community transmission prevention initiatives
3. Taking care of our local Karimu staff who are driving our projects on the ground

Providing supplies and interventions to the clinics and medical staff

- **trained the head doctor and head nurse of all clinics** in Ayalagaya (Dareda Kati Dispensary) and in Arri (Tsaayo, Dohom, and Managha Dispensaries and Maria Maculata health center) on Covid-19, handwashing, and patient in-take. The training was conducted by medical experts from Brazil who joined our local staff via video conferencing.



- They were given the following material for their reference:
 - Medical Staff - Covid-19 and Handwashing Training
 - COVID-19 - Brochure in Swahili
- They were also given 4000 copies of the following flyers for broad distribution to all patients visiting their health clinics:
 - Flyer - Handwashing - Swahili

KABLA YA KUINGIA ZAHANATI!!!!

1. Fungua maji kwa kuzungusha taratibu kishikizo cha bomba kwenda kushoto. Usiendeleo kuzungusha bomba ukihisi imekaza. Loanisha mikono yako kisha funga koki.
2. Bonyeza pampu moja ya sabuni mikononi mwako.
3. Sambaza sabuni mikononi mwako kulingana na hatua hapa chini:

1 	2 	3 	4 
Sugua mikono yako kwa pamoja	Sugua mikono kwa upande wa mbele	Sugua katikati ya vidole	Sugua dole gumba kwa kutumia mkono mwingine

5 	6 	7 
Sugua kucha	Sugua kiganja cha mkono wako	Sugua mikono

4. Endelea kunawa mikono yako kwa **sekunde 20** au zaidi ili kuhakikisha kuwa una nawa kwa muda unaofaa.
5. Baada ya kumaliza kunawa mikono yako, achia kwenye maji yanayotiririka kuondoa sabuni yote katika mikono yako.
6. Baada ya kumaliza, funga maji na kuzungusha kulia; mara tu maji yanapoacha kutiririka usizungushe zaidi.
7. Usitumie nguo zako kukausha mikono yako.
8. Kabla ya kuingia Kliniki, wahudumu wa afya watakuwekea kinganjani mwako tone moja la sabuni ya kunawia. Sugua pamoja mikono yako mpaka utakapo hisi



ELIMIKA KUHUSU UGONJWA WA HOMA KALI YA MAPAFU UNAOSABABISHWA NA VIRUSI VYA CORONA

NAMNA UGONJWA WA CORONA UNAVYOENEA

- Ugonjwa huu huenezwa kwa kuingiwa na majimaji yatokayo kwenye njia ya mfumo wa hewa wakati mtu mwenye ugonjwa huu anapokohoa au kupiga chafya.
- Njia nyingine ya maambukizi ni kwa kugusa maji maji yanayotoka puani (kamasi)



DALILI ZA HOMA YA VIRUSI VYA CORONA

Homa	Kikohozi	Kubanwa mbavu na kupumua kwa shida	Kuumwa kichwa au maumivu ya mwili	Vidonda kooni	Mwili kuchoka

JINSI YA KUJIKINGA NA HOMA YA VIRUSI VYA CORONA

	Safisha mikono yako mara kwa mara kwa maji tiririka na sabuni au kwa dawa ya kutakasa mikono 20 sec		Kaa mbali angalau mita 2 na mtu mwenye homa au kikohozi		Funika mdomo na pua wakati wa kukohoa au kipiga chafya kwa kitambaa saf au sehemu ya mbele ya kiwiko cha mkono
	Epuka kusalimiana kwa kushikana mikono		Epuka kugusa macho, pua au mdomo		Epuka msongamano

**Kwa maelezo zaidi piga simu 080 011 0124, 080 011 0125,
au 080 011 0037 bila malipo**

- The training covered the following:
 - What is COVID-19 or coronavirus?
 - Why is it so serious?
 - How is it transmitted?
 - How to keep yourself and your family safe?
 - What to do if you are sick?
 - How to care for a sick family member?
 - The importance of handwashing to remove germs that cause diseases
 - Soap is very important to help remove the germs from one's skin.
 - Water alone is NOT sufficient
 - When you should wash your hands
 - How you should wash your hands following WHO guidelines
- Patient in-take procedures covering hygiene and protection, isolation of patients with contagious diseases, collecting vital signs, and flow of patients in a health facility.

- **completed the distribution of supplies and material** for all 5 clinics in Arri and Ayalagaya, the 2 health centers that will treat Covid-19 in Manyara Region (our state) and the Dareda Mission hospital covering personal protection equipment, multiple handwashing stations with soap and signs, and sanitation supplies



In total, we donated:

- 60 liters of bleach,
- 100 liters of alcohol,
- 34 buckets with faucet and stand for handwashing,



- 50 liters of hand sanitizer,
- 200 liters of liquid soap,
- cleaning material (cloth, mops, etc.),
- 105 boxes of medical gloves (each with 50),
- 60 boxes of masks (each with 50),
- 176 gowns for medical staff,



- 180 self-made face protection shields,



- trash bags,
- 15 thermometers,
- 13 dispensers for hand sanitizers,
- 20 gumboots,
- 20 long-sleeve gloves

Supporting broad community transmission prevention initiatives

- **For 8 days 4 motorbikes with speakers drove everywhere** in Arri and Ayalagaya while playing a recording from the government about Covid-19. These motorbikes visited every corner of the region at least 5 times.



- **Trained 24 midwives in Ayalagaya on Covid-19 and Handwashing.** They were given the same training as the medical staff and received the same flyers and brochures.



- **Trained all chairs and executive officers of every village and sub-village in Arri and Ayalagaya (in total 10 villages and 34 sub-villages) plus 100+ ambassadors** on Covid-19 (what it is, how it is transmitted, how to protect yourself, what the symptoms are, and what to do if you get sick) and handwashing (how and when to wash hands).

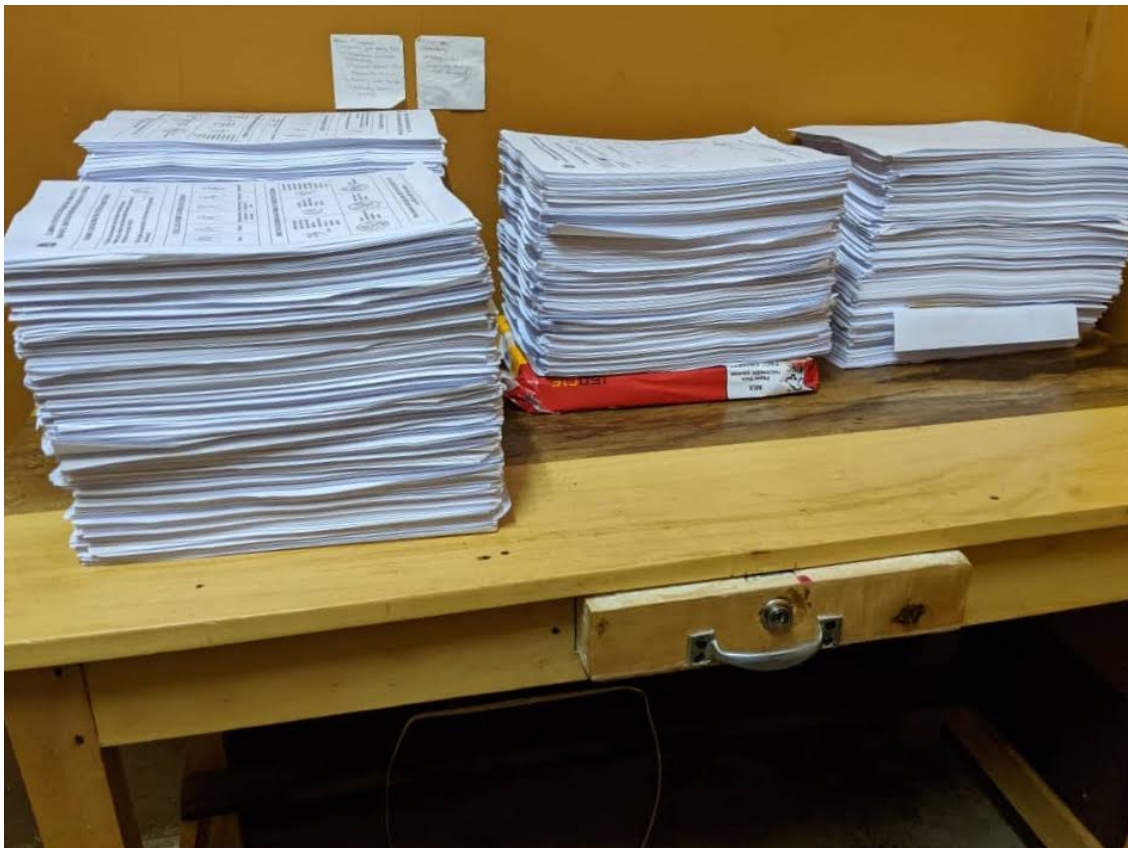


- **Coordinated visits to every household in Ayalagaya (2294 households) and soon in Arri (3000) to educate them on Covid-19 and hand washing.** This is being executed by the sub-village chairs and their respective ambassadors. Each household received a Covid-19 flyer in Swahili (covering what it is, how it is transmitted, how to protect yourself, what the symptoms are, and what to do if you get sick), a handwashing flyer (describing how and when to wash hands), and a (very large) bar of handwashing soap. The ambassadors explained the content of each flyer and answered any questions that came up.





- **Distributed 19,000 copies of the Covid-19 flyers and 12,000 copies of the handwashing flyer.** Many households have received such flyers and the explanation through multiple channels (e.g., visits to their household, from the clinic, etc.) to ensure the messages are sinking in.



Taking care of Karimu staff who are driving projects on the ground

- Trained all Karimu employees on Covid-19 and Handwashing.



- **Created new procedures and guidelines for our Karimu employees and for our construction projects to limit the risk of exposure.** Among those were daily sanitation of the office, social distancing even at construction sites, and handwashing before entering the office.







- **Finalized the procedures to shut down Karimu operations** (temporarily) and ask all employees to shelter-in-place once the 1st case of Covid-19 is confirmed in the region.

On-going/next steps

- Train the remaining key influencers: midwives, the most influential elders (male and female) from each of the 34 sub-villages, and the 5-member management committees of every Savings Group on Covid-19 and Handwashing.
- Create a WhatsApp group with the primary and secondary school teachers to start disseminating information on Covid-19 through that communication channel.

We are extremely thankful for the close and effective partnership with the Tanzanian government. I have been communicating directly with the secretary of health and the head of the district on a daily basis via video conferencing or WhatsApp. This has ensured that their and all Karimu efforts are aligned and helping each other as much as possible. Their transparency, openness, and willingness to receive feedback has really impressed me.



Update on ongoing 2020 Projects

We have stopped all projects that were not in the health or sanitation areas (e.g., training of savings groups, agricultural projects, etc.) and plan to restart them once the pandemic is over.

Sanitation

- Dareda Kati primary school bathrooms - the community completed the foundation work and is now raising the brick walls.



Healthcare

- Gajal Dispensary - The construction is complete, the government has delivered the medical equipment and furniture, and hired the medical staff. Karimu agreed to purchase the remaining furniture. Our goal is to open the Gajal dispensary this month.



- Doctors and Nurses Housing - Construction for the Doctors and Nurses housing at Dareda Kati is well underway. Walls are fully done and we are now installing the roof.



- Transformation of Dareda Kati Dispensary into a Health Center - the architectural layout for the expansion is done, but the district government has requested additional land from the county (ward). We are waiting for that decision to start construction.
- Implementation of Medical Interventions recommended by the World Health Organization - as part of the Covid-19 task force we implemented:
 - Sanitation education for handwashing
 - Patient screening dealing with standardization of patient intake including taking vitals, triage, and patient separation for communicable diseases
- The implementation of the remaining interventions will be delayed until after the pandemic.



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