STOP #COVID-19 GHANA

Awareness Campaign 1

Goal: The #StopCOVID19Gh campaign seeks to highlight and raise awareness on COVID-19 Prevention & Social Distancing measures in Ghana. The first campaign is a video challenge. Participation details below.

Thank you for joining us to #StopCOVID19Gh.

www.StopCOVID19Ghana.org
How to Participate in the Video Challenge:

1. Select two or three COVID-19 prevention measures on good hygiene and social distancing - see below or at www.ghanahealthservice.org/covid19/

2. Record a 1-minute video of yourself highlighting at least two (2) good hygiene or social distancing measures that you are using. Tell us HOW and WHY you are protecting yourself from COVID-19. We encourage you to record your video in English or a local Ghanaian language you are comfortable with.

3. Keep it natural, simple and clear, but get creative! Here are some messaging prompts to use or adapt:
   a. **At the beginning of your video:** Mention that you are participating in the Stop COVID-19 Ghana Video Challenge.
   b. **After sharing your tips:** Invite 3-5 other people to join the challenge - mention their names. E.g.”I challenge Amma Fuseini to join the Stop COVID-19 Ghana Video challenge”.
   c. **At the end of the video:** Call the public to action with this message:
      “How are you protecting yourself from COVID19? Are you social distancing? Create your own video and let us know what you are doing to #StopCOVID19gh. Join the campaign at StopCOVID19Ghana.org.”

4. **Upload your video** to Facebook, Twitter or Instagram and publish with the hashtag #StopCOVID19Gh

5. **Tag @StopCOVID19Gh (FB) or @StopCOVID19.Gh (Twitter, IG) on your post** - also tag the friends you challenged and share your video with them.

6. The Stop CoronaVirus Ghana Campaign team will review video submissions to repost.

www.StopCOVID19Ghana.org
COVID-19 Prevention & Social Distancing (Recommended by WHO, GHS)

1. Wash your hands frequently with soap under running water for about 20-seconds

2. Use alcohol-based hand sanitizers

3. Keep at least 2 metres (6 feet) between yourself and a person coughing or sneezing.

4. Do not shake hands or hug. Instead, use safe greetings like a wave or a smile

5. Avoid touching your eyes, nose and mouth
   a. Cover your mouth and nose with bent elbow or tissue when you cough or sneeze.
   b. Dispose of used tissue immediately.

6. Call the Ghana Health Service hotline numbers 055 843 9868 / 050 949 7700 or emergency number 112 for urgent assistance if you exhibit symptoms, including:
   a. Fever
   b. Coughing
   c. Difficulty Breathing
   d. Headache
   e. Sore Throat
   f. Runny nose

7. If unwell, stay at home and avoid crowds until you recover, even with mild symptoms like a headache or runny nose.
   a. Call hotline 112 if you develop fever, cough or difficulty breathing

8. Stay informed on CoronaVirus in Ghana through the Ghana Health Service COVID-19 website ghanahealthservice.org and their official social platforms.
Stop CoronaVirus Ghana is a private sector coalition initiative and citizen-led campaign to seek financial and in kind resources to support the fight against the spread of COVID–19 in Ghana.

Find out more: www.StopCOVID19Ghana.org