Dear partners, staff, and all carers,

Thank you so much to all of you for doing an excellent job in this difficult time. I am not alone in being grateful for the work you are doing. I have received several kind emails from partner organisations and well-wishers.

These are very worrying times, and we are increasingly having to isolate further in order to protect ourselves, protect the more vulnerable, and ensure our health system has the best possible chance to treat all those who are sick.

It is a time of great stress and uncertainty. It is also a time in which the work we are doing is most critical. Partners and staff - you are providing a vital service to family carers and their loved ones, especially to those who are most vulnerable.

Across the world, people are feeling very anxious and worried due to the economic effects of this crisis, and I am predicting things are going to get worse before they get better.

I am currently spending a lot of my time thinking about how Carers Worldwide can best play its role. I want you to know that the team at Carers Worldwide is working hard to support all of you and are constantly looking for new ways to help.

There is no instruction manual for how to feel at a time like this, and I know this causes stress for everyone. My list of worries right now, like yours, is very long - from my own children, parents, family, friends; to the safety of you, my colleagues, family carers to those who are already very sick; and to the real harm that will be caused by severe health issues and the economic fallout across the globe.

We would ask you and your compatriots in India, Nepal and Bangladesh to learn from the situation in Europe and take all the necessary steps to slow down the spread of the virus by practising social distancing and utilising all the means at your disposal to connect with people remotely.

We are in this together and will do all we can to support each other. Please take care of yourselves and your loved ones. I know that we’re going to get through this, together.

With very best wishes,

Anil Patil
What partner organisation staff, parents, and family carers should know about COVID-19

COVID-19 has shown us how we need to be better prepared to protect family carers, cared-for individuals, elderly populations, and other vulnerable groups. COVID-19 is a community care issue, and a powerful reminder that we all are fundamentally connected. What we want is a culture of care - and that culture must be one of caring across generations.

We understand that many of you, and all the family carers in India, Nepal and Bangladesh are anxious about the current outbreak of the new virus named COVID-19. This outbreak has been labelled a pandemic by the World Health Organization which means that this virus has spread worldwide.

Here at Carers Worldwide we are recommending that all partner organisations and family carers follow the recommendations of their respective country’s government guidelines, and the health professionals, on such matters. Please be aware that as this is such a rapidly evolving situation, the advice is likely to change on a regular basis and should therefore be regularly monitored for updates.

Please ensure that you are aware of the common reported symptoms of coronavirus (COVID-19) (Picture credit – UNICEF)

Fever (100.4°F and higher)
Difficulty in breathing

Cough
Please ensure that you are aware of how to protect yourself and others from COVID-19?

Clean hands with soap and water, or alcohol-based hand sanitizer.

Cover nose and mouth when coughing or sneezing with tissue or a flexed elbow.
Avoid close contact with anyone with a cold or flu-like symptoms

Avoid close contact with those who show signs of flu
Simple preventive measures to be taken at home for where COVID-19 is circulating

1. **Leave home only to seek medical care:** You should restrict activities outside your residence, except for getting medical care. Do not go to work, school, or public areas, and do not use public transportation.

2. **Separate yourself from other people in your house:** Do not share your room. Stay separately from other people in the house.

3. **Do not share household items:** Do not share your utensils, drinking glasses, cups, plates, towels, bedding or other items with other people in the house. Wash your belongings thoroughly with soap and water after use.

4. **Wash your hands regularly:** Wash your hands regularly and thoroughly with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with dirty hands.

5. **Cover your mouth and nose while coughing and sneezing:** Cover your mouth and nose with a tissue or flexed elbow while coughing or sneezing. Throw used tissues in a trash can which can be closed and immediately wash your hands with soap and water for at least 20 seconds.

6. **Monitor your symptoms:** Seek immediate medical help if your illness worsens within these 14 days (e.g. difficulty in breathing, increase in body temperature more than 37.5°C or 100.4 °Fahrenheit). Inform the health worker that you have, or are being evaluated for, COVID-19 infection. Continue wearing a clean face mask. This will help the healthcare provider in preventing other people from getting infected.
For more information

https://www.who.int/emergencies/diseases/novel-coronavirus-2019
https://www.bbc.co.uk/news/coronavirus

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1075 – Toll Free
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1115 – Toll Free
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+880 193000011
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