

# Easy Volunteer Actions during COVID19

## Supporting disaster-prone communities with food security and livelihood activities during COVID19

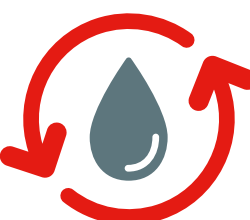
The COVID-19 pandemic is a great challenge to households and communities around the world posing a risk to their health and wellbeing as well as significant socio-economic impacts due to loss of income, disruption of livelihoods, and increasing food insecurity.

Here are a few easy volunteer actions that volunteers can promote to help households to improve hygiene and cope better with the secondary impacts of the pandemic.



### Safe Water, Sanitation and Hygiene

Use soap or ash and water for washing hands. Build your own tippy tap to make handwashing easy and safe!



### Water Harvesting and Conservation

Capture rainwater in whichever way you can – with simple homemade structure using plastic sheets, buckets or roof rainwater capture system. Before drinking the water, treat the water by straining and boiling it or using solar or chemical water treatment.



### Nutrition Awareness

Good nutrition is important to stay healthy and recover well from illness. For a healthy balanced diet, eat food from each of the four food groups every day - the more variety and colours the better.



### Gardens and Shaded Seedling Nurseries

Grow your own fruit and vegetables to improve nutrition and save money. Squeeze in your garden anywhere and everywhere! Gardens can grow in backyards, balconies or roof spaces in sacks, containers, fences or walls. You can also grow your own seedlings to increase crop yield.



### Compost and Homemade Liquid Fertilisers

Make your vegetable garden a success by making your own mulching, compost and homemade organic fertiliser.



### Reducing Fuel for Cooking

Save firewood and cost for fuel by using better cooking methods and self-made improved cookstoves.



### Early Warning and Early Action

Disasters are not ‘on lockdown’. Monitor forecasts and adapt your family and community preparedness plan to comply with COVID-19 social distancing and prevention measures.



### Savings and Loan Associations

SLAs can be a source of social solidarity and a safety net for many families during this crisis, providing funds and credits, sharing out savings, as well as disseminating COVID-19 prevention messages, and psychosocial support. Active groups could explore to move to mobile money and communicate via phone, or social media groups. New groups can be created by adapting meetings to COVID-19 prevention measures.

Kenya, 2018 © Alicia Melville-Smith/British Red Cross



Wash your hands with water and soap or ash regularly.



Grow your own fruit and vegetables to improve nutrition and save money

Masanje District, Malawi, 2019 © J Zaremba