

Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumours and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout our communities, confusing citizens and leaving them unsure where to ask their questions.

The Liberia Coronavirus CivicActs Campaign (CCC) captures rumours and perceptions among communities to eliminate information gaps and debunk rumours before they can do more harm.

COVID-19 Stats for Liberia

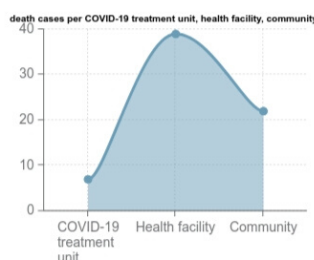
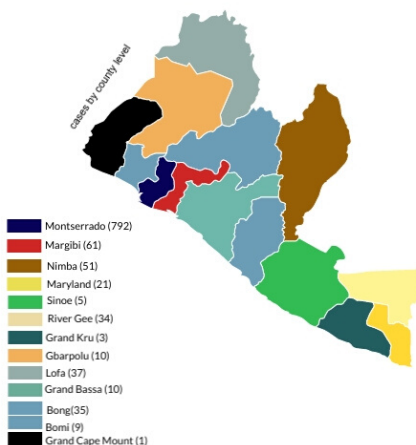
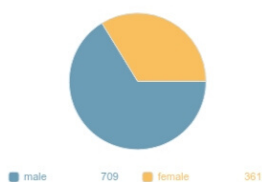
1070 confirmed cases

48% of all confirmed cases are so far active
45% of all confirmed cases have so far recovered
7% of all confirmed cases have so far died
0.02% of Liberia's total population (5 million) already affected by coronavirus



Age range of the affected case is 1 month to 74 years with median age of 41 years

cases by gender



New updates as of July 17

14

new confirmed cases

2

new death case

39

new recovery cases

1530

contacts under follow up

Active hotlines: 4455 & +23177 763 8190

Questions → Facts

What are the key times to wash one's hands as a way of prevention from the COVID-19 virus?

The Center for Disease Control has advised that handwashing should be observed before eating or preparing food, and touching your face; and after using the restroom, eating, coughing or sneezing, leaving a public place, handling cloth face covering, changing a diaper, caring for the sick, and touching animals or pets.

How can I cope with COVID-19 related stress issues?

To help cope with stress that may be related to the COVID-19 pandemic, take care of your body by including good nutrition as part of self-care. Certain vitamins and minerals, such as Vitamins C and D, and zinc, may have effects on how the immune system works to fight off infections, as well as inflammation and swelling. The best way to get these nutrients is through foods, and a healthy diet can help you cope with some of the common panics that come with COVID-19.

Can drinking alcohol prevent people from catching COVID-19?

According to the WHO, drinking alcohol does not protect people from catching COVID-19. In fact, there is a strong medical basis against drinking alcohol. In Drinking alcohol has both short-term and long-term effects on almost every single organ of your body. Furthermore, the risk of damage to your health increases with each drink of alcohol consumed. Alcohol use, especially heavy use, weakens the immune system and thus reduces the ability to cope with infectious diseases, according to the WHO. Remember that because COVID-19 is a respiratory disease, if you drink a lot of alcohol, your immune system will be weakened and it places you at high risk when you catch the virus.

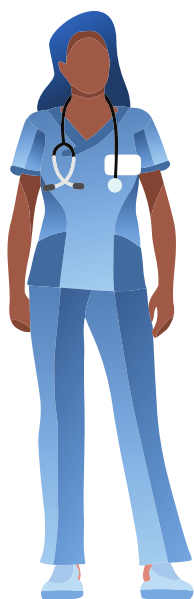
COVID-19 Security Response Liberia National Police Hotlines

Montserrado

- Zone 1 Bushrod Island: 0770800501, 0770800990, 0770800911
- Zone 2 Central Monrovia: 0770800502, 0770800990, 0770800911
- Zone 3 Congo Town: 0770800503, 0770800990, 0770800911
- Zone 4 Garnesville/Barnesville: 0770800504, 0770800911, 0770800990
- Zone 5 Paynesville: 0770800505, 0770800911, 0770800990
- Zone 6 Brewerville: 0770800506, 0770800911, 0770800990
- Zone 7 Corwell: 0770800507, 0770800990, 0770800911
- Zone 8 Paynesville ELWA/Rehab/RIA Highway: 0770800508, 0770800990, 0770800911
- Zone 9 Somalia Drive/Jacob Town: 0770800509, 0770800911
- Zone 10 Vai Town, up to Freeport.: 0770800510, 0770800990, 0770800911
- Zone 11 Mont Barclay - Kakata Highway up to 15 Gate: 0770800511, 0770800990, 0770800911
- Other Senior Police supervisors numbers:
 - 0770800117 - Chief of Patrol and head of Zone and depots
 - 0770800142 - Head of Monrovia Region
 - 0770800125 - ERU Chief
 - 0770800121 - PSU Chief
 - 0770800190 - Chief of Small Arms
 - 0770800109 - Senior Inspector

Follow these steps to help prevent the spread of coronavirus

- Stay at home unless you provide an essential service.
- Keep washing your hands frequently with soap for a minimum of 20 seconds. Use hand sanitizer (with at least 60% alcohol) if soap and water are not available.
- Cover your nose and mouth (with your elbow or a tissue) when sneezing.
- Avoid crowded places and practice physical distancing. If you think you have been exposed to someone with coronavirus, quarantine yourself for a minimum of 14 days and monitor any symptoms.
- The Center for Disease Control (CDC) has confirmed six new possible coronavirus symptoms. They are chills, repeated shaking with chills, muscle pain, headaches, a sore throat,
- new loss of taste and smell. The original reported symptoms remain fever, tiredness and a dry cough.



Do you have any **questions** about coronavirus? Have you heard any **rumors**? Send us your questions at **ccc@accountabilitylab.org** so we can address them!