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.
Questions

Is it true that rinsing your nose with salt water can protect you from COVID-19?

There is no evidence that regularly rinsing the nose with salt water has protected people from infection with the new coronavirus. There is some limited evidence that regularly rinsing the nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

Is it true that taking a hot bath can prevent you from contracting COVID-19?

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5 degrees Celsius to 37 degrees Celsius, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

Is it true that 5G mobile networks are spreading COVID-19 in developing countries?

Viruses cannot travel on radio waves or mobile networks. COVID-19 is spreading in many countries that do not have 5G mobile networks. COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes, or speaks. People can also be infected by touching a contaminated surface and then their eyes, mouth or nose.
KEY AREAS OF INTERVENTIONS

1. **Strengthening Health Systems**
   Supporting efficient functioning of health systems in Liberia to reduce new infection and contain the spread; coordination of actors involved in the response, under the leadership of WHO; contact-tracing and emergency deployment of crisis response surge capacity and logistical capacity of health systems, including fast-track procurement and payment of Health Workers.

2. **Inclusive and Integrated Crisis Management and Multi-Sectoral Response**
   Communication of critical risks, strengthening the social contract and mitigation of socio-economic impacts; promoting communication and advocacy to reduce stigma and promote social cohesion; strengthening community mobilization and surveillance, including cross-border surveillance and cooperation; scaling up alternative livelihoods, strengthening community-police relations through community policing; promoting contactless payment systems and solutions; facilitating delivery of basis social services at decentralized levels; contributing to socio-economic impact studies, particularly on MSMEs and vulnerable/marginalized groups and analyses to support expansion of the fiscal space; ensuring human rights and improving access to justice; promoting inclusive socio-economic and political participation.

3. **Socio-Economic Impact and Recovery**
   Facilitate post-recovery operation, working through the early recovery cluster and through its programmes create and scale up opportunities for livelihoods in communities; foster financial inclusion, particularly for women, youth and the rural poor; strengthen cross-border cooperation policy analyses and create the space for stronger private sector engagement in Liberia’s recovery and development, including through improving the rule of law, and access to justice; reinforcing the government’s ability to delivery basis services in counties; mobilize resources for Liberia’s recovery and longer term development.
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, 07708009111
- 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!