



Newsletter **MEWATA** 2021

PRESIDENT'S MESSAGE



Dear valued colleagues and associates,

A warm welcome to read our newsletter for the Medical Women Association of Tanzania (MEWATA), for the year 2021. MEWATA was established in effort to address women's health issues in collaboration with other professional and non-professional stakeholders to advance the health care of women and children in the society. We appreciate the support from Individuals, Institutions, Media in particular ITV and Radio One, Corporate, Government, Donors, Development Partners, UN Agencies, Our Matron (Patroness) H.E. Mama Salma Kikwete; the Former First Lady and Chairperson of WAMA Foundation, for their continued support to MEWATA that has enabled us to reach where we are.

In this newsletter, you will find educational posters that promote awareness and knowledge on COVID-19 focusing on preventative actions. These were the efforts by MEWATA members to fight the global pandemic and limit its spread and effects to our Country.

We aim to share our organizational achievement with you as we strive to reach more women, girls as well as men with health educational and screening services, also strengthening the health systems in terms of capacity building to enhance service providers' knowledge and skills for better health services provision in our Country.

We worth and comfy your support, ideas and feedback, so that we can continue to provide quality services in Tanzania.

Nani Kama Mama!

Dr. Mary B. Charles

President- MEWATA

Message From the Publicity Team



Dr. Maryam Amour
Publicity Secretary



Dr. Jamila S Mohamed
Asst. Publicity

On behalf of the publicity team, we are honored to welcome you to read our newsletter focusing on COVID-19. The newsletter compiles the efforts of the Executive Committee and members in creating awareness among the general population on COVID-19.

First, we would like to thank the Almighty God for seeing us through this global pandemic. In recent development of the COVID-19 global pandemic, MEWATA organized a task force with the purpose of advocacy, awareness and knowledge provision on COVID-19 to the community. It was determined that one of the most effective ways to help combat COVID-19 and limit its impact to the community and the health systems, is by building people's knowledge and awareness.

We created educational posters and shared on the MEWATA website and various socio-media channels such as Instagram, Facebook and Twitter. We promoted preventive action in communities, including practicing good hygiene and physical distancing measures in line with the National Government guidelines. We ensured that all the messages shared were not only accurate, but also available in our local language.

We would like to take this moment to thank the Health Promotion Services team under the Ministry of Health, Community Development, Gender Elderly and Children in Tanzania for their continuous support. We would also like to extend our appreciation to the MEWATA COVID-19 task force team members for the amazing job done. The professionalism and the endless hours that you spent despite having busy schedules is what made this project successful. A massive thank you to each one of you.

We would also like to take this moment to express our heartfelt gratitude to every MEWATA member who took part in this initiative, truly this wouldn't have been possible without you. THANK YOU.

Lastly, we seize this moment by reminding everyone to continue protecting themselves against COVID-19 by taking necessary precautions. STAY SAFE!!

Nani Kama Mama!



MEWATA COVID-19 Taskforce Members

- 1. Dr. Maryam Amour**
- 2. Dr. Evangelina Chihoma**
- 3. Dr. Magdalena Lyimo**
- 4. Dr. Rehema Simba**
- 5. Dr. Vida Makundi**
- 6. Dr. Emeria Mugonzibwa**
- 8. Dr. Furaha Kyesi**
- 9. Dr. Jamila S Mohamed**
- 10. Dr. Marina Njelekela**
- 11. Dr. Janneth Mghamba**
- 12. Dr. Caroline Damian**
- 13. Dr. Aleesha Adatia**

Executive Committee Members



Dr. Mary B. Charles
President



Dr. Zaitun Bokhary
Vice President



Dr. Furaha P. Kyesi
Executive Secretary



Dr. Lilian Mnabwiru
Treasurer



Dr. Maryam Amour
Publicity Secretary



Dr. Jamila S Mohamed
Asst. Publicity



Dr. Marina Njelekela
EC Member



Dr. Mwanaidi Msuya
MWIA Coordinator



Dr. Irene K. Mukurasi
Co-Zonal Chapters



Dr. Matilda Ngarina
EC Member



Dr. Magdalena Lyimo
EC Member



Dr. Amida Kolombola
EC Member

COVID-19 prevention messages from MEWATA members



Dr. Aleesha Adatia

"It is tradition to visit family during Ramadhan, this year be smart to virtual alternatives where possible. Stay home. Stay safe"

"Ni utamaduni kwa familia kutembeleana kipindi cha Ramadhan, Mwaka huu jitahidi kutumia njia mbadala kadri uwezavyo. Kaa nyumbani, jikinge"



Dr. Aveline Mgasas

"Let us protect our children with masks when outside the house"

"Tualinde watoto wetu tuwalishe barakoa pindi wakitoka nje ya nyumba"



Dr. Bernadetha Shilio

"As we continue taking preventive measures against COVID-19, let us remember that blindness and death from Retinoblastoma (Eye Cancer) is preventable, take your child early to health facility"

"Tukiwa tunaendelea kujikinga na ugonjwa wa COVID-19, tukumbuke vifo na ulemavu wa kutokuona vitokanavyo na saratani ya macho vinazuilika, muwahishe mtoto mapema kwa daktari wa macho kwa uchunguzi na matibabu"



Dr. Caroline Damian

"We are required to adhere to proper handling and disposal of the used mask to prevent CORONA virus infection."

"Tunatakiwa kuzingatia uhifadhi na uteketezaji sahihi wa barakoa zilizotumika ili kuzuia maambukizi ya virusi vya CORONA"



Dr. Debora Kabudi

“During this fight against COVID-19, use disinfectant to clean door handles, tables and other equipments shared by many people. Together we can”

“Katika kipindi hiki cha kupambana na COVID-19, safisha vitasa, meza na vitu vyovyote vinavyotumika na watu wengi. Pamoja tutashinda.”



Dr. Elimina Chuma

“Anyone can be infected by the novel corona virus but the elderly and those with chronic illnesses like diabetes and cancer are at increased risk of developing a severe disease, it is important to protect them.”

“Virusi vya corona vinaweza kumpata mtu yeyote, lakini wazee na watu wenye magonjwa sugu kama kisukari na kansa wana hatari ya kupata dalili kali zaidi, ni muhimu sana kuchukua tahadhari”



Dr. Emeria Mugonzibwa

“During the COVID-19 outbreak, stay at least 1 meter away from others and avoid public activities even if you feel healthy”

“Katika mlipuko huu wa COVID-19, kaa umbali wa zaidi ya mita 1 kati yako na mtu mwingine na epuka shughuli za umma hata kama unajihisi upo mzima.”



Dr. Latifa Rajab

“During this holy month of Ramadhan, WHO encourages the use of personal prayer rugs to place over masjid carpets.”

“Shirika la afya duniani wanashauri tutumie misala yetu pindi tutakapoenda msikitini katika kipindi hiki cha Ramadhani.”



Dr. Germana Leyna

“Eat fruits and vegetables regularly to boost your immunity and health during this period of COVID-19 pandemic”

“Kula mbogamboga na matunda kwa wingi ili kujenga kinga mwili na afya yako katika kipindi hiki cha ugonjwa wa COVID-19”



Dr. Mwanaidi Amiri

“Let’s protect children against getting infected with the Corona virus. Corona is preventable!”

“Tuwalinde watoto dhidi ya maambukizi ya Corona. Corona inazuilika!”



Dr. Rehema Yona

“Children are not spared, we (parents/ guardian and community as a whole) are their ambassadors, let us unite and protect them against this deadly disease.”

“Watoto pia wanaweza kuambukizwa, sisi (wazazi, walezi na jamii kwa ujumla) kama mabalozi wao, tuwakinge dhidi ya ugonjwa huu hatari.”



Dr. Lilian Benjamin

“During this fight against COVID-19, everyone of us has a part to play. By following all the necessary preventive measures, you are protecting those around you. Be responsible!”

“Katika kipindi hiki cha kupambana na COVID-19, ni wajibu wa kila mmoja wetu kujikinga. Unapojilinda na kufuata maelekezo ya kinga, unawalinda na wanaokuzunguka. Timiza wajibu wako!”



Dr. Rehema Athuman Simba

“To reduce Corona virus nosocomial infections, health care workers need to adhere to Infection Prevention Control guidelines.”



Dr. Jacqueline Gabone

“Health care workers, try and use coping strategies such as ensuring sufficient rest during work or between shifts. Take care of yourself during this time.”



Dr. Masuma Gulamhussein

“We health care workers are at a high risk of acquiring COVID-19. We need to follow diligently, infection prevention control measures and be fully equipped while taking care of COVID-19 patients.”



Dr. Sarah J. Maongezi

“Older people, and people with preexisting conditions (such as cancer, heart diseases, diabetes, respiratory conditions and HIV) appear to be more susceptible to becoming severely ill with Covid-19.

Continue to take your medication and follow medical advice.”



Dr. Martha Mkony

“Children are at high risk of getting infected with the CORONA virus just like the general population. During this time when schools are closed, they need to be under parenteral supervision and avoid playing in groups in common grounds.”

“Watoto wanaweza kupata maambukizi ya virusi vya CORONA! Watoto wakingwe kwa kuzuiwa wasiende kwenye mikusanyiko na michezo ya jumuiya katika kipindi walichofunga shule”



Dr. Furaha Kyesi

“For breastfeeding symptomatic mothers, it is recommended that they wear a mask when near a child, washing hands before and after contact with the child and cleaning contaminated surfaces.”

“Kwa mama anaenyonyesha na mwenye dalili za ugonjwa wa COVID 19 anashauriwa avae barakoa akiwa karibu na mtoto, aoshe mikono kabla na baada ya kumshika mtoto.”



Dr. Kokuhabwa Irene Mukurasi

“Smoking likely increases the risk for getting COVID-19. Quit now to protect yourself.”

“Uvutaji wa sigara huongeza hatari ya kupata COVID-19. Jilinde kwa kuacha sasa.”



Dr. Matlida Ngarina

“Corona is preventable, we need to protect pregnant women and children.”

“Corona inazuilika, tuwalinde wajawazito na watoto.”



Dr. Jamila S Mohamed

“WHO urges older people and anyone with pre-existing medical conditions such as cardiovascular diseases, diabetes, chronic respiratory diseases and cancer not to attend gatherings during this month of Ramadhan, as they are considered vulnerable to severe disease and death from COVID-19”

“Shirika la Afya duniani limeshauri wazee na wananchi wenye magonjwa sugu kama kisukari, saratani, ugonjwa wa moyo na mapafu kutokuhudhuria mikusanyiko isiyo ya lazima katika kipindi hiki cha mfuno wa Ramadhani”



Dr. Marina Njelekela

“Avoid unnecessary visits during the COVID-19 outbreak. Some people may not show obvious symptoms or may not be aware if they are infected. Stay at Home.”

“Epuka kutembeleana wakati huu wa mlipuko wa COVID-19. Watu wengine huenda wakawa na maambukizi bila kuwa na dalili zozote hasa katika siku za mwanzo za maambukizi. Kaa nyumbani.”



Dr. Magdalena Lyimo

“Cover your mouth and nose by sneezing or coughing into a flexed elbow.”

“Funika mdomo na pua na sehemu za ndani na kiwiko cha mkono unapopiga chafya au kukohoa.”



Dr. Happiness Mbeyela

“Wear a mask to prevent yourself and the community from getting COVID-19. ”

“Vaa barakoa kujikinga wewe na jamii dhidi ya maambukizi ya virusi vya CORONA”



Dr. Deograsia Mkapa

“Protect yourself from getting COVID-19, wash your hands with soap and running water everytime.”

“Jikinga na ugonjwa wa COVID-19, osha mikono kwa sabuni na maji yanayotiririka wakati wote.”



Dr. Evangeline Chihoma

“WHO recommends pregnant women to follow appropriate precautions to protect themselves from exposure to the virus, and continue attending clinics.”

“Shirika la Afya Duniani limeshauri wanawake wawazito nao wachukue tahadhari zilizoelekezwa na wizara ya afya ya jinsi ya kujikinga na maambukizi na kuendelea na mahudhurio yao ya kliniki bila kuacha ”



Dr. Asha Mahita

“Avoid crowded places and unnecessary trips in order to avoid getting infected with the CORONA virus.”

“Epuka mikusanyiko na safari zisizo za lazima ili kuepuka maambukizi ya virusi vya CORONA.”



Dr. Grace Magembe

“Corona is preventable. Protect pregnant women, children and old people.”

“Corona inazuilika, walinde wawazito, watoto na wazee.”



Prof. Febronia Kahabuka

“Ni muhimu wote tuzingatie kujikinga dhidi ya ugonjwa wa Covid-19 bila kusubiri kukumbushwa au kushurutishwa.”



Dr. Angela Thomas

“Tunaweza kupambana na ugonjwa wa Covid 19 kama sote tutatimiza wajibu wetu wa kujikinga. Tuondoe hofu ambayo inaweza kutumaliza haraka zaidi kuliko maambukizi yenyewe ya virusi vya Corona tunapohisi tumepata maambukizi.”



Dr. Vida Makundi

“Usivue barakoa yako wakati unataka kupiga chafya au kukohoa. Hivyo si sahihi. Jikinge, wakinge na wengine!”



Dr. Asha Jororo

“Wakati tunapambana na vita dhidi ya janga la COVID 19, tuzingatie kunawa mikono, kutumia vitakasa mikono na kuepuka msongamano hata tunapokuwa katika nyumba za Ibada. COVID 19 haina Dawa.”



Dr.Emiliana Mvungi

“Pamoja na kuchukua tahadhari elekezi kutoka Wizara ya Afya na Shirika la Afya duniani, tujitahidi kuimarisha kinga ya mwili kwa kuzingatia lishe Bora, kula matunda na mboga mboga kwa wingi.”



Dr.Safina Yuma

“Katika kipindi hiki cha ugonjwa wa Covid-19, tunashauri kuendelea kutumia huduma za upimaji wa saratani ya mlango wa kizazi ili kupunguza vifo vitokanavyo na saratani ya mlango wa kizazi.”



Dr.Honesta Kipasika

“Usirudie kuvaa barakoa ambayo imeshatumika kabla haijafuliwa na kupigwa pasi. Barakoa chafu huweza kua chanzo cha maambukizi ya virusi vya Corona. Chukua tahadhari.”



Dr.Adelaida Elisamehe Mghase

“COVID-19 ni vita. Fuata maelekezo ya wataalam wa Afya. Jikinge na wakinge wazee,watoto,wasiojiweza,walemavu na watoto wa mtaani. Pamoja tutaishinda!”



Prof. Julie Makani

“Please listen to the advice from Ministry of Health regarding COVID-19”

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“Please listen to the advice from Ministry of Health regarding COVID-19”



Dr. Najma Jamal Awadh

“It’s important that we all look after our mental wellbeing during the coronavirus outbreak.

Try to keep up a daily routine and stay in touch with friends and family remotely.”



Dr. Jema Bisimba

“We know that in any crisis the young and the most vulnerable suffer disproportionately. It is our responsibility to prevent suffering, save lives and protect the health of every child during this pandemic.”



Dr. Rahma Awadh Omar

“WHO recommends 30 minutes of physical activities for adults in a day. Aside from gym and jogging clubs this can be done in our house compound as initiative of avoiding unnecessary congestion.”



Dr. Mariam Ngaeje

"It is important that we all follow preventive measures against COVID 19 as advised by health professionals. This will help to reduce transmission of this disease in our communities"

"Ni muhimu kila mmoja wetu kuchukua tahadhari zote za kujikinga dhidi ya ugonjwa wa COVID-19 kama tunavyoelekezwa na wataalam. Hii itasaidia kupunguza kasi ya maambukizi ya ugonjwa huu kwenye jamii yetu."



Dr. Lucy Brenda Masao

"Physical activity may boost your immunity stay active."



Dr. Lilian R Mnabwiru

"Wafanyakazi wa Afya, tuendeleo kutoa huduma bora tukizingatia kujikinga sie wenyewe tusipate maambukizi na pia kuwakinga wagonjwa wasipate maambukizi."



Dr. Harieth Msagati

"Ingawa idadi ya watu wanaogundulika kuwa na COVID-19 inaongezeka, habari njema ni kwamba wanaopona ni wengi, Tuendeleo kuchukua tahadhari, COVID-19 inazuilika."



Dr. Getrud Mollel

Tuendeleo kufuata ushauri unaotolewa na wataalamu ili kujikinga na Korona. Usipuuzze!






COVID - 19

"Uvutaji wa sigara huongeza hatari ya kupata COVID-19. Jilinde kwa kuacha sasa."

Dr. Kokuhabwa Irene Mukurasi
MEWATA

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COVID - 19

"COVID-19 ni vita. Fuata maelekezo ya wataalam wa Afya. Jikinge na wakinge wazee, watoto, wasiojiweza, walemavu na watoto wa mtaani. Pamoja tutaishinda!"

Dr. Adelaida Elisamehe Mghase
MEWATA

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COVID - 19

"Tukiwa tunaendelea kujikinga na ugonjwa wa COVID-19, tukumbuke vifo na ulemavu wa kutokuona vitokanavyo na Saratani ya Macho vinazuilika, muwahishe mtoto mapema kwa daktari wa macho kwa uchunguzi na matibabu"

Dr Bernadetha Shilio
MEWATA

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COVID - 19

"Wakati tunapambana na vita dhidi ya janga la COVID 19, tuzingatie kunawa mikono, kutumia vitakasa mikono na kuepuka msongamano hata tunapokuwa katika nyumba za Ibada. COVID 19 haina Dawa."

Dr Asha Jororo
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COVID - 19

"Ni utamaduni kwa familia kutembeleana katika kipindi Cha Ramadhan, mwaka huu jitahidi kutumia njia mbadala kadri uwezavyo. Kaa nyumbani, Jikinge"

Dr Alesha Adatia
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COVID - 19

"Tunaweza kupambana na ugonjwa wa Covid 19 kama sote tutatimiza wajibu wetu wa kujikinga. Tuondoe hofu ambayo inaweza kutumaliza haraka zaidi kuliko maambukizi yenyewe ya virusi vya Corona tunapohisi tumepata maambukizi"

Dr Angela Thomas
MEWATA

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COVID - 19

“Usirudie kuva barakoa ambayo imeshatumika kabla haijafuliwa na kupigwa pasi. Barakoa chafu huweza kua chanzo cha maambukizi ya virusi vya Corona. Chukua tahadhari!”

Dr Honesta Kipasika
MEWATA



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COVID - 19

“Ingawa idadi ya watu wanaogundulika kuwa na COVID-19 inaongezeka, habari njema ni kwamba wanaopona ni wengi. Tuendeele kuchukua tahadhari, COVID-19 inazuilika.”

Dr Harieth Msagati
MEWATA





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COVID - 19


“Watoto pia wanaweza kuambukizwa, sisi (wazazi, walezi na jamii kwa ujumla) kama mabalozi wao, tuwakinge dhidi ya ugonjwa huu hatari!”

Dr Rehema Yona
MEWATA



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COVID - 19

“Usivue barakoa yako wakati unataka kupiga chafya au kukohoa. Hivyo si sahihi. Jikinge, wakinge na wengine!”

Dr Vida Makundi
MEWATA



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COVID - 19

“Ni muhimu wote tuzingatie kujikinga dhidi ya ugonjwa wa Covid-19 bila kusubiri kukumbushwa au kushurutishwa!”

Prof. Febronia Kahabuka
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COVID - 19

“Funika mdomo na pua kwa sehemu ya ndani ya kiwiko cha mkono unapopiga chafya au kukohoa.”

Dr. Magdalena Lyimo
MEWATA



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CORONA INAZULIKA

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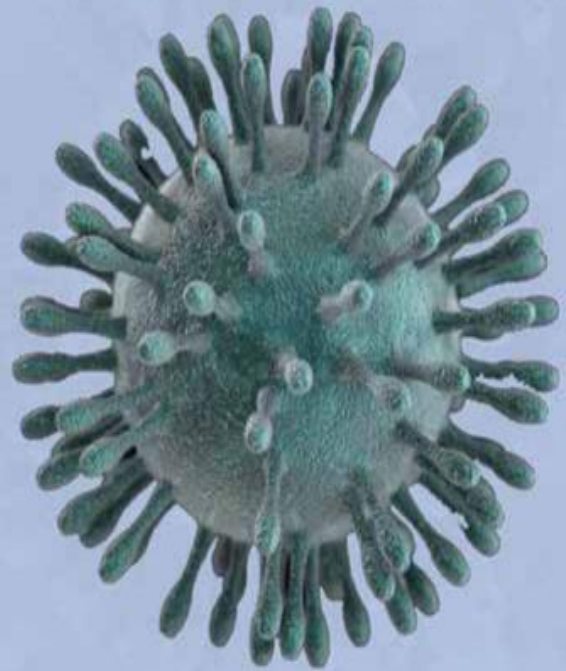
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JIKINGE NA CORONA

Jikinge, wakinge Wengine
Corona inazuilika

Kwa Elimu na Ushauri Piga Simu **199** Bure
"Afya Call Center"



Tuendeleo kuchukua
tahadhari

    @Elimu ya Afya



*Idara ya Kinga,
Kitengo cha Elimu ya Afya kwa Umma*

Tovuti: www.moh.go.tz



JIKINGE NA CORONA

Jikinge, wakinge Wengine
Corona inazuilika

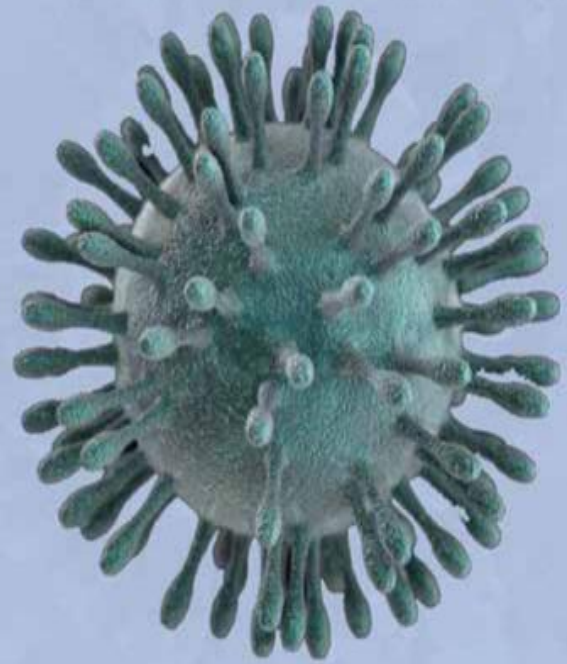
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"Afya Call Center"

    @Elimu ya Afya



*Idara ya Kinga,
Kitengo cha Elimu ya Afya kwa Umma*

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Tuendeleo kuchukua
tahadhari



FAHAMU KUHUSU UGONJWA WA CORONA

Ugonjwa huu huenezwa kwa kuingiwa na majimaji yatokayo kwenye njia ya hewa wakati mtu mwenye ugonjwa huu anapokohoa au kupiga chafya, njia nyingine ya maambukizi ni kwa kugusa majimaji yanayotoka puani (kamasi) na kisha kujigusa machoni, mdomoni au puani.



DALILI ZA HOMA YA VIRUSI VYA CORONA



Homa



Kikohozi



Kubanwa mbavu na kupumua kwa shida



Kuumwa kichwa



Vidonda kooni



Mwili kuchoka na maumivu ya misuli



Kumbuka, dalili za Corona zinaweza kufanana na Magonjwa mengine. Ukipata mojawapo ya dalili hizi wahi kituo cha huduma za afya kilicho karibu nawe kwa uchunguzi na matibabu.

JINSI YA KUJIKINGA NA HOMA YA VIRUSI VYA CORONA



Safisha mikono yako mara kwa mara kwa maji tiririka na sabuni au kwa dawa ya kutakasa mikono



Epuka kusalimiana kwa kushikana mikono



Funika mdomo na pua wakati wa kukohoa au kupiga chafya



Epuka kugusa macho, pua au mdomo



Kaa mbali angalau mita 1 au zaidi



Epuka misongamano

PATA TAARIFA SAHIHI PIGA 199 BURE AFYA CALL CENTER

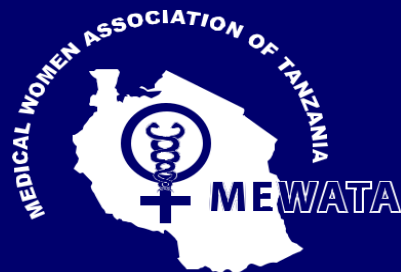


@Elimu ya Afya

Jikinge, wakinge wengine
Corona inazuilika



Wizara ya Afya, Maendeleo ya Jamii,
Jinsia, Wazee na Watoto.
Idara ya kinga, Kitengo cha Elimu ya Afya kwa Umma
Tovuti: www.moh.go.tz



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(MEWATA)***

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