



FAQs



Have more questions about what being a Champion Against COVID-19 will mean for you? **Keep reading!**

Why should I become a Champion Against COVID-19?

The past months have shown us how much good we can do when we work together. Even though restrictions may be loosening, COVID-19 is still a real threat. By taking action as a Champion Against COVID-19, you will contribute as an individual to collective efforts to reduce transmission of the virus and help make life safer for yourself, family, friends and community.

Why do individuals like me need to act?

All communities are different. We need unique, local solutions to the challenges each of us are facing. You know your community and are best placed to find the right solutions and put them into action.

Who can be a Champion Against COVID-19?

Anyone! Whoever you are and whatever you do, we need you. The only way we can stop the pandemic is together, with each individual playing their part. Throughout the campaign, we will help you identify unique ways you can make a change in your individual context, no matter how big or small.

What do I need to become a Champion Against COVID-19?

Access to an email address, motivation to take a small action each week and a small amount of time – this can be as little as a few minutes a day.

What will I do as a Champion Against COVID-19?

Each week, for a period of 6 weeks, starting on 11 April, you will receive a mission straight to your inbox. The mission will encourage you to think about some of the challenges that have been impacting you, your friends and family, and others in your community. Together, we will take simple steps to find solutions that you can put into action.

You will talk to other people in your on- and off-line social networks to brainstorm great ideas, and figure out how to put them into practice. If you have access to social media, you will be able to connect with other Champions online, sharing ideas and learning from each other.

What are the missions?

- **In Week 1, we will focus on spreading the facts about COVID-19 and managing misinformation.** You might take action by sharing tips about how to protect yourself against COVID-19 on social media, or talking to a relative in person.
- **In Week 2, we will talk about how to live a healthy lifestyle.** You might take action by improving your diet or increasing physical activity.
- **In Week 3, we will identify ways to take personal responsibility and practice self-monitoring for COVID-19 risk and symptoms. You will also seek solutions on how to individually contribute to reducing the number of cases in your community.** You might demonstrate to your family ways to monitor for symptoms and what actions to take if they suspect they have COVID-19.
- **In Week 4, we will learn how to stay mentally healthy in a pandemic.** You might check in with a friend that you are worried about.
- **In Week 5, we look at how to support the ongoing COVID-19 vaccination programme.** You might help your grandparent to register for the vaccine booster or go with them to the clinic.
- **In Week 6, we will summarize key behaviours necessary to live with the virus.** You could reflect on previous weeks' missions and key takeaways, highlighting the most important actions one can practice to stay healthy and safe from the virus.

**Together, we will figure out what your community needs, and how to make that happen.
We don't know where we will end up – but we are sure it will be an exciting journey!**

