Name: Garba Angel Eje

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Question: Identify the roles of specific international organizations in responding to covid-19 pandemic globally.

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The world health Organization was founded on the 7th April 1948, in Geneva, Switzerland. A specialised area of the United Nations which is concerned with public health globally.

The role of the world Health organization, under the United Nations, has been up and about ever since the coming about of the global pandemic coronavirus(covid-19) ,which was first noted in 1960 but came about again in 2019 in China, Wuhan. The World Health Organization made provision to help less developed countries to train and prepare them for the pandemic as they felt this pandemic would have more impacts on them, the world Health Organization, advises people to socially distance themselves and be very hygienic, there is also a platform on Instagram controlled by ‘The World Health Organization’ named ‘globalcitizens' where a lot of celebrities log on to give their support to citizens, keep them entertained with Q&A, giveaways, performances, etc. The world health organization made provisions for masks and are trying their best to get a vaccine for the pandemic but it may take sometime but they are working hard to attain it. The world health Organization has shipped more than two million items of personal protective equipment to 133 countries, and is preparing to ship another two million items in the coming weeks. More than a million diagnostic tests have been dispatched to 126 countries, in all regions, and more are being sourced.

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease, COVID-19, to be a Public Health Emergency of International Concern. WHO stated that there is a high risk of COVID-19 spreading to other countries around the world. In March 2020, WHO made the assessment that COVID-19 can be characterized as a pandemic. WHO and public health authorities around the world are acting to contain the COVID-19 outbreak. The plan, which is updated as fresh information and data improve WHO’s understanding of the characteristics of the virus and how to respond, acts as a guide for developing country-specific plans. The health agency’s six regional offices, and 150 country offices, work closely with governments around the world to prepare their health systems for the ravages of COVID-19, and to respond effectively when cases arrive and begin to mount With partners, WHO set up the COVID-19 Solidarity Response Fund, to ensure patients get the care they need, and frontline workers get essential supplies and information; and to accelerate research and development of a vaccine and treatments for all who need them. With donations from governments, the private sector and individuals, more than $800 million has been pledged or received for the response so far.

However, far more is needed, and world health Organization is working with the International Chamber of Commerce, the World Economic Forum, and others in the private sector, to ramp up the production and distribution of essential medical supplies. On 8 April, world health organization launched a “UN COVID-19 Supply Chain Task Force”, which aims to dramatically increase the supply of essential protective equipment where it is needed. World health Organization is aiming to train millions of health workers, via its OpenWHO platform. Thanks to this online tool, life-saving knowledge is being transferred to front line personnel by the Organization, and its key partners. The agency launched a “Solidarity Trial”, an international clinical trial, involving 90 countries, to help find effective treatment. The aim is to rapidly discover whether any existing drugs can slow the progression of the disease, or improve survival. Tedros said that WHO is involved with many other initiatives and actions, but all of them come under these five essential pillars. The agency’s focus, he said, is “on working with countries and with partners to bring the world together to confront this common threat together”. A particular concern, he added, is for the world’s poorest and most vulnerable, in all countries, and WHO is committed to “serve all people of the world with equity, objectivity and neutrality.” Users take part in a worldwide, social learning network, based on interactive, online courses and materials covering a variety of subjects. OpenWHO also serves as a forum for the rapid sharing of public health expertise, and in-depth discussion and feedback on key issues. So far, more than 1.2 million people have enrolled in 43 languages. To better understand the virus, world health organization has developed research protocols that are being used in more than 40 countries, in a coordinated way, and some 130 scientists, funders and manufacturers from around the world have signed a statement committing to work with WHO to speed the development of a vaccine against COVID-19.

However, this time of crisis is generating stress throughout the population. The considerations presented in this document have been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak.

**Messages for the general population**

1. COVID-19 has and is likely to affect people from many countries, in many geographical locations. When referring to people with COVID-19, do not attach the disease to any particular ethnicity or nationality. Be empathetic to all those who are affected, in and from any country. People who are affected by COVID-19 have not done anything wrong, and they deserve our support, compassion and kindness.

2. Do not refer to people with the disease as “COVID-19 cases”, “victims” “COVID-19 families” or “the diseased”. They are “people who have COVID-19”, “people who are being treated for COVID-19”, or “people who are recovering from COVID-19”, and after recovering from COVID-19 their life will go on with their jobs, families and loved ones. It is important to separate a person from having an identity defined by COVID-19, in order to reduce stigma.

3. Minimize watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed; seek information only from trusted sources and mainly so that you can take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day, once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts; not rumours and misinformation. Gather information at regular intervals from the WHO website and local health authority platforms in order to help you distinguish facts from rumours. Facts can help to minimize fears.

4. Protect yourself and be supportive to others. Assisting others in their time of need can benefit both the person receiving support and the helper. For example, check by telephone on neighbours or people in your community who may need some extra assistance. Working together as one community can help to create solidarity in addressing COVID-19 together.

5. Find opportunities to amplify positive and hopeful stories and positive images of local people who have experienced COVID-19. For example, stories of people who have recovered or who have supported a loved one and are willing to share their experience.

6. Honour carers and healthcare workers supporting people affected with COVID-19 in your community. Acknowledge the role they play in saving lives and keeping your loved ones safe.

**Messages for healthcare workers**

7. Feeling under pressure is a likely experience for you and many of your colleagues. It is quite normal to be feeling this way in the current situation. Stress and the feelings associated with it are by no means a reflection that you cannot do your job or that you are weak. Managing your mental health and psychosocial well-being during this time is as important as managing your physical health.

8. Take care of yourself at this time. Try and use helpful coping strategies such as ensuring sufficient rest and respite during work or between shifts, eat sufficient and healthy food, engage in physical activity, and stay in contact with family and friends. Avoid using unhelpful coping strategies such as use of tobacco, alcohol or other drugs. In the long term, these can worsen your mental and physical well-being. The COVID-19 outbreak is a unique and unprecedented scenario for many workers, particularly if they have not been involved in similar responses. Even so, using strategies that have worked for you in the past to manage times of stress can benefit you now. You are the person most likely to know how you can de-stress and you should not be hesitant in keeping yourself psychologically well. This is not a sprint; it’s a marathon.

9. Some healthcare workers may unfortunately experience avoidance by their family or community owing to stigma or fear. This can make an already challenging situation far more difficult. If possible, staying connected with your loved ones, including through digital methods, is one way to maintain contact. Turn to your colleagues, your manager or other trusted persons for social support – your colleagues may be having similar experiences to you.

10. Use understandable ways to share messages with people with intellectual, cognitive and psychosocial disabilities. Where possible, include forms of communication that do not rely solely on written information.

11. Know how to provide support to people who are affected by COVID-19 and know how to link them with available resources. This is especially important for those who require mental health and psychosocial support. The stigma associated with mental health problems may cause reluctance to seek support for both COVID-19 and mental health conditions. The mhGAP Humanitarian Intervention Guide includes clinical guidance for addressing priority mental health conditions and is designed for use by general healthcare workers.

**Messages for team leaders or managers in health facilities**

12. Keeping all staff protected from chronic stress and poor mental health during this response means that they will have a better capacity to fulfil their roles. Be sure to keep in mind that the current situation will not go away overnight and you should focus on longer-term occupational capacity rather than repeated short-term crisis responses.

13. Ensure that good quality communication and accurate information updates are provided to all staff. Rotate workers from higher-stress to lower-stress functions. Partner inexperienced workers with their more experienced colleagues. The buddy system helps to provide support, monitor stress and reinforce safety procedures. Ensure that outreach personnel enter the community in pairs. Initiate, encourage and monitor work breaks. Implement flexible schedules for workers who are directly impacted or have a family member affected by a stressful event. Ensure that you build in time for colleagues to provide social support to each other.

14. Ensure that staff are aware of where and how they can access mental health and psychosocial support services and facilitate access to such services. Managers and team leaders are facing similar stresses to their staff and may experience additional pressure relating to the responsibilities of their role. It is important that the above provisions and strategies are in place for both workers and managers, and that managers can be role-models for self-care strategies to mitigate stress.

15. Orient all responders, including nurses, ambulance drivers, volunteers, case identifiers, teachers and community leaders and workers in quarantine sites, on how to provide basic emotional and practical support to affected people using psychological first aid.

16. Manage urgent mental health and neurological complaints (e.g. delirium, psychosis, severe anxiety or depression) within emergency or general healthcare facilities. Appropriate trained and qualified staff may need to be deployed to these locations when time permits, and the capacity of general healthcare staff capacity to provide mental health and psychosocial support should be increased (see the mhGAP Humanitarian Intervention Guide).

17. Ensure availability of essential, generic psychotropic medications at all levels of health care. People living with long-term mental health conditions or epileptic seizures will need uninterrupted access to their medication, and sudden discontinuation should be avoided.

In conclusion,, the world health Organization is trying its best to come up with a cure as fast as they can but they want people to also when tested positive to allow them carry out test on them to see if there will be any changes whatsoever in their system, but in the mean time they advice all citizens to please be safe and hygienic and report any case once suspected. Stay connected and maintain your social networks. Try as much as possible to keep your personal daily routines or create new routines if circumstances change. If health authorities have recommended limiting your physical social contact to contain the outbreak, you can stay connected via telephone, e-mail, social media or video conference. During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food. Keep things in perspective. Public health agencies and experts in all countries are working on the outbreak to ensure the availability of the best care to those affected. A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Seek information updates and practical guidance at specific times during the day from health professionals and WHO website and avoid listening to or following rumours that make you feel uncomfortable.

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