COVID-19 Discussion Guide

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Breakthrough ACTION
FOR SOCIAL & BEHAVIOR CHANGE

Key messages about Vaccinations

Vaccinations are the most effective way of preventing diseases such as COVID-19, Polio, Tetanus, Measles, etc. To prevent further outbreaks, we should aim to vaccinate at least 70% of the eligible population to protect your family, friends, and community.

1. **What is Vaccination?**
    - Vaccination is the process of protecting our body against harmful diseases before we come in contact with them "Vaccination is safe, simple and effective".

2. **What are the benefits of vaccines?**
    - It protects our immune system from getting diseases such as measles, smallpox, polio, and even COVID-19
    - It saves families the cost of treatment and living with disability such as paralysis, blindness, etc.,
    - When more people in the community are immunized against a disease, it prevents the disease from spreading to others in the community.
    - Evidence proves that vaccines are safe and effective; therefore, save lives and protect you and your loved ones

3. **Who is eligible to take the vaccine?**
    - Depending on the vaccine, both adults and children are eligible to take vaccines.

4. **What diseases are vaccines available for?**
    - Children – Polio, Hepatitis, Tuberculosis, Pneumonia, Whooping Cough, Measles, Meningitis, Diarrhoea, Tetanus, etc.
    - Adult – Tetanus, Yellow Fever, Hepatitis, COVID-19, etc.

5. **What is COVID-19?**
    - COVID-19 is an infectious disease caused by a virus and it affects the respiratory tract (nose, mouth, throat, and lungs).

6. **How is COVID-19 spread?**
    - It spreads mainly through infected droplets (when coughing, sneezing, talking, singing, etc.) from person-to-person contact. Infections can be mild, moderate, or severe.

7. **What are the main symptoms of COVID-19?**
    - Fever, tiredness of the body, body aches, headache, cough, catarrh, sore throat, loss of smell or taste of food in mild cases and in severe cases, difficulty in breathing.

Note: *Someone with COVID-19 may also not have any symptoms but he/she can still spread the virus. Only a COVID-19 test can confirm your status. The test is quick and free. Call 6232 for a testing site.*

8. How can I prevent COVID-19 infection?

- The best way is to get vaccinated and complete your doses
- Wash hands with soap (or sanitizer) frequently
- When coughing or sneezing use your elbow to cover your mouth and nose
- Wear face masks when in closed spaces or experiencing respiratory symptoms
- Maintain social distance in crowded places
- When in a closed space, open the windows
- Self-isolate yourself if tested positive or have any COVID-19 symptoms.

9. Who should take the COVID-19 vaccine?

A) Persons who are up to the age of 18 years old and above including

- Pregnant women and breastfeeding mothers
- Elderly persons
- Someone with underlying health conditions e.g., hypertension, diabetes
- Persons Living with HIV are especially encouraged to take the vaccine

B) Persons between the ages of 12 and 17 years who require it for educational purposes

10. Is it true that the COVID-19 vaccine can cause infertility now or in the future?

- Prove has shown that the COVID-19 vaccine is simple, safe, and effective.
- There is no evidence that says a woman's inability to get pregnant after taking the vaccine and there is no evidence of fertility loss/impotence in men

Note: *If you have any questions about COVID-19 Vaccines.* ***Call 7722*** *and someone will answer your question.*

11. What should I expect after getting vaccinated (adult or childhood vaccines)?

- Some people experience mild side effects such as tiredness, headache, chills, slight fever, and pain/numbness/swelling at the injection site, this should disappear within a day or two.
- Pain and fever can be managed at home with paracetamol.
- However, in case you observe any reactions after vaccination, visit the health center you took the vaccines or contact the LGA Disease Surveillance and Notification Officer (DSNO), whose phone number is on the vaccination card (COVID and Child Health Card).

12. Do I need to take all the vaccine doses (adult and childhood vaccines)?

- Yes. To get maximum protection against diseases (COVID, polio, etc.,) everyone must complete their vaccination schedule.
- The complete dose is important to ensure you are fully protected.
- It will also help to reduce the severity of the disease
- Ask the health care worker for more information on the number of doses required for the different vaccines and your next schedule.

13. Why do I need to take a booster dose for the COVID vaccine?

- Just like polio vaccines with multiple doses, the COVID vaccine requires multiple doses as the COVID-19 virus keeps changing
- A booster dose will help to keep your immunity strong and provide it with maximum protection against different types of COVID-19 virus.
- Overall, it helps to reduce the risk of exposure, increases immune system strength to fight against different types of the virus, and increases immunity.
- The first booster shot is taken 6 months after the second or first dose (depending on the vaccine)
- The second booster shot is taken 4 months after the first booster shot.

14. If I previously had a COVID-19 infection, do I need to be vaccinated?

- Yes. You should still be vaccinated but only after you have fully recovered from the infection.
- The vaccine will reduce the risk of re-infection with COVID-19 or if infected, the vaccine will prevent severe disease, hospitalization, and death.

15. What should I do if I missed a scheduled dose?

- You can still visit the nearest primary health center with your vaccination card ***"As soon as Possible".***

16. Where can I get more information on the COVID-19 vaccine?

- You can get more information including vaccination schedule from the nearest Health Center close to you.

Note: *If you have any questions about COVID-19 Vaccines.* ***Call 7722*** *and someone will answer your question.*

17. Why are we promoting COVID-19 and childhood immunization together?

- This is to ensure no one is left behind, every family member can receive health services appropriate to them at the health facility.
- In addition, the mobile vaccination teams are providing both COVID-19 and childhood vaccines. So, bring your children under 2 years with you to the vaccination centre.

18. What type of services will be provided during the integrated Childhood and COVID-19 Vaccination?

- Routine immunization services (e.g., OPV, Penta, Measles, etc.) for children under 2 years
- Child nutrition services e.g., Vitamin A for children 6 months to 5 years
- COVID-19 vaccines for adults 18 years and above
- Meningitis, Yellow Fever, and Tetanus for children and adults (up to 44 years)
- Primary health care services such as antenatal and postnatal care, family planning and general checkup for adults

19. Can COVID-19 vaccines be administered with other adult vaccines at the same time/period?

- Yes. COVID-19 vaccines can be co-administered with the other adult vaccine during the same visit.
- Giving all vaccines for which, a person is eligible at the same visit is a best practice as it increases the probability people will be up to date on recommended vaccines.

20. What is the vaccination schedule for COVID?

REVISED COVID-19 VACCINATION GUIDELINE

SN	VACCINE TYPE	1ST DOSE	2ND DOSE	BOOSTER DOSE
1	AstraZeneca	AstraZeneca	AstraZeneca or Johnson & Johnson	Pfizer-BioNTech or Johnson & Johnson
2	Moderna	Moderna	Moderna or Pfizer-BioNTech or Johnson & Johnson	Moderna or Pfizer-BioNTech or Johnson & Johnson
3	Pfizer-BioNTech	Pfizer-BioNTech	Pfizer-BioNTech or Johnson & Johnson	Pfizer-BioNTech or Johnson & Johnson
4	Johnson & Johnson (Only one dose)			Johnson & Johnson or Pfizer-BioNTech

NPHCDA – National Primary Health Care Development Agency

Introduction

Greetings... [Good Morning/Afternoon/Evening].

My name is _____,
I am a community volunteer supporting the health department of _____ Local Government Area and the State Ministry of Health in collaboration with Breakthrough ACTION-Nigeria.

I am working to raise awareness and educate the community on how to improve their health. Part of what the project is doing is to discuss with people the things they can do to ensure their families and communities stay healthy and thrive.

If you do not mind, please can I take some time to discuss some of these things? Please note that everything we are going to discuss here is confidential.

Screening for Audience Segmentation

#	Screening Question	Instructions
S1	Have you been vaccinated for COVID-19?	Yes > S2 No > S7
S2	Which vaccine did you get?	Pfizer/BioNtech > S3 Moderna > S3 AstraZeneca > S3 Johnson > S5
S3	Have you had both doses?	Yes > S5 No > S7
S4	When did you get your first shot?	Less than 6 weeks ago > S7 More than 6 weeks ago > S7
S5	Did you get a booster shot?	Yes > S6 No > S7
S6	When did you get your last shot?	Less than 6m ago > S7 More than 6m ago > S7
S7	Have you ever been tested for COVID-19?	Yes No

- If S1 is No, go to page 2 "Complacency" and continue through page 4 "Fast & Free Vaccination"
- If S3 is No, go to page 5 "Complete Vaccination"
- If S5 is No, go to page 7 "Booster Shot"

After completing the relevant Vaccination Topics, follow the guidance on Testing:

- If S7 is No, go to page 9 "Risk Severity (Threat)" and continue through page 11 "Prevention (Self Efficacy)"
- If S7 is Yes, finish the session.

TOPICS

Vaccination

Testing

Discussion Guide on COVID-19 Vaccination

Risk Severity (Complacency)

Recommended time:
2 minutes

SBC Objective:

Increase the belief that COVID-19 is a severe risk for serious illness or death to vulnerable friends or family members or other people in the community.

Probing Question	Desired Response
Do you know about anyone who got COVID-19? *If yes, probe for whether the person was very sick, was hospitalized, or worse.* *If no, probe for whether they have heard about anyone in Nigeria who got infected.*	Many people who get COVID do not get terribly sick, some people never know they were even infected because their symptoms were so mild.
Do you know who is most likely to get seriously sick? *Probe to see if they live with anyone like that or have family they visit (such as for holidays), or people they socialize with or work with.*	People who are older or who have underlying conditions, like hypertension, diabetes, asthma, or cancer are more likely to have serious illness, hospitalization, or worse, from COVID-19 infection.
What might happen if you got infected, maybe without even having any symptoms, and were to be around these people?	These people would have a risk for serious illness, hospitalization or even death.

Continue to Trust and Safety (Confidence)

Trust and Safety (Confidence)

Recommended time:
2 minutes

SBC Objective:

Increase the belief that the COVID-19 vaccines available in Nigeria are safe and effective.

Probing Question	Desired Response
Have you heard about the COVID-19 vaccines that are available in Nigeria? *Probe for which ones they know about, and where they were made. Inform them about any other COVID-19 vaccines that are available in Nigeria.*	Nigeria has four brands of COVID-19 vaccines; they include AstraZeneca, Moderna, Johnson & Johnson and Pfizer vaccines. They are all good and effective to fight the COVID-19 infections.
Do you know anyone who has already gotten a COVID-19 vaccine? ***Do not mention*** *side effects, but if the person brings them up, ask if they heard whether these side effects quickly went away.*	More and more people are getting vaccinated in Nigeria everyday but we can't achieve full protection until all of us are fully vaccinated.
What do you think would be an advantage of getting vaccinated against COVID-19?	Being vaccinated means you are protected and would not be putting others who are older or have underlying conditions at risk of serious illness or worse.

Continue to Free and Fast (Convenience)

Free and Fast (Convenience)

Recommended time:
2 minutes

SBC Objective:

Increase the belief that the COVID-19 vaccine is free and available quickly.

CV should help the person decide on the following:

1. Where is the most convenient vaccination site? (refer to list of sites and let the person pick the best facility for them) - Provide the list of the closest location and time the vaccination staff will be available.
2. How will they get to the site?
3. What date and time should they go to the site? - Help them to make their own personal plan to visit the location.

Probing Question	Desired Response
Do you know the most convenient place that you can get a free COVID-19 vaccine? *Help the person identify the most convenient site for them.*	Vaccines are always available at your closest health center. You can get also get the COVID-19 vaccine in any designated public and private hospitals, temporary fixed vaccination sites.
Is there any reason why you may not be able to visit the site and get vaccinated? *Help the person decide when they will get the vaccine and how they will reach the site.*	It is important to make out time to go and get your COVID-19 vaccine so as to protect yourself, family and community. The vaccine is available in your health centre and its free.

Call to action: Reinforce their plan for getting vaccinated. Remind them to call 7722 to locate the nearest vaccination centre to you.

If the person has never been tested for COVID-19, continue to Dialogue Frameworks on COVID-19 Testing.

Second Dose for Complete Vaccination

Recommended time: **2 minutes**

SBC Objective:

Increase the intention to get a second dose of the COVID-19 vaccine.

Address any concerns about getting a second dose.

Probing Question	Desired Response
I am glad to hear you got your first dose of the COVID-19 vaccine. Are you planning to get a second dose so you can be fully vaccinated? *Probe for any reasons why they may be reluctant. If they mention side effects, ask how quickly did they pass.*	With one dose of the Johnson & Johnson vaccine, you are fully vaccinated. For the other vaccines, the first dose means you are patially vaccinated. You need two doses to be considered fully vaccinated. After that, a booster shot is recommended. *"Refer to the vaccine schedule"*
Where did you get your previous dose of the vaccine? *Probe for whether they can return to the same location. If not (for example if it was at a Mass Vaccination Drive) help the person identify the most convenient site for them.*	Vaccines are always available at your closest health center. But there are other locations closer to you that you can get the vaccine. Remember to take your vaccination card along with you. You will need it for your second dose or booster dose.
Is there any reason why you may not be able to visit the site? *Help the person decide when they will get the vaccine and how they will reach the site.*	It is important to make out time to go and get your COVID-19 vaccine so as to protect yourself, family and community.

Second Dose for Complete Vaccination

Recommended time:
2 minutes

SBC Objective:

Increase the intention to get a second dose of the COVID-19 vaccine.

Address any concerns about getting a second dose.

Probing Question	Desired Response
	Call to action: Reinforce their plan for getting vaccinated. Remind them to call 7722 to locate the nearest vaccination centre to you. Remind them to bring their vaccine card when they go for their next dose.

If the person has never been tested for COVID-19 or is experiencing symptoms, continue to Dialogue Frameworks on COVID-19 Testing.

Booster Shot

Recommended time:
2 minutes

SBC Objective:

- Increase the intention to get a booster shot of the COVID-19 vaccine.
- Address any concerns about getting a booster dose.

Probing Question	Desired Response
I am glad to hear you are fully vaccinated against COVID-19. Are you planning to get a booster shot so you can maintain your protection against COVID-19? *Probe for any reasons why they may be reluctant. If they mention side effects, ask how quickly did they pass.*	The COVID vaccine requires a booster dose to maintain full effectiveness. A booster dose is a dose of vaccine given to someone who has built up protection after vaccination, but that protection is decreasing over time. There are lots of diseases that require booster dose vaccination such as tetanus, polio, COVID-19 e.t.c. Booster doses help people to boost their level of immunity and prolong vaccine effectiveness.
Where did you get your first dose of the vaccine? *Probe for whether they can return to the same location. If not (for example if it was at a Mass Vaccination Drive) help the person identify the most convenient site for them.*	Vaccines are always available at your closest health center. But there are other locations closer to you that you can get the vaccine.
Is there any reason why you may not be able to visit the site? *Help the person decide when they will get the vaccine and how they will reach the site.*	It is important to make out time to go and get your COVID-19 vaccine so as to protect yourself, family and community.

Call to action: Reinforce their plan for getting a booster dose. Call 7722 to locate the nearest vaccination centre to you.

If the person has never been tested for COVID-19, continue to Dialogue Frameworks on COVID-19 Testing.

Discussion Guide on COVID-19 Testing

* This topic would follow the discussion on vaccination above, depending on the audience segmentation, and therefore assumes that content does not need to be repeated.

Risk Severity (Threat)

Recommended time:
2 minutes

SBC Objective:

Increase the belief that COVID-19 is a severe risk for serious illness or death to vulnerable friends or family members or other people in the community.

Probing Question	Desired Response
Are you familiar with the symptoms of COVID-19?	The symptoms for the original COVID-19 were fever, coughing, body aches and severe tiredness, but over time the COVID-19 virus has changed, and the symptoms are more like the normal cough and cold. For many people, it is hard to tell the difference between COVID-19 and Malaria or a common cold.
What should someone do if they have symptoms of COVID-19, even if they just feel like it's Malaria or a common cold?	Because it is impossible to tell the difference, there is a chance the person has COVID-19. The person should get tested.
Why is it important for the person to get tested?	Even if the person is young and healthy, they can put people who are older or people with underlying conditions at risk of serious illness if they actually have COVID-19. Even people who are fully vaccinated can get infected with COVID-19, although they are unlikely to have any serious illness. But there is still the possibility that they can infect others.

Continue to Fast & Free (Solution Efficacy)

Fast & Free (Solution Efficacy)

Recommended time:
2 minutes

SBC Objective:

Increase the belief that a COVID-19 test is fast and free.

Probing Question	Desired Response
Do you know where you can get a free and fast COVID-19 test? *CV should know in advance the closest location to where they are at that moment and tell them if they are not aware.* *Ask if they are familiar with that location and know how to get there.* *Let them know the hours that the testing is typically available (i.e., what time does the staff really show up).*	If you feel like you may have symptoms of COVID-19, the best place to get a free and fast COVID-19 test would be at a designated public health facility. Call 6232 for a testing site.
How difficult would it be for you to visit this location?	Help them to make their own personal plan to visit the location. Probe for how they would reach the location, how long it would take, when would be the most convenient time to visit.
How long do you think the COVID-19 test might take?	The test is free and fast and you can get your results within a short period of time.

Continue to Prevention (Self Efficacy)

Prevention (Self Efficacy)

Recommended time:
1 minute

SBC Objective:

Increase the intention to wear face masks and isolate if confirmed or suspected to have COVID-19.

Probing Question	Desired Response
What should someone do if they have tested positive for COVID-19, or just suspects they may have COVID-19.	Anyone that suspects they have COVID-19 should get tested immediately to avoid spreading it to others. They should do their best to isolate themselves and wear a face mask if they must be around other people for 10 days after they test positive. They should also make sure to practise personal hygiene like hand washing to avoid infecting others. They can call 6232 for more information about testing for COVID-19 and home care guidance.

Other Primary Health Care Services

Recommended time:
2 minutes

SBC Objective:

Increase awareness of the other services that may be available at primary health care facilities and designated vaccination sites.

Probing Question	Desired Response
Do you know what other services that are available at the PHC or vaccination site. *Mention the closest PHC or vaccination site close to the person.*	When you visit the PHC you can meet with health care worker who can provide services such as blood pressure checks, counselling; simple test such as malaria rapid diagnosis test for anyone with fever. Children from 0 to 5 years can get immunization for protection from diseases such as Measles, Polio and Rotavirus. Adults from 18 and older, can get vaccinations for HPV, Meningitis, Yellow fever, COVID, etc. You can also get some nutrition services, maternal care such as Ante-Natal Clinic, Post-Natal Clinic, Delivery and Family Planning as well as other PHC services. A lot of these vaccinations are also available during mass vaccination campaigns.
Call to action: Visit the closest primary health care facility to benefit from these services.	

Current EPI Schedule in Nigeria

Minimum Target Age of child	Type of Vaccine	Dosage	Route of administration	Site
At birth	BCG	0.05ml	Intradermal	Left Upper Arm
	OPV0	2 drops	Oral	Mouth
	**Hep B birth	0.5ml	Intramuscular	Anterolateral aspect of Right thigh
6 weeks	Pentavalent (DPT, Hep B & Hib) 1	0.5ml	Intramuscular	Anterolateral aspect of Right thigh
	Pneumococcal Conjugate Vaccine 1	0.5ml	Intramuscular	Anterolateral aspect of Right thigh
	OPV1	2 drops	Oral	Mouth
	***Rota:	5 drops	Oral	Mouth
	IPV1	0.5ml	Intramuscular	Anterolateral aspect of Right thigh (2.5cm apart from PCV)
10 weeks	Pentavalent (DPT, Hep B & Hib) 2	0.5ml	Intramuscular	Anterolateral aspect of Left thigh
	Pneumococcal Conjugate Vaccine 2	0.5ml	Intramuscular	Anterolateral aspect of Left thigh
	OPV2 I	2 drops	Oral	Mouth
	***Rota 2	5 drops	Oral	Mouth
14 weeks	Pentavalent (DPT, Hep B & Hib) 3	0.5ml	Intramuscular	Anterolateral aspect of Left thigh
	Pneumococcal Conjugate Vaccine 3	0.5ml	Intramuscular	Anterolateral aspect of Right thigh
	OPV3	2 drops	Oral	Mouth
	***Rota 3	5 drops	Oral	Mouth
	IPV2	0.5ml	Intramuscular	Anterolateral aspect of Right thigh (2.5cm apart from PCV)
6 months	Vitamin A 1st dose	100,000 IU	Oral	Mouth
9 months	Measles 1st dose	0.5ml	Subcutaneous	Left Upper Arm
	Yellow fever	0.5ml	Subcutaneous	Right Upper Arm
	Meningitis Vaccine	0.5ml	Intramuscular	Anterolateral aspect of Left thigh
12 months	Vitamin A 2nd dose	200.000 IU	Oral	Mouth
15 months	Measles 2 dose (MCV2)	0.5ml	Subcutaneous	Left Upper Arm
9 years	***HPV 6 months interval (2 doses)	0.5ml	Intramuscular	Deltoid muscle (upper arm)

*OPV0 must be given before the age of 2 weeks **Hep B at birth should be given preferably within 24hours of birth but can be given up to 14 days of birth. BCG should be given within two weeks of birth and can be given up until 11 months.

Notes

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