

COVID - 1 9



VOLUNTEER ACTIVITIES



ASSOCIATION FOR BIORISK MANAGEMENT

Association for Biorisk Management

Association for Biorisk Management (ABM) is a national, Non-for-profit and non-government organization, registered with Registrar Societies and Joint Stock Companies Peshawar, under society's act 1860. ABM has signed MOU with the Ministry of Economic Affairs Government of Pakistan. The organization comprises of experienced, internationally trained staff and got International Federation of Biosafety Association (IFBA) certification in laboratory Biosafety, Biosecurity, and Waste Management. The staff has received multiple training and certification from SANDIA National Laboratories United State of America in biological laboratory risk assessment, hazard identification, biorisk gap analysis, risk control and infectious waste management protocols, safe and secure ways of collecting infectious samples, sample transportation and, good work laboratory practices. The organization has a rich experience in control of infectious and zoonotic disease, linkages and networking between government departments and people at the grass route level, effective reporting of health issues, community empowerment, advocacy, and policymaking system.



What We Do

Association for Biorisk Management (ABM) is implementing projects of Biorisk Management (BRM) and zoonoses control programs in Khyber Pakhtunkhwa, Balochistan, and Punjab provinces of Pakistan. Under the BRM Program, the organization is working with government departments, universities, and health institutions to institutionalize the best biosafety, biosecurity practices in their clinical, diagnostic, and research laboratories through capacity building of veterinary staff, clinicians, researchers, and faculty members. The organization is also strengthening the labs through the provision of the necessary equipment to improve biosafety and biosecurity aspects of the target labs. The ABM effectively contributed to identify, evaluate and manage deficiencies in the BRM system through its assessment, capacity building, awareness, advocacy, and lobbying programs, and potential pathological hazards, threats management involving and encompassing all the relevant stakeholders

The strength of the organization lies in comprising technically experienced staff in biorisk management, zoonotic disease control, and one health program. The staff has been trained by Sandia National laboratories US in the subject of Biorisk assessment, biorisk mitigation, bio-waste management, zoonosis control, and training of trainers (TOT) and got international certification in Biorisk management from the International Federation of Biosafety Association (IFBA). The organization has 12 IFBA certified professionals in Biorisk Management amongst 66 BRM professionals in Pakistan. ABM has signed MOUs with 26 Universities in KP, Punjab and Balochistan. ABM has also signed MOU with Livestock department KP, Balochistan, Health Department KP and Health Institution KP. ABM is currently working for strengthening of 160 laboratories including clinical, diagnostic, research laboratories of livestock deprmnts, universities and health institutions of KP, Punjab and Balochistan. ABM has conducted 91 biorisk assessments, 78 BRM training & trained 1810 doctors, researchers, lab attendants, and lab technicians in biorisk assessment, risk-based control measures, Personal Protection Equipment donning and doffing, bio-waste disposal, sample collection transportation protocols. The Organization has developed BRM training manuals (English and Urdu version), SOPs for good lab work

practices, and awareness materials on the subject. In addition, ABM has strengthened 40 clinical, diagnostic and research laboratories in KP and Balochistan through the provision of essential equipment, chemicals, and reagents.

The organization has supported the Livestock Department KP in formulation of Livestock Policy-2021.

COVID 19- Situation

COVID 19 had emerged from the Wuhan city of China back in December 2019. As of January 27, 2021, COVID-19 confirmed cases are 99 864 391 and 2 149 700 deaths globally have been reported to WHO. Pakistan is one of those countries to have been badly affected by the Coronavirus with 535916 confirmed cases and 11376 confirmed deaths. With high consequences and likelihood, the COVID-19 is spreading with astonishing speed in Pakistan. To reduce the threat of spreading the virus, the government imposed a lockdown in the country in March 2020 to reduce the spread of the virus. Markets were closed down, gatherings of people were prohibited, public transport and intercity movement of people was restricted. According to WHO guidelines, social distancing, frequent handwashing with soap, use of sanitizers, and the wearing of the mask were made compulsory in the public place are important preventive measures. In a situation like this fear and panic are natural. The pandemic created panic amongst the common mass and frontline health workers as well.

The SARS-CoV2 needs human cells for their survival. By knowing the social norms, cultural and practices, and the behavior of the local population, the ABM management realizes that awareness and sensitization can play a major role in the containment of the virus. Public awareness to understand the preventive messages on COVID 19, and further dissemination of those messages is an important task to control the pandemic effectively. Also, the protection of the front-line health workers is equally important to skill them up in the use of personal protective equipment, PPE donning and doffing, and waste disposal protocols. Using the available resources, the government provided personal protective equipment to the hospitals to protect the frontline health workers from the virus while handling the COVID19 positive patient. Lack of skills, practices, and lack of proper use of PPEs resulted in the mortality of doctors, nurses, and paramedic staff. Training and orientation of the frontline health workers on donning and doffing protocols can protect themselves from the virus is necessary.

ABM Contribution in COVID-19 Pandemic

The Association for Biorisk Management intended to contribute to the control of the COVID19 outbreak in the country through its technical team of biosafety trainers and to support the government in disseminating COVID 19 preventive message to the masses, peoples have limited access to media and the internet, raising awareness, training of the frontline health workers of hospitals and provision of PPE kits to health workers. The organization dedicated all the staff to carry the activities through in-person training, radio talks, biosafety sessions, meetings in the community, videos through YouTube, Facebook, WhatsApp, banners in the public faces, and brusher's development.

ABM supported the government in disseminating COVID 19 preventive message, the protocol to general masses to peoples who have limited access to media and internet, raising awareness, training of the frontline health workers of hospitals, laboratories, community health workers, shopkeepers, farmers, livestock keepers university students, school children, religious leaders, social activities household women. ABM provided PPE kits to health workers in the time of need.



ABM Contribution in COVID-19 Pandemic

Keeping in view the importance of biosafety, and personal protection gears and enhancing the capacity of the front line responders in Health Institutions and Hospitals



Training of frontline health workers at Lady Reading Hospital Peshawar during COVID 19 Pandemic



Peshawar
Khyber
Pakhtunkhwa,
ABM staff
orients lab staff
on PPE donning
and doffing in
one-day training
at Regional
Blood Collection
and Research
Center.



District Head Quarter Hospital Batkhela Khyber Pakhtunkhwa, ABM Staff conducted session on waste management, sample transportation, to Health Workers.



Quetta Balochistan, ABM Staff conducts a Biosafety awareness session for the members of young Doctors Association.

Tehsil Tangi district Charsadda: ABM Staff gives orientation to Local Health Workers and leaders on Biosafety, Precautionary Measures during COVID-19..



Dera Bugti, Balochistan, ABM staff orients the female student of a Madrassa (religious seminary) regarding biosafety and social distancing during COVID 19 outbreak.



Peshawar Khyber Pakhtunkhwa, ABM staff orients the female housewives regarding biosafety and social distancing during COVID- 19 outbreak.





Shangla, Khyber Pakhtunkhwa, ABMS staff orients the community elders and local representatives regarding biosafety and social distancing during COVID-19 outbreak.

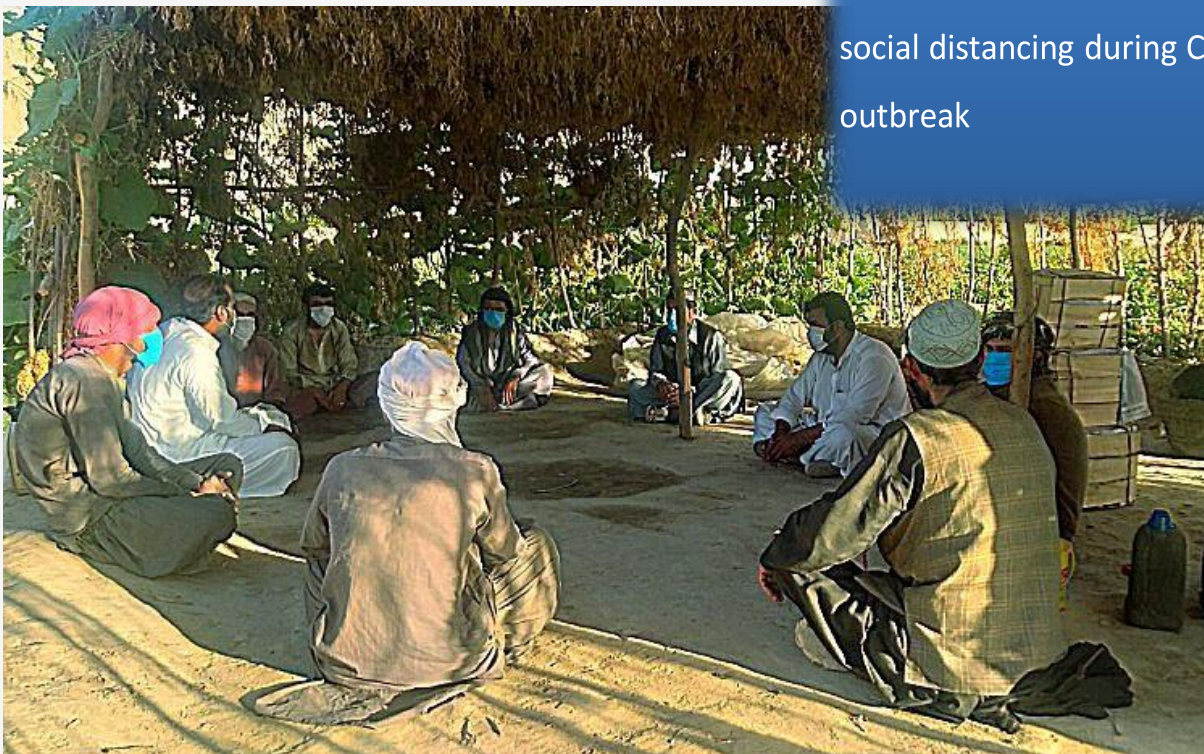


Batkhela Khyber Pakhtunkhwa, ABM Staff orients the community elders and local representatives regarding biosafety and social distancing during COVID-19 out break

Loralai, Balochistan, ABM staff orients the shepherds and nomads regarding biosafety and social distancing during COVID-19 outbreak



Kuchlak Quetta, Balochistan, ABM staff orients the farmers and fruit traders regarding biosafety and social distancing during COVID-19 outbreak





SWAT, KHYBER PAKHTUNKHWA, ABM STAFF PROVIDES MASKS AND SANITIZERS TO SHOP KEEPERS IN A LOCAL MARKET TO MOTIVATE THEM FOR PRACTICING BIOSAFETY AND HYGIENE DURING DEALING CUSTOMERS.



QUETTA BALOCHISTAN, ABM STAFF PROVIDES MASKS AND SANITIZERS TO SHOP KEEPERS IN A LOCAL MARKET TO MOTIVATE THEM FOR PRACTICING BIOSAFETY AND HYGIENE DURING DEALING CUSTOMERS

Animal grazers or shepherds are prone to the threat of contracting the infection and its spread in their communities; due to their extended movement in search of green pastures and herding their animals for grazing in many districts of Balochistan province.

ABM Pakistan vet cohort traveled to the mountainous terrains in district Loralai, to aware of the pastoralist community; mainly shepherds about the threat of COVID 19 and its impacts on their livelihoods.



**District Loralai,
Balochistan, a herder
wears a mask, after an
awareness session on
COVID -19 and its
preventive measures.**



Keeping in view the vulnerability of marginalized and less-privileged communities of refugees and nomads in wake of COVID 19, the ABM Pakistan vet cohort has reached out to these far-flung habitats. The vet cohort member conducted an COVID 19 awareness session for the community leaders . The team briefly introduced and articulated the information in their native language; the COVID 19, its transmission, causative agent, symptoms, precautionary measures; hand hygiene, social distancing, and movement control into and outside their habitats in general and in communities particularly





Orientation of salon shops and Spa owners on proper SOPs keeping social distancing, adopting respiratory hygiene practices, hand washing with soap in critical condition, or use of hand sanitizer frequently when





To create mass public awareness on preventive measures of COVID-19, ABM arrange social awareness session for social and electronic media representatives with the aim to use their social contacts



Radio is a main source of communication and imparting awareness messages to areas especially the recently merged districts in Khyber Pakhtunkhwa (Bajaur, Mohmand, Khyber and Aurakzai districts), where people have limited access to the internet and television programs. Also, the dwellers of these areas and especially the women are engaged in rearing and managing the animals because of their main source of income for their families.

In the current situation of COVID 19, ABM took the initiative to go live on Abaseen radio and conveyed messages on hand hygiene, respiratory hygiene, field biosafety, personal biosafety, and waste management to the people of these remote areas.



Owing to the threat of a further increase in the positivity rate of COVID 19, ABM vet cohort Dr. Bashir Ahmad visited a meat market in Quetta city, which generally bustles with people making this place a hot spot for COVID 19 transmission.



Biosafety Awareness Session on COVID-19 Preventive Measures for Butchers and Meat Handlers Quetta City, Balochistan

After a long period of lockdown due to the COVID -19 pandemic, the government of Balochistan Pakistan has re-opened the educational institutes and strictly instructed the students, teachers, and other staff of the institute to follow the SOPs such as wearing mask, using hand sanitizer and social distancing. Understanding SOPs and awareness of the students are important factors for prevention of the pandemic.





September 24, 2020, District Loralai, Balochistan, Dr. Bashir Ahmad Delivers Awareness on COVID-19 Preventive Measures to School Children and Teacher



One day awareness Session on COVID 19 SOPs and preventive measures conducted with house wives and child- care mothers of Village Hussainabad at Quetta Balochistan.



The business community and citizens' awareness to avoid large gatherings during the second wave of the COVID pandemic is a difficult task for the government of Pakistan. ABM staff visited the wedding halls and conducted an awareness session on social gathering social distancing, size of gathering with the owners and catering staff to prevent the spread of the virus in Dera Bugti .



Mr. Mehboob Khan ABM vet cohort visited the University of Balochistan and conducted a biosafety on Preventive Measures, wearing masks frequent use of hand sanitizer and social distancing to the students of the University



Awareness Session to local Soccer Players on Biosafety, precautionary measures to reduce threat of COVID-19 and, distribution of safety equipment among Players at District Swat – Khyber Pakhtunkhwa



Donated lab coat, goggles, and waste collection bags with biohazard logo, plastic bags with biohazard logo for sample packaging, sample collection tubes, and swabs media to Health workers District Headquarter Hospital Batkhela, Khyber Pakhtunkhwa

ABM Vet Cohort Reached
to print electronic media
persons and oriented
them on COVID-19
precautionary measures



**COMMUNITY PEOPLE
RECEIVING SKILLS
AND EQUIPMENT ON
COVID-19
PREVENTIVE
MEASURES**





ABM Cohort reached local business community distributed personal protective equipment among them and them of the COVID-19 preventive measures and Government SOPs to be followed to run the business during the pandemic



ABM Supported the Health Departments and Institution in developing COVID-19 messages and printing of large banners for general public awareness





اپنے ہاتھ اچھی طرح دھوئیں





دب سے آپ کی ہار کا
تیار نہ کرے ہوں



کھانے اور پینے
کے بعد



کھانا چار کرنے سے
پچھلے درمیان اور بعد



جانوروں کی کچھ بھال
اور ان کی منتائی کے بعد

گھبرائیں نہیں - احتیاط کریں

اپنے آپ کو اور دوسروں کو بیمار ہونے سے بچائیے





کورونا وائرس: پریشانی نہیں بس احتیاط کی ضرورت ہے

اگر آپ کو کھانسی یا بخار ہے تو لوگوں سے کم از کم ایک میٹر کا فاصلہ رکھیں



بخار، کھانسی اور سانس لینے میں دشواری کی صورت میں ڈاکٹر سے رجوع کریں



کھانسی یا چھینک آنے پر منہ اور ناک کو ٹشو یا آستین سے ڈھانچیں۔ ہاتھ سے ہرگز نہ ڈھانچیں



استعمال کے بعد ٹشو کو مناسب طریقے سے ضائع کریں



آلودہ یا کندے ہاتھوں سے آنکھ، ناک یا منہ کو مت چھوئیں



بیماری کی صورت میں لوگوں کو گلے ملنے یا ہاتھ ملانے سے گریز کریں۔



اپنے ہاتھوں کو باقاعدگی سے صابن یا صاف پانی سے دھوئیں یا ہاتھ صاف کرنے والا لوشن استعمال کریں۔



نزلہ یا زکام ہونے کی صورت میں اپنے آنسو، اسکول یا عجم میں جانے کے بجائے گھر پر رہیں





Stay Safe from the Coronavirus

Self isolation is the best option to self quarantine and keep your family safe.

STOP



NOVEL CORONA VIRUS (nCoV) | ناول کورونا وائرس

SYMPTOMS | علامات



PREVENTIVE MEASURES | احتیاطی اقدامات

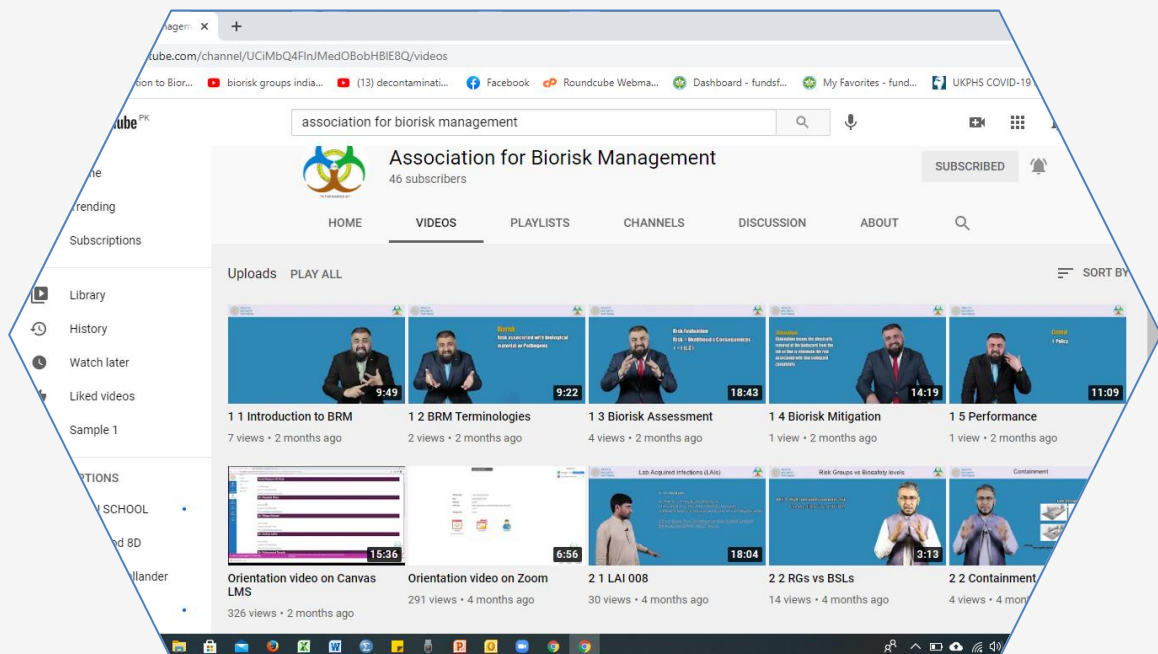
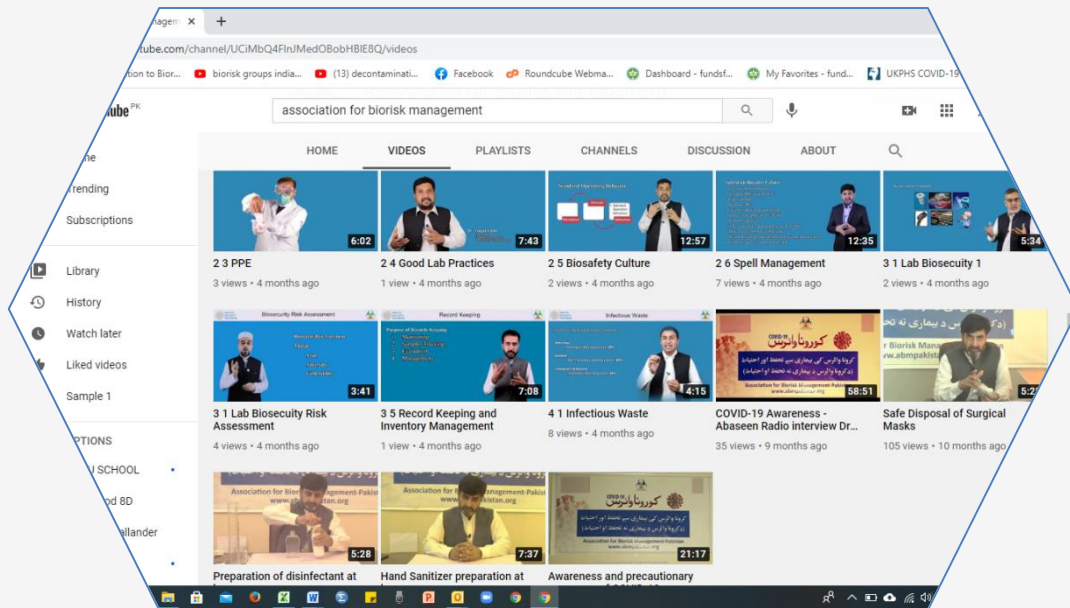
- متاثرہ لوگوں سے اجتناب رکھیں
Avoid close contact with people who are sick
- 20 سیکنڈ تک صابن اور پانی سے اپنے ہاتھ دھوئیں
wash your hands with soap and water for 20 seconds
- چاندی کی صورت میں گھر پر ہی رہیں
Stay at home when you are unwell
- کھانسی یا کھینچنے وقت تھوک استعمال کریں
cough or sneeze use tissues



STAY HEALTHY WHILE TRAVELING

- Avoid close contact** with people suffering from a fever and cough
- Frequently clean hands** by using alcohol-based hand rub or soap and water
- Wear Facemask** if you are sick
- Avoid travel** if you have a fever and cough
- if you have a fever, cough and difficulty breathing **seek medical care early and share previous travel history** with your health care provider

ABM EXTENDED COVID-19 PREVENTIVE MESSAGES THROUGH SOCIAL MEDIA



Awareness session on preventive measures against COVID-19	Sum of Number of participants who attended
Butchers and Meat Sellers	20
Community	62
Daily Wagers	3
Faculty members	8
Frontline Health Workers	76
House hold waste collector	8
Livestock keepers	48
Media Representatives	8
Religious Leaders	16
School children and teachers	20
Security Personnels	17
Shopkeepers and Business community	105
Teachers and Students	213
Transporters	14
Working Women	10
Grand Total	628

