



**Plogging Kenya,
680 building, 5th Floor Rm 520,
Muindi Mbingu Street.
0712 342 209/ 0734 783 287
P.O Box 17456 - 00100 Nairobi GPO
ploggingkenya2019@gmail.com**

PLOGGING KENYA SUPPORT IN THE FIGHT AGAINST COVID-19 PANDEMIC IN KENYA

HELD IN EMBAKASI EAST CONSTITUENCY ON 7TH APRIL, 2020

SUMMARY REPORT

Introduction

Plogging Kenya is a youth initiative (NGO) established in May 2019. Our focus is to organize for out-door workouts (walking, jogging and cycling) while collecting waste along the trail for a cleaner and healthy environment. We also carry out other environmental conservation activities and run programs (SDG3-Good Health, SDG6-Water, Sanitation and Hygiene & SDG12-Waste) that contribute to the set out Global Sustainable Development Goals (SDGs) to be achieved by year 2030.

COVID-19 Pandemic

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus. The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing. Current statistics indicate that there are 1,484,811 worldwide-confirmed cases, 329,876 recovered and 88,538 deaths. In Kenya, there are 179 confirmed cases, 7 recovered and 6 deaths.

Plogging Kenya Involvement To Help Fight COVID-19 Pandemic

The above statistics are alarming and are on the constant rise every single day. This is the reason why Plogging Kenya decided to join forces with interested parties to contribute to the fight against the pandemic.

Over **1.5 million people** in Nairobi live in informal settlements and slums. Many informal settlements are very dense (with families often sharing a single room). Residents rely on daily earnings. They often have highly inadequate access to water, sanitation, and hygiene (WASH) and other vital services. Several of the GoK's COVID-19 guidelines are extremely difficult for residents in these areas to observe. This poses a danger to all, especially as residents of informal settlements often work throughout the city (e.g. matatu conductors, domestic workers, street vendors) with implications for the virus' spread.

It is critical that they are given support to stay healthy given the challenges of practicing basic measures to protect themselves against COVID-19 such as hand washing, physical distancing and having proper information on the disease and how they need to prepare and protect themselves for the outbreak.

On 7th April, 2020 Plogging Kenya sponsored by SilAfrica and in the spirit of partnership reached out to Crime Si Poa, Setpess Events, SHOFCO and the Local Administration in the creation of awareness on COVID-19, donation and distribution of liquid hand washing soap and sanitizers to the residents of Embakasi East Constituency.

Location

With the help of the Local Area Chief the areas that we covered within Embakasi Sub-location in Embakasi East Constituency include;

1. Telviv
2. Taj Mall
3. Mradi
4. Sokoni
5. Juakali
6. Village
7. Fedha Estate

The Impact

Over 300 Liters of liquid hand washing soap and 100 Liters of hand sanitizer was donated and distributed to 7 out of 9 areas within Embakasi Sub-location.

Awareness creation on COVI-19 and how the communities need to protect and prepare themselves was carried out. This also included provision and displaying of Size A4 Fliers that have information on basic techniques on prevention against the virus in those areas.

Challenges

The main challenge was insufficient liquid hand washing soap and sanitizers to donate to the communities. Many people lined up to get detergents but a few got the share since what was there was not enough.

Our target was to reach all the villages within Embakasi Sub location but because the items were not enough and the lack of resources we could not reach Tassia and Utawala. Take note that not all individuals in the areas covered got the hand washing soap and sanitizers as well.

Recommendations

A lot needs to be done in terms of awareness creation and sensitization on COVID-19 prevention. The communities require a lot of support by giving them the basic items needed in practicing basic measures to protect themselves against COVID-19 such as hand washing. Some of the items that they require include;

1. Hand Washing Soap and Hand Washing Points
2. Sanitizers
3. Nose/Face Masks and Gloves
4. Food Items like Cereals especially the old, woman, children and people living with disabilities and not forgetting the street families
5. Clean drinking water and water storage facilities
6. Waste management services

Conclusion

Plogging Kenya is looking for individuals and organizations that are willing to support the initiative so that we can reach more people and communities that need our help during this period for any little help will go a long way.

Pictures from the event



JINSI UNAVYOWEZA KUZUIA KUSAMBAA K WA VIRUSI VYA KORONA (COVID - 19)

- Dika mkono yako mara kadhaa wakikaravyo kwa kutumia sabuni na
- Epuka salama za kutayabana rekani
- Uligwa nyuma wako, jaa yako na macho yako
- Kwa mawili na umwe unag'hang'hang
- Ikiwa una homa, kichaka na shida ya kupama, tafuta huduma ya mad'bita haraka wakikaravyo
- Tunda kiasi (Caution)
- Epuka safiri zilizotelelewa
- Epuka safiri zote za karne
- Kwa umbali wa mita 1 kutika kwa mtu mpyakavu au kuigiza shufya

SILAFRICA **SHOFCO** **CRIME SI POA**

REGISTRATION AND INFORMATION CENTER
100-111 1st Floor, 1st Floor, 1st Floor
100-111 1st Floor, 1st Floor, 1st Floor
+254 20 474467 / +254 20 30300