

“THE SMALLEST EFFORT YOU TAKE, HELPS DURING THIS CRISIS”

“...We all need to work together...Dont underestimate any effort. The smallest efforts you do, helps during this crisis.” ”

Coping with the pandemic has been a challenge for many, but two things have navigated our lives: empathy and logic. Empathy to show love to our loved ones and logic to remind us that everyone needs to have a feeling that there is hope.

For Abdirahman Abdulle, empathy started with his family. When the government announced the first case of COVID-19 in Somalia, it came to him as a shock even though he has been following about the virus progress on news.

As a frontline worker, Abdirahman realized that the first awareness was at home.

“When I started the awareness at home, I informed my son that he should keep distance, avoid shaking hands with others and wash hands regularly. I saw my son reminding me every time to take care from COVID-19 and wash my hands as I go to work. I observed my son for almost a week saying, there is COVID-19 and dad says wash hands. This has inspired me.”

Knowing that his family is aware of the guidelines they need to follow, his mind is focused when he goes out to create awareness in the community and show them that there is hope.



Abdirahman Abdulle (left) during one of the community awareness campaigns in Mogadishu.

His role during the pandemic included dissemination of the messages, translations of the messages from English to Somali language, leading out in the planning and coordination of activities in the field.

Through all these, he had to normalize the guidelines given.

“I have come to normalize and remain adoptive of all measures, to believe that coronavirus is real and I will only be safe if I follow the guidelines given by the health professionals and the government.”



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Mudathir -Abdirahman's son-washing his hands as instructed by his father in the prevention of COVID-19.

ADRA has distributed IEC materials and conducted several awareness campaigns on COVID-19 with the support of our donors. Awareness messaging were aired through local radio stations, distributed hygiene kits, community mobilization awareness as well as use of billboards and flyers.

During the awareness activities, it was not easy for people to fully grasp the danger of the coronavirus but patient, focus, commitment and trust are some of the things Abdirahman upheld to ensure that everyone heard the message.

“During one of the awareness campaigns, I met an IDP mother, she needed to understand all about the risks, and it took us about one hour explaining to her all about the virus. She was later convinced of the danger of the virus and she accepted to follow the health messages.”

Abdirahman explained that as a humanitarian worker with 10 years' experience, his courage and strength to save others is what keeps him going and hence wherever he is called to serve, he gives his all.

“Wherever my assistance is needed, I will work tirelessly to save live at whatever cost,” he says.

Aside from courage, Abdirahman draws his strength for all he does, by keeping his trust in Allah. He also protects himself all the time by following the WHO health guidelines like wearing a mask, sanitizing his hands and where possible, keeping the appropriate distance with others.

As Somalia and the rest of the world continues to fight against the pandemic, Abdirahman's message is one: togetherness.

“We all need to work together, each at his own capacity, then we can prevent the virus from spreading. Don't underestimate any effort. The smallest efforts you take, helps during this crisis.”

Abdirahman Abdulle is a Deputy project manager based in Mogadishu.