



GAMS // INFO
CORONAVIRUS

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CORONAVIRUS & LOCKDOWN A MESSAGE TO OUR BENEFICIARIES

« Hello everybody,

As you know, the COVID-19 virus, or coronavirus, which is affecting the world right now is highly contagious. That is why we have to stay indoors. GAMS has suspended its group activities and individual interviews to limit the spread of the virus, but we remain at your disposal.

We care about your health and that of your loved ones. To fight this global pandemic, it is imperative that you remain confined to your centre or home.

During these difficult times, GAMS will not abandon you. If you are worried, if you are afraid, if you feel like talking, or if you do not understand some information about the disease or about confinement, the team is available by phone or WhatsApp. Find the telephone numbers of all the GAMS geographical offices in the accompanying video, or on our website www.gams.be. We will gladly inform you during office hours, Monday to Friday from 9am to 5pm.

We have had a lot of distress calls in the last few days, **keep calling**, we are available for you (by phone).

As soon as the lockdown is over, we will not fail to inform you of the opening of our offices and the resumption of our activities. We look forward to seeing you again, and community activities such as monthly gatherings will also resume.

Please also be aware that family planning centers remain open in the event of an emergency. Please don't go there for FGM-related certificates.

Whatever happens, do not fall into the trap of "**fake news**", false information that can be found on social networks. If you feel ill, contact your medical referrer by phone and do not try to treat yourself.

It is also important to **prevent contamination** by following the basic rules. Wash your hands regularly, blow your nose on single-use tissues that you then throw into a closed rubbish bin and sneeze into your elbow. Keep a safe distance of 1.5m from other people as soon as you leave your containment zone.

Stay home for your life and save others. »