

Stay safe, get vaccinated

Don't abandon public health measures just because you have received vaccine

● **Facial mask and social distancing are among important safety precautions that everyone should follow**

TDI | Manama

Despite the steady decline in the number of new COVID-19 cases and casualties in the Kingdom of Bahrain the past three weeks, health experts still urge people to follow all important precautionary measures, even after getting the vaccine.

The best way to prevent the spread of virus is by following all health protocols such as wearing face mask when heading out in public, observing social distancing, limiting family gatherings, avoiding large crowds, washing hands frequently, and, of course, getting vaccinated.

Bahrain has authorised the emergency use of six vaccines, namely Sinopharm, Pfizer/BioNTech, AstraZeneca's Covishield, Johnson & Johnson, Sputnik V and Sputnik Light.

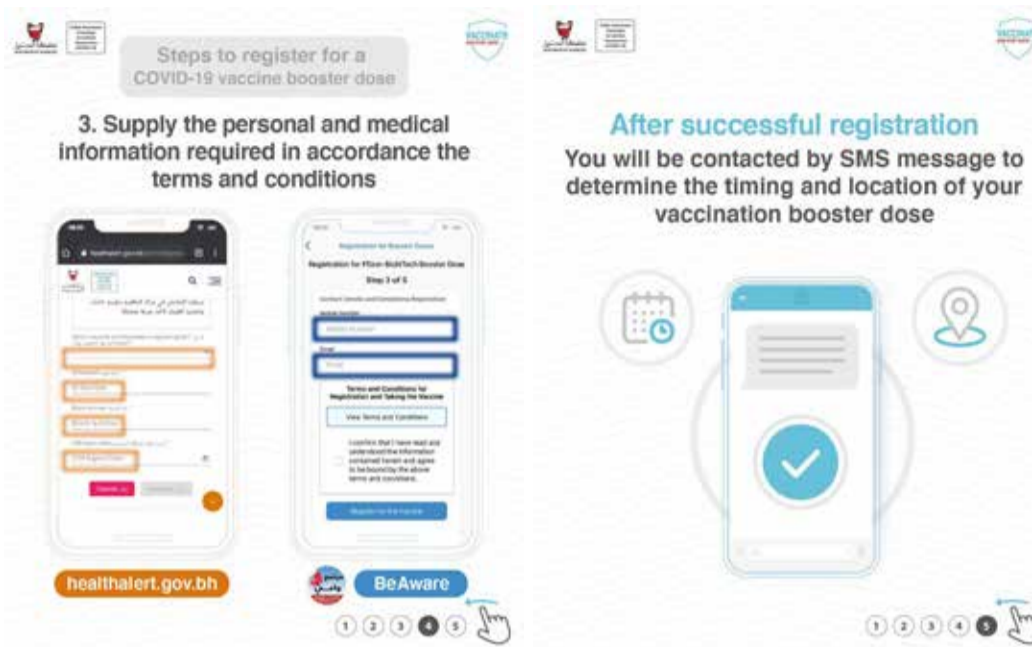
Just six months after receiving two shots of China's Sinopharm vaccine, people in the Kingdom are being offered booster doses of the Pfizer-BioNTech vaccine.

The country's medical task-force team said the third dose marks a new phase in vaccination and aims at protecting the health of the citizens and foreign residents.

The booster is being recommended for people who are over 50, obese or have weakened immune systems.

More than 80% of the Kingdom's eligible population have already received the first dose of a vaccine and on its way to touching the one-million mark for those who have taken both jabs.

Herd immunity, also known as 'population immunity' and 'community immunity', is achieved when a sufficient portion of a population is protected from an infectious disease



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through vaccination to make its spread from person to person in the community unlikely.

Health experts estimate that herd immunity would require around 80% to 90% of the population to have COVID-19 immunity.

A community can be protected from an infectious disease such as COVID-19 through herd immunity. This means enough people in the community develop a resistance to the disease which prevents them from falling ill. This resistance means that the spread of the disease is slowed down throughout the

community.

Protective effect

The protective effect of a vaccine may take at least one month, if not slightly longer, according to health experts. Therefore, for the foreseeable future, the Kingdom will really need to continue its mitigation measures, including wearing masks.

Many people have strong feelings about vaccines and may not even take them, and this is the reason why you should wear a mask. Properly wearing a mask can help keep you safe while navigating the pandemic.

While you should continue to wash your hands, cover your coughs and sneezes, avoid touching your face and follow social distancing rules, wearing a mask is an additional step you should also take to stay safe.

As we've learned throughout this pandemic, the most common way COVID-19 spread is through person-to-person contact. When an infected person coughs, sneezes, or talks, they produce respiratory droplets that can travel about six feet and can land in the mouths or noses of those nearby.

COVID-19 can also be spread by people who don't know they

have the virus since they aren't experiencing any symptoms. Because of this, health professionals recommend wearing masks or cloth face coverings to help slow the spread of the virus. In these circumstances, a mask can add an extra layer of protection.

At the lowest risk

While we can't quantify how effective it is to wear a mask, we do know it offers some protection while not wearing one offers none. In short, we are all at the lowest risk when everyone wears a mask.

And remember, social distancing and hand washing are still very important safety precautions too that everyone should follow in addition to facial protection.

Studies show that even a distance of three feet significantly decreases the spread of the coronavirus from one person to another. At six feet, the risk decreases even further, at nine feet even further than that, and so on, particularly in an indoor setting.

Scientific evidence is clear: the prescribed protective measures help prevent people from spreading COVID-19, and from being infected themselves.

Bahrain seeks to eradicate foot-and-mouth disease

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Bahrain has been able to achieve advanced stages to eliminate animals' foot-and-mouth disease.

Ministry of Works, Municipalities Affairs and Urban Planning Undersecretary for Animal Resources Dr Khaled Ahmed Hassan said that the Kingdom is seeking to be declared free of the disease with the immunisation system 2023 to be the first GCC country to control it.

The Animal Resources Agency participated in the training course entitled "Update of Strategic Plans for Foot-and-Mouth Disease", under the auspices of The Arab Organization for Agricultural



Dr Hassan

Development (AOAD) and with the participation of some African countries.

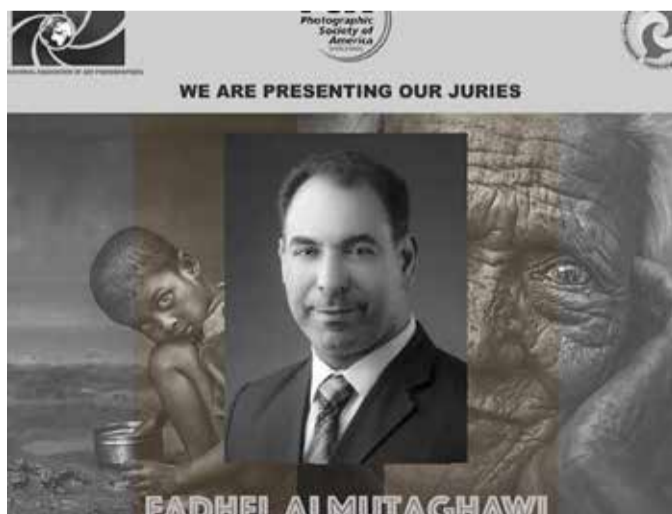
During the course, they identified challenges and needs of countries to progress in the PCP-FMD stages, and a plan was developed for countries to make incremental progress in FMD control.

Southern Municipality working round the clock to carry out cleaning operations



The Municipality of the Southern Region has intensified its efforts to deal with the fluctuations in the weather and the dust storm that the Kingdom has witnessed during the past days. It has formed teams to remove the sand in the streets, as well as fallen billboard advertisements and tilting trees. Working round the clock, they have so far collected 42 shipments of sand, 14 uprooted trees and 13 billboard advertisements. The emergency team also worked to sweep the main streets using five automatic sweepers, two mini bulldozers, and two Sexwell trucks, in addition to manual sweeping by the cleaning company's workers. The municipality said that it had prepared early to deal with the fluctuations of the weather, and had prepared equipment and machinery to deal with it.

Photographer Al Mutaghawi leads jury team for International Skopje Competition 2021



Bahraini photographer Fadhel Al Mutaghawi, a member of the Bahrain Photographic Society, was chosen as judge and leader of the jury for the Skopje International Competition 2021, which is accredited by the American Photographic Society (PSA) and other organisations in judging Arab and foreign photography competitions. Al Mutaghawi is a lecturer and arbitrator for many international competitions and was honoured by His Majesty King Hamad bin Isa Al Khalifa in 2020 for his international achievements and a representative of the photographers of the Kingdom of Bahrain.

NIHR to visit social, educational care centres

● **Virtual meeting held to discuss preparations**

● **Caring for elderly and people with disabilities**

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The National Institution for Human Rights' (NIHR) Committee on Visiting Detention Places and Facilities held its first virtual meeting, headed by Dr Malallah Al Hammadi, and in presence of members Dina Al Ladhi, and Daniel Cohen.

The meeting reviewed reference terms, work tasks and roles assigned to new members, after the issuance of Royal Decree 22/2021 appointing members of the NIHR Council

of Commissioners.

They discussed previous decisions, recommendations and measures, affirming the committee's keenness to protect human rights, especially in reform and rehabilitation centers, health, social and educational care centers, foreign workers housing or any other place suspected to be a site of human rights violations.

The committee has decided to prepare a criterion for scheduled visits to those places to ensure the availability of the basic principles of human rights standards, and take necessary actions regarding them.

They suggested conducting field visits to some social care centers concerned with elderly and people with disabilities to inspect the implementation during the coronavirus pandemic.