Wash your hands
Frequent handwashing is essential to preventing the spread of COVID-19.
Additional need for water means increased work for women.

Stay at home
Social distancing is vital to slow transmission of COVID-19.
For too many, home is not a safe place to self-isolate.

Look after your health
Health systems may be overwhelmed by COVID-19, affecting the response to other health needs.
Existing respiratory problems may be worsened by increased exposure to fumes from unclean fuel as more meals are cooked at home.

82% of women report unpaid household care work (including fetching water, cooking, cleaning, washing clothes) as their main unpaid work, compared to 11% of men.
15% of women never or rarely have enough water for personal use.
Women travel up to 90 mins a day to get water.
Women spend 3.5x as long exposed to unclean fumes from cooking and heating as men.
Women were 30% less likely than men to access healthcare the last time they needed it.

64% of women in Fiji have experienced intimate partner violence.
84% of lesbians, bisexual women, transmasculine and gender non-conforming people have experienced violence from an intimate partner.
Women were 25% of women reported health problems from exposure to fumes at home.

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Involve diverse women in planning so responses to COVID-19 are informed by their needs, priorities and knowledge.

If the gendered impacts of a crisis are predictable, then they are also preventable.