



# GHANA PSYCHOLOGICAL COUNCIL

**PMB LG61**

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## COVID 19 ANNOUNCEMENT

Dear Colleagues,

The Ministry of Health recently announced the confirmation of two cases of the Coronavirus infection (COVID-19) in Ghana.

As your Registrar, and on behalf of the Council I would want you to know that your well-being is important to us during this period. Therefore, at the Secretariat we have initiated stringent health and safety measures to minimise the spread of the virus and to protect you and our staff. For your safety, we shall provide alcohol-based sanitisers for your use whenever you visit the Secretariat.

We shall also ensure that our premises, surfaces and handles that you may come into contact with are cleaned and disinfected. Our staff have been fully briefed about the detailed protocols to follow; so we are adequately prepared and resourced to handle any emergency that may come up as well. Kindly bear with us for any inconvenience these measures may cause. We will continue to perform our best with the highest health and safety and sanitation standards to keep you safe whilst delivering the best service to you at our Office.

Considering the cure and death rates of COVID 19, it is not as deadly as it has been made to appear. Our advice to you is to stay calm. Try also to help allay their fears of those you come into contact with about the diseases. Nonetheless, given the contagious nature of the virus, we do not want to be complacent. We are therefore monitoring the situation and are considering the potential psychological impact that it will have on us as psychologists and on our clients (including potential clients) and all people living in Ghana. Until the spread is stopped, please follow the guidelines from the Ministry of Health which include:

1. Wash your hands with soap under running water as frequently as you can. Where this is not possible, use sanitizer. But remember, the benefit of washing your hands with soap and water far outweighs the use of sanitizer.
2. Refrain from physical during meetings and at large gatherings e.g. handshakes and hugging.
3. Drink a lot of water for rehydration.

4. Please stay at home if you have a new continuous cough, chronic cough and or have high temperature. When the cough is associated with shortness of breath, fever (high temperature), chills and feeling ill, please get tested for coronavirus; especially if you are in the high risk group (that is, you are over 65years, have immunocompromised disease, are receiving chemotherapy for cancers, have lupus, have kidney disease etc.).

On behalf of the Council, I would like to thank you for your patience and service to humanity and Ghana. We will continue to monitor the situation and activities of the Ministry of Health and keep you updated of any new development; as we continue to pray for a halt of the spread of the virus.

Please stay safe and keep well.

Sincerely,

*Dinah Baah-Odoom*  
Registrar