

COPE AGENDA:

The Alma Alta conference in 1978 USSR, opened a new chapter for health globally, it was aimed at providing health for all by 2000 AD. It included participation from 134 countries and other different agencies.

Even in 2024 Nigeria and other sub Saharan nations are approaching Health for all at a very slow pace. The World Health Organization maintains that health financing is fundamental to the ability of health systems to maintain and improve human welfare. Despite this, financial inclusion with regards to healthcare is relatively poor within sub-Saharan countries, Nigeria inclusive.

A WHO-UNICEF conference held in USSR where the concept of a revolutionary approach to health and existing health care system.

Health is defined as a state of mental , emotional , physical well being and not just the presence or absence of a disease.

An unhealthy person is one who is experiencing discomfort (hot temperature-physiological state) , displeased (mental state), disabled (psychomotor/ physical state), dead (unresponsive to life) or diseased (physiological state: function of the systems).

What is COPE;

C - stands for cross contamination

O - stands for online safety

P - stands for personal and physical safety

E - stands for emotional well-being.

CROSS-CONTAMINATION:

Cross contamination involves the transfer of harmful bacteria or other microorganisms from one contaminated substance or object to another, leading to potential health risks. This is especially critical in food preparation and healthcare settings. Cross contamination could be transfer by a chemical, biological or physical agent.

Cross contamination is a significant public health issue in Nigeria, particularly impacting food safety. According to data from the World Health Organization (WHO), foodborne illnesses result in substantial morbidity and mortality worldwide, and Nigeria is no exception. Foodborne diseases, often stemming from cross contamination, are a major concern in the country.

In Nigeria, the National Bureau of Statistics highlights that inadequate food safety practices contribute to frequent foodborne disease outbreaks. For instance, improper handling of food and lack of adequate hygiene practices among food vendors are common issues. A study on food vendors in Nigeria's Home-grown School Feeding Program found gaps in food safety knowledge and practices, which contribute to cross contamination and subsequent health risks Food safety.

People are also at the risk of getting toxin contamination from the use of pesticides, herbicides and preservatives in food processing and this can lead to serious food poisoning.

Types/ Forms of cross contamination: ways through which people get infected from cross contamination and some of the symptoms they manifest represents:

1. Respiratory or air borne infections ; Airborne infections can spread without necessarily having close contact with another person via small respiratory particles. Droplets from the mouth or nose may also contaminate hands, cups, toys, or other items and spread to those who may use or touch them, particularly if they then touch their nose or mouth. The slight difference between respiratory diseases and airborne infections is Airborne particles are tiny, they can stay in the air for a long time, and travel longer distances. You can breathe them in even if you're some distance away from the source of the infection. Droplets are larger and released when you cough, sneeze, talk, or even breathe hard.

2. Food borne illnesses (raw and processed) ; All foods are at risk of becoming contaminated, which increases the chance of the food making someone sick. It's important to know how food can become contaminated so that you can protect against it. Exposure to microbial contamination presents a global threat to human health. According to the World Health Organisation (WHO) 1 in every 10 people becomes ill from eating contaminated food. Foodborne diseases contribute significantly to deaths around the world and are a particular threat in the developing world, places of extreme hardship or poverty or in countries where large numbers of the population have restricted access to healthcare. If everybody, everywhere, had access to sufficient amounts of clean water, then the number of deaths attributed to diarrhoeal diseases, would be cut by a third (Tropical Medicine and International Health 2014). Chemical contamination refers to food that has been contaminated by some type of chemical substance. Because chemicals can be very useful when cleaning in the kitchen, they can easily contaminate food. Chemicals must be properly labelled and stored separately for foodstuff to minimise the risk of contamination. There are also chemicals that occur naturally in foods, like toxins in some fish, and in some cases, minimal chemical contamination might not actually lead to illness. However, the food handler must always be aware of the presence of chemicals in food and take all reasonable precautions to make sure that chemical contamination doesn't happen. Biological contamination refers to food that's contaminated by substances produced by living creatures – such as humans, rodents, pests or microorganisms. This includes bacterial contamination, viral contamination or parasite contamination that's transferred through saliva, pest droppings, blood or faecal matter. Bacterial contamination is thought to be the most common cause of food poisoning worldwide, and the best way to protect against it occurring is by maintaining the best food safety practices. Physical contamination refers to food that has been contaminated by a foreign object at some stage of the production process. These objects have the ability to injure someone and can also potentially carry harmful biological contaminants, which then cause illness. An additional consequence of physical contamination is the upset caused to the person who finds the object. Things like band-aids, fingernails and pieces of cooking equipment are the last thing you would like to find in your meal.

3. Contamination in the health care setting (patient to health care personnel, health care personnel to patient, patient to patient) Microbial contaminants can also enter the body in other ways, such as during surgical procedures at a hospital or dentist.

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5. Environmental contamination

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Causes of Cross Contamination

1. Improper Food Handling : Raw foods coming into contact with ready-to-eat foods.
2. Unclean Surfaces and Utensils: Reusing cutting boards, knives, or utensils without cleaning. One could also get contaminated by germs from door knobs, stair railings, shared table surfaces in classrooms, offices, markets, workplaces etc
3. Poor Personal Hygiene: Not washing hands after handling raw foods or using the restroom.
4. Improper Storage: Storing raw foods above cooked or ready-to-eat items.
5. Environmental Factors: The contamination of food and water through inadequate sanitation and waste management . This is especially critical in urban areas with high population densities and limited access to clean water and sanitation facilities .

Effects of cross contamination:

Cross contamination can lead to foodborne illnesses caused by pathogens like Salmonella, Escherichia coli known for short as E. coli, and Listeria, campylobacter, Symptoms range from mild gastrointestinal discomfort to severe, life-threatening conditions, especially in vulnerable populations.

Prevention Methods

1. Proper Handwashing: Wash hands thoroughly with soap and water.
2. Separate Equipment: Use different cutting boards and utensils for raw and cooked foods.
3. Sanitizing Surfaces: Regularly clean and disinfect kitchen surfaces and equipment.
4. Safe Storage: Store raw foods separately and on low.
5. Temperature Control: Cook foods to safe internal temperatures and store them appropriately.
6. Education and Training: Ensure food handlers and healthcare workers understand and follow best practices for hygiene and safety
7. Use of color coded equipment in health care safety;
8. Use of labels in the house : children can mistakenly consume substances if they don't have label

and harmful substances should be kept out of their reach

These preventive methods are necessary for maintaining public health, particularly in food preparation and healthcare environments.

ONLINE SAFETY

Internet safety, also known as online safety, cyber safety and electronic safety (e-safety), refers to the policies, practices and processes that reduce the harms to people that are enabled by the (mis)use of information technology.

Globalization has made the world neighbors and the instant share of information has led to acculturation, innovation, diffusion of ideas and methodology at a very fast rate.

Some of the dangers of globalization include ; exploitation, economic inequality, increased corruptions, misinformation, reduction in the sovereignty of cultural identity, degradation of the environment, interdependence, possible monopolization by Mega Corporations, structural unemployment and fraudulent activity (like identity theft/ impersonation, scam, clicking phishing links etc.)

As the number of internet users continues to grow worldwide,[1] internets, governments, and organizations have expressed concerns about the safety of children and teenagers and the elderly using the Internet. Over 45% have announced they have endured some sort of cyber-harassment. Safer Internet Day is celebrated worldwide in February to raise awareness about internet safety.

In the UK the Get Safe Online campaign has received sponsorship from government agency Serious Organized Crime Agency (SOCA) and major Internet companies such as Microsoft and eBay.

Online safety is necessary and validated as many businesses have been faced with excesses of attacks on the internet which has resulted in losing one's life on the part of the victims, committing suicide, or psychological disorderliness. Cyberattacks on businesses and organizations are becoming a growing trend, and Africa is not exempted. The productivity, income, and client trust of organizations are all negatively impacted, not to mention the customers' security.

Possible dangers on the internet ;

1. Kidnapping/genocide due to exposure of sensitive information
2. Cyberstalking
3. Cyber bullying
4. Malicious software & hackers
5. Fraudsters (fake vendors, supposed fake friends, yahoo-yahoo)
6. Online predation (engaging underaged/ minors in sexual relationships through the internet)
7. Online grooming for sexual or drug trafficking. When a strangers approached and befriends people online with the goal to trick them into drug trafficking or human trafficking.

8. Obscene and offensive content : hate speech, shock sites, age sensitive images,
9. Sextortion : Sextortion, especially via the use of webcams, is a concern, especially for those who use webcams for flirting and cybersex. Often this involves a cybercriminal posing as someone else - such as an attractive person - initiating communication of a sexual nature with the victim. The victim is then persuaded to undress in front of a webcam, and may also be persuaded to engage in sexual behaviour, such as masturbation, The video is recorded by the cybercriminal, who then reveals their true intent and demands money or other services (such as more explicit images of the victim, in cases of online predation), threatening to publicly release the video and send it to family members and friends of the victim if they do not comply. A video highlighting the dangers of sextortion has been released by the National Crime Agency in the UK to educate people, especially given the fact that blackmail of a sexual nature may cause humiliation to a sufficient extent to cause the victim to take their own life. Several other agencies have used their platform to educate the public of the risk of sextortion.
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How to stay safe online :

1. Information security; Sensitive information such as personal information and identity, passwords are often associated with personal property and privacy and may present security concerns if leaked. Unauthorized access and usage of private information may result in consequences such as identity theft, as well as theft of property
2. Avoid Phishing: Phishing is a type of scam where the scammers disguise themselves as trustworthy source in an attempt to obtain private information such as passwords, credit card information, etc. through the internet. These fake websites are often designed to look identical to their legitimate counterparts to avoid suspicion from the user. Normally, hackers will send third-party email to target requesting personal information, and they will use this as an entry point to implement attack
3. Beware of malware: Malware, particularly spyware, is malicious software designed to collect and transmit private information, such as passwords, without the user's consent or knowledge. They are often distributed through e-mail, software, and files from unofficial locations. Malware is one of the most prevalent security concerns as often it is impossible to determine whether a file is infected, regardless of the source of the file
- 4.

PHYSICAL OR PERSONAL SAFETY:

Physical safety is the absence of harm or injury that can be experienced by any person from a physical object or practices that include a physical object.

Physical objects can include a person, the room itself, furniture, medical equipment, prohibited items, toys, art work, etc.

Physical safety cannot be established without simultaneously providing psychological and emotional safety to the professional and the service receiver.

Once psychological and emotional safety is established, professionals can create a safe physical environment by creating practices, guidelines, policies and training that promote safety for all.

Physical safety can be influenced by various factors including Temperature. Both very cold and very hot temperatures can be dangerous to your health. Fire can destroy life and property so the need for a fire extinguisher, dry, wet or gaseous is underrated.

Types of fire :

Types of fire extinguisher:

How to prevent fire:

What to do when there is a fire

Extreme cold conditions can lead to hypothermia, pneumonia, flu, nasal congestion etc

- * drink warm beverages and water
- * Dress appropriately, wear thick clothing
- * Use lozenges and menthol applicators like inhalers, balms, ointments etc

Indoor Air Quality. Common causes of indoor air problems include inadequate temperature, lack of humidity or lighting; exposure to noise. Noise is one of the most common workplace health hazards.

Radiation, vibration can also be harmful for the health, these are the risks faced by people who use equipment that emit strong vibrations such as drills, tractors, heavy duty vehicles, quarry employees, agricultural workers etc

Types of physical/ personal safety :

1. Travel safety : road safety, obeying traffic rules and regulations like not putting children in the front seat, always using a seat belt, having a car fire extinguisher, regular vehicle maintenance, traveling on safe roads, avoiding night journeys when possible, using a good map, letting people know where you are going- kin.
2. Fire safety
3. Situational awareness
4. Self defense : martial arts, use of tasers, pepper spray, having numbers of speed dial.
5. Home safety; having a burglar alarm and always locking doors, being vigilant, don't leave children at home unsupervised, turning off electrical appliances while not in use, keeping grasses around the house short and having good sanitation standards.

EMOTIONAL WELL-BEING;

..a lot of us know this definition but I do hope we honour it , I do hope we find the courage to honor our feelings , our emotions , cause truly it is just as important to nurture and feed our heart as we do our stomach.

Attaining emotional well-being is crucial for overall health. To achieve it, it's important to prioritize self-care, maintain healthy relationships, practice mindfulness and relaxation techniques, and seek support when needed. Taking time for activities you enjoy, setting boundaries, and expressing your feelings can also contribute to emotional well being.

To enhance emotional well-being, engaging in regular physical activity, getting enough sleep, and practicing gratitude can be really helpful. Additionally, setting realistic goals, managing stress effectively, Remember, taking care of your emotional health is just as important as taking care of your physical health.

More than 1 in 5 US adults live with a mental illness. Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness. About 1 in 25 U.S. adults lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

According to World Health Organization (WHO), one in every four Nigerians has mental illness. It should be noted that a significant number of people with mental illness are not treated in many communities in Nigeria, due to the myths and stigma associated with it. But I desire to let you know it is ok to ask for help , It doesn't make you crazy , does not make you less of a person , you are beautiful and amazing regardless of what ever emotional and mental challenges you face .

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One can attain or maintain emotional well-being by :

1. Setting boundaries and communicating discomfort. Whether with family or friends we need to communicate about things that hurt our feelings to prevent future reoccurrence and we need to stay away from toxic situations or people
2. Avoid use of mind altering substances that can induce depression, addiction, astral projecting, hallucinations etc
3. Seeking support : from friends, families, or professionals (online and from a brick and mortar facility e.g school counselors, therapists, life coach, mentors, religious heads or figures of repute etc)
4. Emotional regulation and self mastery
5. Discipline
6. Self care and mindfulness; exercise, meditation, relaxation, yoga, Pilates, stretches, recreational

activities like swimming, hiking etc