

# COVID-19 DIGEST

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MAKERERE UNIVERSITY  
SCHOOL OF PUBLIC HEALTH

## LOCKDOWN



## The 6 WHO Conditions for Ending Coronavirus Lockdown

**C**ountries under coronavirus lockdowns should only ease those restrictions if they can control new infections and trace contacts, says the World Health Organization (WHO).

Despite all the personal and economic pain the corona-

virus has caused, WHO officials say that in many places, it's too soon to get back to normal.

WHO Director-General Tedros Adhanom Ghebreyesus issued six (6) conditions for any government that wants to start lifting restrictions.

1. Disease transmission is under control

2. Health systems are able to "detect, test, isolate and treat every case and trace every contact"

3. Hot spot risks are minimized in vulnerable places, such as nursing homes

4. Schools, workplaces and other essential places have established preventive measures

5. The risk of importing new cases "can be managed"

6. Communities are fully educated, engaged and empowered to live under a new normal.

Read more here; <https://n.pr/34JWqRy>

## COVID-19 Shouldn't Relegate Sexual and Reproductive health needs

By Olivia Nakisita, Public Health Specialist/ Social Scientist, MakSPH

**W**hen people are faced with emergency situations their sexual and reproductive health needs do not disappear. As the rest are fighting COVID 19 and measures being put up like quarantine, we need to have urgent coordination for reproductive health. People have a right to information and service.

1. People have a right to safe and satisfying sex and they are going to have it anyway. We need to avail them with condoms to protect them against HIV and other STIs. However, we should not forget information on staying safe.

2. People are likely to have unplanned, unintended and unwanted pregnancies. We need to provide them with appropriate information on

family planning and avail them with free or affordable services.

3. Girls and women continue to have their menstrual periods. We have to ensure that their hygiene is kept by availing sanitary products. Many are locked down and cannot afford to. Sexual and reproductive health issues should be integrated in all community level COVID 19 activities. As people are told to wash their hands and stay safe, they should be told about abstaining, use of condoms, family planning, seeking antenatal care, delivery at a health facility and protection from sexual and gender

-based violence.



## GLOBAL NUMBERS

WHO: 2,241,359 Cases | 152,551 Deaths

JHU: 2,355,337 Cases | 162,013 Deaths

604,573 Recovered

## UGANDA NUMBERS

55 Cases  
35 Active Cases  
20 Discharged  
0 Deaths

Special Edition

# Contact Tracing, What it entails

**Contact tracing is one of the critical surveillance strategies for controlling the spread of COVID-19.**

Article by AFENET

**C**ontact tracing is a process of monitoring persons who have been in exposed to another person infected with a specific disease. It involves identification, listing and follow-up of persons who came into contact with an infected person.

Within the context of COVID-19, a contact is an individual who has experienced the following exposures during the two days before or 14 days after the onset of symptoms of a confirmed or probable case:

Face-to-face contact with a confirmed or probable case within a distance of one meter; Direct physical contact with a confirmed or probable case; Direct care for a patient with confirmed or probable COVID-19 diagnosis without proper personal protective equipment Other situations such as closed environment (shared transport, places of worship, classrooms, hospital waiting rooms). With person-to-person

waiting rooms). With person-to-person transmission, new cases are more likely to emerge among contacts. It is critical that all potential contacts of suspect,

***The purpose of contact tracing during the COVID-19 outbreak is to aid early detection and prompt isolation of new cases.***

probable and confirmed COVID-19 cases are systematically identified and put under observation for 14 days from the last day of contact. Because of their potential to develop COVID-19 and hence propagate the epidemic, it is extremely important that contacts strictly restrict their movements and exercise social distancing until they complete follow-up.

During contact tracing, contacts are monitored for signs and symptoms COVID-19 and specimens are also taken tested in a laboratory to confirm whether the contact is negative or positive.



Dr Kevin Mugenyi , an Epidemiologist following a case in the outskirts of Kampala, Uganda

## Is hydroxychloroquine recommended for use in the management of COVID 19?

By Dr Elizabeth Ekirapa Kiracho

**S**everal countries have picked up interest in the use of hydroxychloroquine for the management of the Corona virus Disease. However, the current evidence is inadequate to confirm that chloroquine and its safer derivative hydroxychloroquine can be used to treat COVID 19. According to an article published in the Lancet Rheumatology, hydroxychloroquine



showed invitro activity against a similar pathogen SARS-COV-2 in 2005, however it did not reduce the viral load in trials done among mice and interest in it waned. Interest

was renewed when work done in China and France appeared to show promising results with regard to treatment of COVID 19 patients.

However, it has been reported that the sample of patients selected were few and furthermore they had a mild form of the disease. Although in the US the FDA has allowed its use under the off-label, compassionate use for treating COVID-19, and WHO added the drug to its large global SOLIDARITY trial to test a variety of potential treatments, existing evidence is still inadequate.

*“Considering the controversy, surrounding its use, members of the public are advised not to engage in self-medication with hydroxychloroquine or Chloroquine for the treatment of COVID 19,”*

Dr Elizabeth Ekirapa

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