

# COVID-19 DIGEST

Issue No. 07 April 07, 2020

## Highlights

### MakSPH Readies Workplaces for COVID-19

As part of the efforts to contribute COVID-19 preparedness and response, MakSPH developed a training package on getting workplaces ready to deal with the disease.

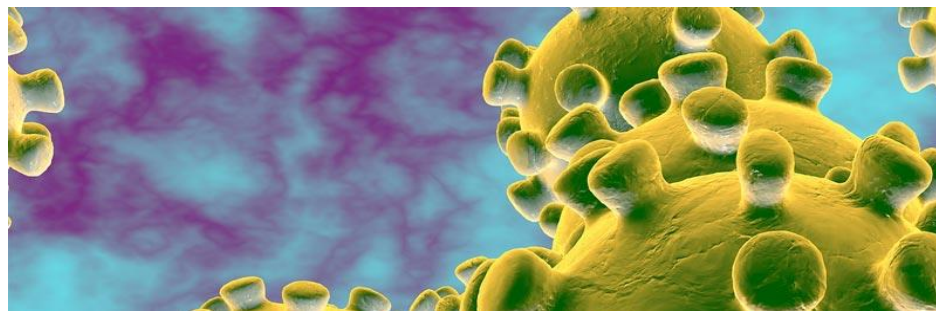
This is recognition of the fact that workplaces are potential places for amplification of COVID-19; can serve as an early warning system for COVID-19 detection and COVID-19 can disrupt business if workplaces do not plan for its eventualities in advance.

Personnel of City Medicals Limited and City Ambulances Uganda benefitted from the initial training on March 24. This training package is now available online and can be accessed by many organisations across Uganda and beyond via

<https://youtu.be/LjT9bdPvhEc> Details:

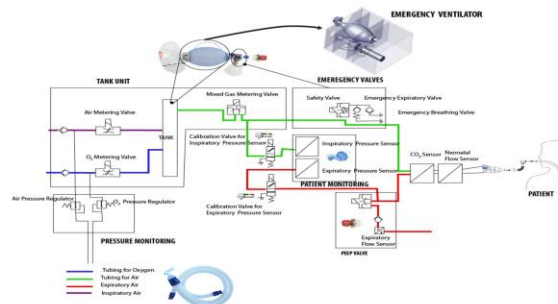
<https://bit.ly/3aQZ0Yl> Email:

[dtuhebwe@musph.ac.ug](mailto:dtuhebwe@musph.ac.ug)



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## SPOTLIGHT



### Mak, PARTNERS TO DESIGN LOW COST VENTILATOR

Makerere University, ResilientAfrica Network (RAN) a project of the School of Public Health, Kiira Motors Corporation, Ministry of Science, Technology and Innovation (MOSTI) have joined hands to come up with a low cost medical ventilator as part of the response to the COVID-19 pandemic.

These parties are therefore working round the clock toward the development of an open design low-cost ventilator adapting open access designs from the Massachusetts Institute of Technology, University of Florida, and other Public License Ventilator Technology Developers, to the needs in Africa placing strategic emphasis on supply chain localization to engender the scaling of production.

The capacity developed in the area for local content participation in the manufacture of Low-Cost ventilators will be valuable to Uganda even beyond the COVID-19 Pandemic. Details: <https://bit.ly/2RfD0hW>

### Uganda Numbers

- 52 cases
- 0 deaths

### Global Numbers

- WHO: 1,279,722 cases | 72,616 deaths
  - JHU: 1,365,004 cases | 76,507 deaths
- \*As at 19:30 EAT

### YOU MIGHT BE BETTER OFF WORKING OUT AT HOME

With the current lockdown, fitness facilities are not operating, leaving limited options for physical exercise. People are now jogging or walking on roads more than ever before, with many found in groups of more than five people working out.

Exercising outside home might be beneficial considering the long hours of stay in one place. However, achieving physical distancing (4m from each other) on the road is almost impossible. Worse still there are big numbers of people on roads with no provision for pedestrians.

Physical activity is good, but given the current circumstances of COVID-19 epidemic and the need to practice physical distancing, exercising on the road in groups poses a risk for transmission of COVID-19. This is because transmission occurs frequently among close contact with infected persons through droplets expelled in the air, including those infected but do not have symptoms.

Since respiratory droplets sprayed into air travel up to six feet, can float in the air for up to three hours before falling to the ground, can stay on surfaces up to 72 hours, when an infected person coughs or sneezes a person may walk/jog through contaminated space or surface. – Dr JB Ddamulira, MakSPH. Longer blog:

<https://bit.ly/2xUBMBW>

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