

COVID-19 DIGEST

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Highlights

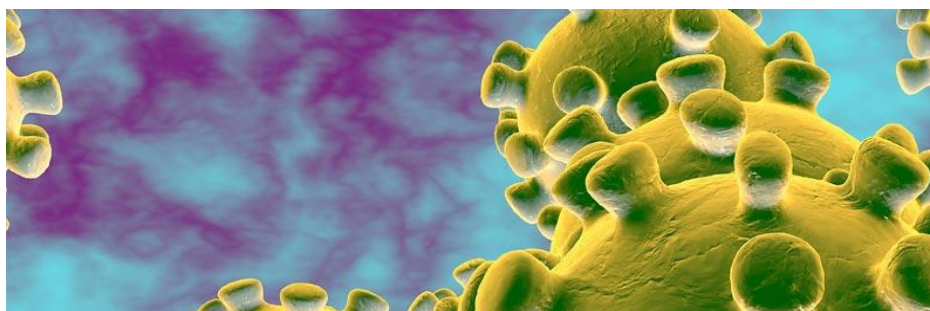
Test, Track, Treat

“Countries that adopted a test, track and treat approach gained an early edge against COVID-19. Germany jumped to develop a test by January-which, combined with its ample intensive care beds and early embrace of social distancing-could explain why it's seeing fewer deaths than its neighbors, [according to the AP](#). Germany reports 775 deaths and 71,000 cases; compare that to Italy's 12,400 deaths for 106,000 cases and Spain's 9,000+ deaths and 102,000 cases.”
- JHU- Global Health Now

COVID-19: Lessons from South Korea <https://bit.ly/2V69CvV>

Psychosocial support

“Many people feel unhappy and stressed in times of emergency such as the current COVID-19 pandemic. To beat unhappiness and stress take a 30-minute walk in fresh air. Exercise increases your happy hormone in the brain which will help you cope better. Do exercise regularly.” - Dr Juliet Nakku Mubiru, Director Butabika National Referral Mental Hospital, Kampala.



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SPOTLIGHT



Rational use of face masks in the COVID-19 pandemic

It is time for governments and public health agencies to make rational recommendations on appropriate face mask use to complement their recommendations on other preventive measures, such as hand hygiene. WHO currently recommends that people should wear face masks if they have respiratory symptoms or if they are caring for somebody with symptoms. Perhaps it would also be rational to recommend that people in quarantine wear face masks if they need to leave home for any reason, to prevent potential asymptomatic or presymptomatic transmission. In addition, vulnerable populations, such as older adults and those with underlying medical conditions, should wear face masks if available. Universal use of face masks could be considered if supplies permit. More here <https://bit.ly/2JtUnHx>

Uganda Numbers

- 44 cases
- 0 deaths

Global Numbers

- WHO: 783,360 cases | 37,203 deaths
- JHU: 874,081 cases | 43,291 deaths

Uganda Lockdown: From an epidemiological standpoint | The complete lock-down is a very good and timely decision by government. The current cost might appear high but because we do not know the likely toll of a full-blown nationwide outbreak, we cannot take chances. As I said earlier, we cannot fraternize with unfamiliar contagion. Plus: You cannot rely on mortals to follow the rules and behave well: People's behaviour has been tested and we collectively failed the autonomy test. I know Uganda will eventually win, with a much attenuated level of spread compared to what we are seeing the world over. I am already writing a comparative case study for my future epidemiology classes on how to decapitate a highly infectious pandemic through decisive actions. In this case study, Uganda's response is being compared with that of the UK. We should never tumble into a situation where we need more than 100 respirators - that would be a complete disaster! The current course of action is the wisest course of action, regardless of all the hullabaloo it causes. -Dr Roy Mayega, Lecturer & Deputy CoP, ResilientAfrica Network, MakSPH.

