

COVID-19 DIGEST

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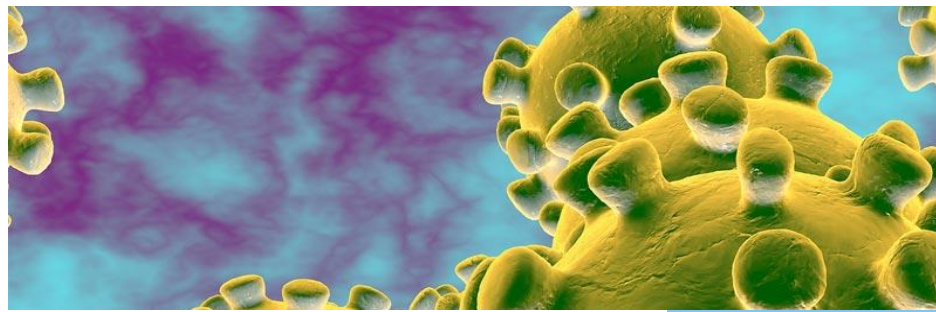
Highlights

In responding to the COVID-19 epidemic, policymakers should aim to bring about protective structural system changes so that the readiness of society to prevent emerging infectious disease outbreaks is independent of the current perceived number of cases. - LANCET

N95decon.org is a web portal that synthesizes the scientific literature about mask decontamination to help hospital administrators make informed decisions based on their circumstances, and understand the best practices for different approaches to decontamination.

Psychosocial support tip

During this lock down period, if you feel sad or low in mood and you have lost interest in most of what previously gave you joy, if you have problems with sleep or feel negative about everything, you might be depressed. Talk to someone.
." - **Dr Juliet Nakku Mubiru, Director Butabika National Mental Hospital, Kampala.**



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SPOTLIGHT



WHAT DOES SELF-QUARANTINE MEAN?

This is a transparent self-restriction of persons' activities when they are not ill with COVID-19 for the purpose of protecting unexposed members of the communities from contracting the disease should any at risk traveller become sick. This is particularly important for persons who may have been in contact with a person who has symptoms of COVID-19 or is suffering from the disease or has travelled from one of the areas with high transmission of COVID-19. This means one will stay at his/her home, hotel room or any identified accommodation without mixing with family members or the general public for the period of 14 days. However, they will be required to interact with surveillance officers in appropriate Personal Protective Equipment (PPE) who may come to carry out a medical check-up on them. Self-quarantine is intended to facilitate early detection of ill health due to COVID-19 and to prevent its spread in the communities, to loved ones and/or other countries or area. - **MoH, Uganda.**

Uganda Numbers

- 45 cases
- 0 deaths

Global Numbers

- WHO: 972,640 cases | 50,325 deaths
- JHU: 1,033,478 cases | 54,369 deaths

Should Ugandans wear masks?

It has been reported that experts from the CDC and the WHO are reviewing the evidence, and soon a new advisory will be put out for the USA and the world. However, in the current circumstances if you are in a crowded area like a market or in a hospital or indoors in poorly ventilated rooms with many people do wear a mask to reduce the risks. The quality of mask matters. Most homemade masks are known not to stop the virus, and even a quality one if defective, wet or contaminated is not helpful. If used, it is recommended that facemasks must be worn correctly, changed frequently, removed properly, disposed of safely and used in combination with good universal hygiene behaviour in order for them to be effective. I am aware that soon masks will be made by one of our textile factories. It is my recommendation that they must first be put to the test by relevant authorities before they are made accessible to the public. The same should apply to imported ones. - **Prof Peter Waiswa, MakSPH.** Longer blog: <https://bit.ly/2R5zcyj>

