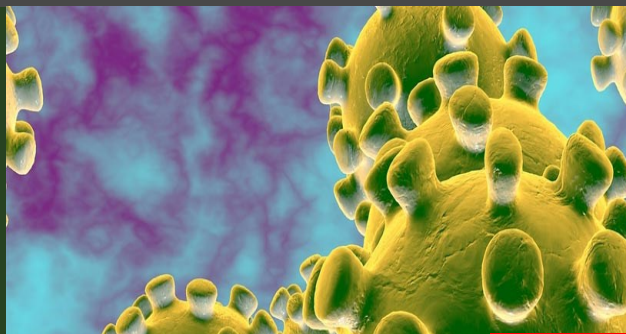


COVID-19 DIGEST

Issue No. 10

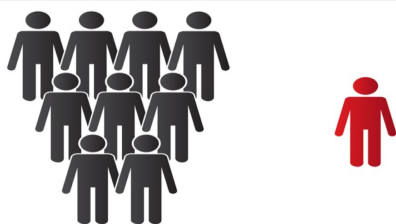
April 10, 2020



MAKERERE UNIVERSITY

SCHOOL OF PUBLIC HEALTH

Highlights



Lets End Coronavirus stigma

The pandemic is fueling deplorable racism and discrimination, especially against those who have tested positive or been identified as contacts of the travelers.

This however is not right to victimize people suspected to have the virus. The WHO observes that viruses infect all humans: when an outbreak happens, everyone is at risk, regardless of who they are or where they are from.

Like President Museveni has properly guided the nation, viruses infect all humans: when an outbreak happens, everyone is at risk, regardless of who they are or where they are from.

Why Mass Testing May Not be Feasible for Uganda

Uganda may not have the capacity to do a test for everybody. Now because of certain limitations. For example, each test, costs about US\$65 (one person). Assume you rolled out a test to just 50% of Uganda's population (20 million people), you need UGX 4.5 Trillion. And that's just a test of 50% of Ugandans. The budget for the entire Ministry of Health last year was about UGX 3.5 Trillion.

SPOTLIGHT

BUSTING MYTHS ABOUT COVID-19

That 5G mobile networks spread COVID-19

This is not true. Proven research show COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks. People can also be infected by touching a contaminated surface and then their eyes, mouth or nose.

That exposing yourself to the sun prevents the coronavirus

This is false. Countries with hot weather have reported cases of COVID-19. To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth, and nose.

That drinking alcohol protects you against COVID-19

The WHO shows that frequent or excessive alcohol consumption can increase your risk of health problems.

That eating garlic help prevent infection with Covid19

This is not true. While Garlic is a healthy food that may have some antimicrobial properties, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

That Hand dryers Kill Corona Virus

Hand dryers are not effective in killing the 2019-nCoV. Therefore, to protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer. Find out more her;

<https://bit.ly/2JXioH6>

UGANDA NUMBERS

53 cases
0 deaths
3,524 Tested

GLOBAL NUMBERS

WHO: 1,521,252 cases | 92,798 deaths
JHU: 1,619,495 cases | 97,200 deaths

Empathy is Key in Public Health Emergency Response - Ssendagire

As the presidential directives continue to take course, mainstream media continues to report with videos and pictures depicting lack of humility and unkind acts on the general population by enforcers of movement restrictions.

The president has been very clear about the alleged misinterpretation of his directives on enforcement of the lockdown intended to halt the spread coronavirus.

As recognised by the WHO Director General, although scientific and public health tools are essential in the eye of a storm like COVID-19, kindness and humility are very key.

We encourage our leaders and law enforcement officers and various stakeholders to strengthen the messaging, multiple channeling and multiple packaging of information on the risk, prevention and control of COVID-19. **Steven Ssendagire is a Research Fellow at MakSPH**



Produced by: MakSPH

Email: communications@musph.ac.ug



@MakSPH



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