



Health for All Now!

People's Health Movement East & Southern Africa

COUNTRY CIRCLES UPDATES ON COVID-19 PANDEMIC

Over 392,287 cases of COVID-19 have been reported worldwide as of March 23 2020 including in 43 African countries. Patients in countries with limited preparedness and response resources are particularly vulnerable to COVID-19. Sharp increases in COVID-19 caseloads may overwhelm health systems in countries already facing shortages of nurses, physicians and other health workers. In some cases, health workforce availability is less than 10% of what is estimated to be needed to deliver essential primary health care services. Strategies to rapidly expand healthcare teams and to develop innovative ways to deliver preventive, diagnostic and management services for COVID-19 are therefore urgently needed.

PHM-UGANDA

Currently, according to Ministry of Health of Uganda have confirmed 14 cases who have tested positive. To date, a total of 2,661 travelers including Ugandans identified as potential risk have been either under self-quarantine or institutional quarantine. Of these, 1,356 are under follow up; 774 of these are under institutional quarantine while 582 are under self-quarantine. A total of 1,305 high risk travelers have completed their 14 days of follow up.

The government has put measures to all persons who travelled from Dubai in the past two weeks have been given numbers to call so that they can be picked up and taken for screening. Those that have neighbors who travelled in the recent past but don't want to go for screening the police is alerted and are being picked up by the police for screening. All this is done in collaboration with MoH under the theme: ***No one shall die of coronavirus!***

PHM-Uganda is planning to have a joint statement on the actions they will take in combating the COVID-19.

PHM-SOUTH AFRICA

As of from 25th March 2020, 709 cases of COVID -19 have been confirmed positive and Southern Africa president(Cyril Ramaphosa) has imposed a 21 days lockdown to curb the spread of COVID-19, the lock down is effective as from Thursday the 26th March 2020. The ministerial committee is in place that has outlined measures to be taken during the lockdown, the aim is to restrict movements and flatten the curve of transmission. The military are deployed country wide to effect the national wide lockdown. Civil societies such as C-19 coalition have issued press statement on ***No to militarized lockdown*** basically saying if poor communities can't have water supply and



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food, and if no mass testing, the lockdown can be more of a health hazard and form of a punishment.

[The People's Health Movement South Africa](#) is among the 100 Civic Organisations, trade unions, and faith based organisations, organisations of informal workers and community based organisations who endorsed the programme of action in the time of COVID-19, see the link below.

[The Programme of Action in the time of COVID-19 - A call for solidarity in South Africa.](#)

PHM-KENYA

On March 12, 2020, the first confirmed case of this deadly disease COVID-19 was reported in Kenya. Currently, 28 confirmed cases of COVID-19 and recorded on person recovered from COVID-19. Suspected several people are being quarantine at two government health facilities and many more are self-quarantine. No deaths have been reported yet. All schools and higher learning institutions, sport activities, Government and businesses encouraging people to work from home, except essential services. The population has been asked to avoid congressional meetings, weddings, malls, night clubs, churches, limitation of visits to hospitals.

The government has issued a red alert of tough times in the next coming days. These have created panic and fear among the population. The total shut down is looming in the next coming days if the trend continues meanwhile there will be a curfew in war on the virus as from 7p.m to 5.00a.m to be effective from Friday 27th March 2020.

The President and His Deputy salary has been reduced to 80% pay cut in response to the fight against the corona crisis. Two speakers of the National assembly have also announced their 30% pay cut, cabinet secretaries have also reduced their salaries by 30%, principals' secretaries with 20% pay cut. All this reductions will free out monies to combat this pandemic.

PHM-Kenya together with its constituent organizations plans to intervene by applying the preventive measures in promotion of critical hygiene, local vernacular media engagements and behavioral change messages for COVID-19 and raising public awareness for how to prevent further spread of the disease.

PHM-ZAMBIA

As from 26th March, Zambia had 12 confirmed cases and 0 deaths (Ministry of Health, 2020)



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The PHM-Zambia, like any other circle is also greatly concerned and making sure that our communities are well informed with regards to keeping themselves safe and healthy in the advent of Corona Virus also being referred to as COVID-19.

The Ministry of Health has issued guidelines and circulated fact sheet flyers on how to prevent COVID-19. TV and radio sports are aired throughout the day and the MoH is giving updates with regards to the prevailing situation daily. We are also able to join the ZOOM calls conducted through the MoH by the Permanent secretary. ZOOM calls are done to check on what is happening in the 10 provinces and checking on the preparedness especially for provinces which are sharing borders with other countries. Screening is encouraged in border towns.

PHM- Zambia team are also making use of the information, communication and education materials such as fact sheet to reach out and sensitize some congregants and communities around them

Below are the main points we are using during the discussions with the people:

- What is COVID-19
- Common signs and Symptom
- How it is spread.
- Who is at risk?
- Prevention
- Is there treatment?
- Is there vaccine?
- What should you do if you suspect that a member of your family or anybody has the Corona virus disease?

The Zambia Public Health institute is issuing promotive interventions to the public through the MoH spokesperson and their Health promotion specialist through mass media and phone in programs:

- People are encouraged to wash hands with soap and water or use sanitizers.
- All proprietors of public places such as Malls, shops, and leaders of churches, workplaces have been directed to place hand washing facilities at the entrances and or sanitize hands of every person entering their premises.
- Social distancing is being encouraged in shops where people are queuing, the floors have been marked one meter apart to guide where one should stand before getting to the teller.



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- People are also encouraged to stay at home.
- Due to the nature of the COVID-19 it is difficult to tell who could be carrying it while infection is going on even with asymptomatic individuals. Following this alert, some institutions and organizations have since opted to encouraging their members of staff to be working from home, while the situation is being monitored and reviewed on weekly basis. Others have reduced to half the total number of working hours. Street vending has been discouraged and some marketers have been moved.

Other announcements made by the President of the Republic of Zambia are:

- The Zambian missions abroad and department of immigration must be alert to review the issuance of visas for people wanting to travel to Zambia, as well as at all ports of entry into the country for all travellers from countries affected by covid-19;
- Travellers will be allowed entry into Zambia, however, upon screening those who exhibit symptoms they will be quarantined in a medical facility for treatment, while all other travellers without symptoms will be quarantined for at least 14 days at their own cost.
- Government has suspended non-essential foreign travel, particularly, to countries which have confirmed covid-19 cases.
- Public gatherings such as conferences, weddings, funerals, festivals are to be restricted to at least 50 people subject to them complying with public health authority guidelines.
- Restaurants must operate only on a take-away and delivery basis.
- All bars, night clubs, cinemas, gyms and casinos must close.
- All international flights to and from our other three international airports are suspended, instead, all international flights should land at and depart from Kenneth Kaunda international airport only, to ensure efficient and effective screening of travellers, as well as following them up by our health authorities;



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Community and Church sensitization photos (by PHM-Zambia member)

