



Uganda Health News

First Aid & Covid-19

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Welcome to Edition #1 – A Sample For Your Review and Comment

Welcome to a 'sample first edition' of the **Uganda Health News** (UHN). Published bi-weekly in multiple languages, the **HUN** will educate and involve the reader by presenting Ugandan's with vital health information and statistics. In 2 short pages, the **HUN** will share tips, lesson plans and programming created and tested at the Joles School. The concepts that **HUN** will cover have become even more important in the age of the Corona Virus.

As the **HUN** publication develops, we'll be working with national leaders to collect and share information about Uganda's health system and problems Ugandan's face. Subjects **HUN** plans to cover will range from burns, shock and broken bones to CPR, blood born diseases and the Corona Virus. We also plan to answer questions like "How do you give CPR in the Age of Corona Virus" or "can you catch the virus from someone's bodily fluids, including bleeding?"

Uganda's Corona Virus News

As the virus spreads, Ugandan's wonder what our nation is doing to stop the spread and protect us. By interviewing leaders, we will help keep the nation up-to-date and educated. With that, by now you should know that you need to follow 3 basic concepts:

- Practice Social Distancing (at least 6 feet apart)
- Wearing a Mask (see Health Question for more)
- Washing Your Hands Often

To achieve our goals, we will rely on comments and information from Ugandan medical experts and national leaders. For example, in Uganda, as of 24/1/21:

- There were 39,044 confirmed cases of Covid;
- There have been 317 confirmed deaths;
- The Highest infection rate day was Dec. 9, 2020 with 1859 cases;
- There are 4 drugs on the market. A 5th drug is expected on the market in Feb. 2021, with 450 Million inoculations worldwide by 6/2021.

Health Question of the Week

When it comes to the Corona Virus, a variety of questions arise. This column will answer health questions, including but not limited to "What should I wash my hands with" and "How will the government distribute the vaccine when available?" Obviously, right now the corona virus is important, but this won't be our 'full time focus' – all health subjects will be.

Today, I would like to address this question: How do I choose the proper protective mask? The American Center For Disease Control suggests the following: Chose a mask that:

- Has 2 or more layers of washable fabric;
- Completely covers your nose and mouth;
- Fits snugly and has no gaps;
- Do not use masks that have valves or vents for exhalation;
- With glasses, find a mask that fits over your nose and has a nose wire to limit fogging.

Uganda Health Facts & Stats

This section will contain 'collected Ugandan Health facts'. Facts will come from a wide range of sources, including the Uganda Health Ministry and the W.H.O.

Uganda Key Public Health Statistics vs. Africa, World and U.S.				
Statistic	Uganda	Africa	World	USA
Life Expectancy	62.3	60.0	71.4	79.3
Maternity Mortality Rate ¹	343	542	216	69
Neonatal Mortality Rate ²	18.7	28.0	19.2	3.6
Skilled Health Professional Density ³	14.6	14.1	45.6	117.8
Malaria Incidence ⁴	218.3	244.9	94.0	0
Suicide Mortality Rate ⁵	7.1	8.8	10.7	14.3

March 2021 Training Events

- Uganda's Parliament Declares March of every year as Health Education Month;
- Conduct Educational Seminars in all regions
- First year goal: 1 event per week per region
- 2nd year goal: 3 events per week per region
- 3rd year goal: 5 events per week per region
- Regional events will be held all year round