

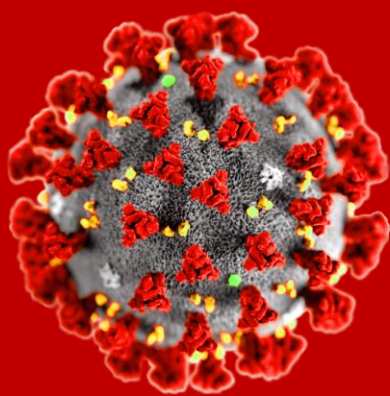
Be alert : All staff and students should be on high alert and look out for symptoms of the virus such as fever, cough and chest pains. **Page 1**



Coronavirus update

Globally	Infections 217701	Deaths 8933
Africa	Infections 627	Deaths 16
China	Infections 80928	Deaths 3245
Kenya	Infections 7	Deaths 0

◆ MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY ◆



SPECIAL BULLETIN ON COVID-19



Coronavirus will be with us for quite some time but it will come to pass, Prof. Charles Chunge, the Dean, School of Medicine – MMUST

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Editors' Note

Greetings MMUST Community,

We may all be aware of the Coronavirus pandemic currently ravaging the world. The Government of Kenya, through the Ministry of Health, has provided guidelines on



**Dr. Lydia Anyonje, Director,
DCCM - Editor**



**Nashilluh Brendah Kabindio,
PRO - Editor**

precautionary measures to be taken in case of any signs of Coronavirus symptoms. We urge you to adhere to these guidelines. This Special Bulletin brings you the local take on Coronavirus by our University health practitioners and the level of preparedness to handle it. We, most particularly, encourage you to take note of the hotline numbers provided by Kenya Red Cross Society in case of an emergency. These are: **0732 353 535/0729 471 414/0800 721 316 0794653300(MMUST)**. Stay safe.

PUBLIC HEALTH OFFICE TAKES PREVENTIVE MEASURES AGAINST CORONAVIRUS

By Awuor Sandra Dorcas



The Public Health Officer, Mr. Francis Cheboi (left), with the University's medical Officer, Dr. Patrick Wanguche during an emergency meeting at the Central Services Office

Mr. Francis Cheboi, the Public Health Officer at Masinde Muliro University of Science and Technology (MMUST), has expressed his concern over the recent outbreak of Coronavirus in the country. “All staff and students should be on high alert and look out for symptoms of the virus such as fever, cough and chest pains,” said Mr. Cheboi.

In a parallel meeting with the University’s Senior Medical Officer, Dr. Patrick Wanguche, together with other staff members from the Central Services Section, emphasis was laid on provision of disinfectants and sanitizers at all entry points of University premises, lecture halls, hostels, offices, Library and Catering units and urgent provision of medicated soaps in ablution blocks within the University.

Mr. Cheboi says that it will take concerted efforts of University health specialists to provide the necessary sensitization and prevention measures to curb further spread of the virus among staff and students. He recommended that the University management should appoint an emergency team to spearhead prevention of spread and enhance preparedness.

This comes after the President’s directive to close all Universities and tertiary colleges by Friday, 20th March, 2020.

All staff and students should be on high alert and look out for symptoms of the virus such as fever, cough and chest pains

Health Tip 1

We need to embrace the good hygienic behavior of regularly washing our hands for us to fight Coronavirus. You can wash your hands using the normal soap, not necessarily a purchased sanitizer. Let us do this for our safety.

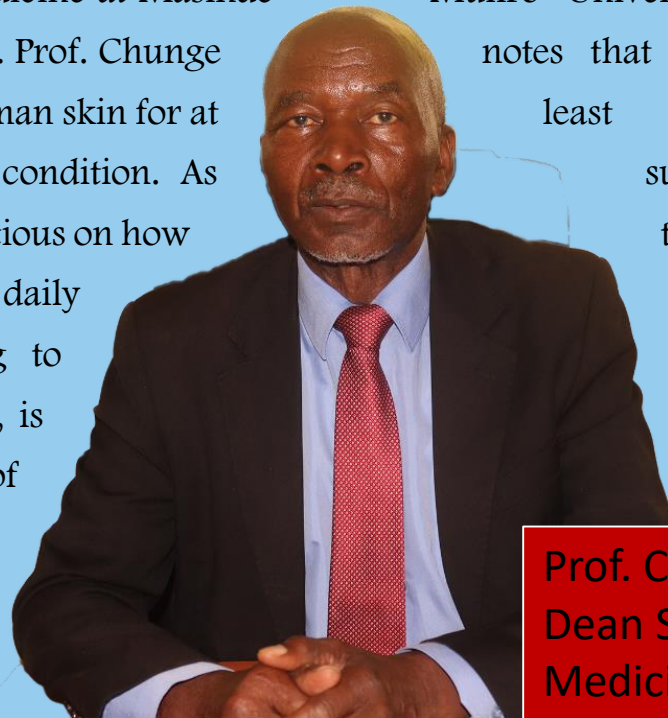


MMUST SCHOOL OF MEDICINE EXPERT VIEW ON COVID-19

By Shiundu Wilberforce and Linet Owuor

Different ideologies have been brought up since the outbreak of the Coronavirus. Some have said Coronavirus is a plague from God to punish human beings. Others have said that it was made from a laboratory in China, while others say that Corona Virus originated from a bat, which was ate by the Chinese.

What are the experts saying about this killer Virus? Prof. Charles Chungwe is the Dean, School of Medicine at Masinde Muliro University of Science and Technology. Prof. Chungwe notes that the Virus stays alive on the human skin for at least five hours depending on the condition. As such, he advises people to be cautious on how they carry on with their daily activities. This, according to the Professor of Medicine, is something that needs a lot of care while dealing with people because it can easily be transmitted from one person to another. He further notes that people should start adopting to hygienic behavior like sneezing in the left elbow and not in the arms to avoid more infections.



Prof. Charles Chungwe,
Dean School of
Medicine

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“As the University School of Medicine, we are ready to engage in helping the public get more awareness on Covid-19. We are in close engagement with our medicine students to make sure that they are fully informed about this Virus”, said Prof. Chungwe.

He further stated that the School is set to offer expert advice to the public on the stubborn Covid-19 virus that has brought the world to a standstill. According to Prof. Chungwe, there are many detergents that can help people sanitize their hands. Apart from the expensive sanitizers that most people may not afford, Prof. Chungwe said that people can also use well diluted *Jik*, which is one of the best sanitizers.

Health Tip 2

This is the normal *Jik* we use in our homesteads for cleaning. Experts say it can be used as a sanitizer. Dilute it with a large amount of water to weaken the bleaching elements.



ST. JOHNS AMBULANCE CORONAVIRUS RESPONSE AND PREPAREDNESS

By Wangari Mary Wambugu

St. Johns Ambulance MMUST Chapter has unveiled an elaborate strategy to combat the elusive Covid-19. According to Prof. Omuterema, St. Johns Ambulance is part of the solution that has been put in place for an institution like Masinde Muliro University of Science and Technology, to deal with pandemics, such as the Coronavirus.

“We are educating our members to disseminate information on some of the measures to take into consideration during this time,” he says.

St. Johns Ambulance MMUST Chapter an affiliate of the western region, the national and the international St. Johns Ambulance, was established around the year 2005/2006. This division is active in providing training in First Aid and related emergencies not only to students but also to the community. It trains in emergency response and also does the responding. Aside from this, it has participated in community work such as conducting anti-jigger campaigns and provision of assistance to the less fortunate members of the society.



Prof. Stanley Omuterema

The team, comprising of about fifty (50) members under the patronage of Prof. Stanley Omuterema, works in close contact with the University management, the Security Office and the Clinic in service delivery.

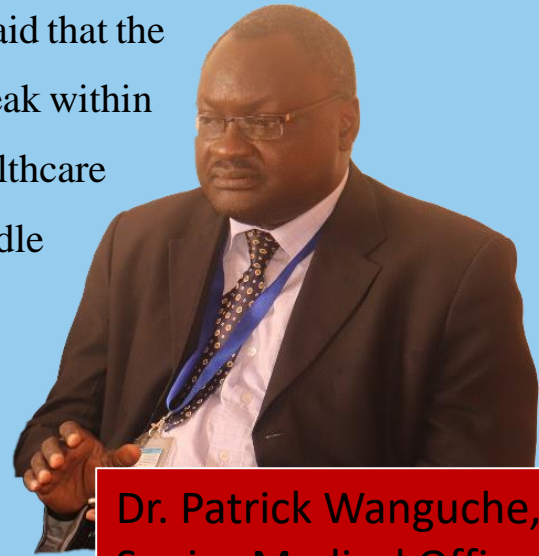
Prof. Omuterema outlined the different measures for everyday preparedness, stating that the Division was in the process of making flyers and brochures to equip as many people as possible with knowledge. He also urged people to be eager in information acquisition. According to him, these are the levels of preparedness:

1. **Personal hygiene**
 - Get out of the practice of shaking hands
 - Before entering a building, especially at the workplace, ensure that you wash your hands with soap and water or use sanitizers
 - Ensure proper ventilation in buildings
 - Cough or sneeze in your inner elbow
2. **Food handling**
 - Ensure proper cooking of food
 - Avoid taking cold food especially fluids
3. **Social gatherings and travel**
 - Avoid meetings where physical contact is required
 - Stay at least one meter apart in meetings; avoid congestion
 - Meetings have to be in well ventilated places
 - Avoid travelling and only do so if it is very necessary

We are educating our members to disseminate information on some of the measures to take into consideration during this time

By Ooko Brian Owino

Health practitioners at Masinde Muliro University of Science and Technology (MMUST) have reassured the staff and students over MMUST's ability to deal with the COVID-19 virus. The University's Senior Medical Officer, Dr. Patrick Wanguche has said that the medics in MMUST are prepared to handle the outbreak within the institution. Dr. Wanguche confirmed that healthcare workers in the University have been trained to handle potential cases of the Coronavirus.



Dr. Patrick Wanguche,
Senior Medical Officer

According to him, the County Government has equipped all Level Five hospitals in the country, including Kakamega County Teaching and Referral Hospital. MMUST has also adopted various measures to keep the medics safe including purchase of masks, gloves, and hand sanitizers. Dr. Wanguche has also urged both staff and students to report to the University Health Unit should they develop symptoms of the Virus.

Dr. Maximilla Wanzala, the Chairperson of the Public Health Department also weighed urging the MMUST community to observe hygiene since the virus is communicable.

“Staff and students should avoid crowded areas, wash their hands regularly, and avoid unnecessary travels to avoid contracting and spreading the virus” she said.

The community has also been encouraged to be on the lookout for symptoms of the virus. According to Mr. Caleb Nyaraga, a Tutorial Fellow in the Department of Public Health, the infection manifests in symptoms such as dry cough, difficulty in breathing, fever, shortness of breath, chest pains, headache, and sore throat. Mr. Nyaraga also insisted on the need of avoiding to touch eyes, nose and mouth as a preventive measure.

Although there are more than 170,000 reported cases of Covid-19 virus globally, Mrs. Tabitha Kwasira, another health expert in the University said the number should not worry the MMUST community since majority of those infected with the disease have recovered. Covid-19 virus was first reported in china in December 2019 before it spread to other parts of the world. The first local case was declared on Friday, 13th 2020, leading to adoption of several measures to curb the spread of the disease.

MMUST red cross society spearhead corona virus sensitization in Kakamega county

By Albert Induli

Masinde Muliro University of Science and Technology Kenya Red Cross Society (KRCS) volunteers are on the forefront with information dissemination about the Covid-19 pandemic in Kakamega County and the larger Western region. In a training held on Monday, 16th March 2020 at Kakamega County Offices that saw several other volunteers from the region attend, MMUST’S Zadoc Maingi, who is a Public Health and Nutrition Masters Student, and Franklin Onyango, a Bachelor of Science in Agriculture and Biotechnology Undergraduate took other members through the myths, facts and fictions of the deadly virus.



Dr. Nicodemus Nyandiko

According to the KRCS Patron-MMUST Chapter, Dr. Nicodemus Nyandiko, the two students, together with him, were among the team which represented the County Government at the Kenya Red Cross-National Headquarters during a training on dealing with Coronavirus at County level. The Workshop, which took place last week at the Bomas Inn Hotel in Nairobi, focused on facts dissemination and enhancing County preparedness.

Dr. Nyandiko, a staff in the School of Disaster and Management and Humanitarian Assistance (SDMHA), has been part of the team putting together the National 2019 Novel Coronavirus Contingency Plan which is out in public circulation. He says that KRCSs supports the Ministry of Health in Disaster Management and, as MMUST-Chapter, they play a pivotal role in this management of COVID-19 in the County. The MMUST Disaster Management lecturer states that the Kenya Red Cross team, which is very vibrant in the region, is keen on playing its role working closely with the County Government and other stakeholders to make sure there will be very minimal fatalities in case the virus strikes.

Health Tip 3

Avoid, as much as possible, touching your face. Coronavirus can stay on human skin for at least five hours depending on the conditions. It moves into the human system through the nose, eyes and mouth



It is worth noting that Coronaviruses are a family of viruses which infect both animals and humans. The Human Coronaviruses can cause mild disease similar to a common cold while others cause more severe diseases such as Middle East Respiratory Syndrome and severe Acute Respiratory Syndrome.

An outbreak of Pneumonia with unknown etiology was initially reported in Wuhan City in China on 31st December 2019. Subsequent investigations identified the causative pathogen as novel corona virus (2019-nCov). As at 6th January 2020, a total of 2,014 laboratory confirmed cases had been reported globally: 1,985 in China and 29 had been reported in 10 countries (Australia, Vietnam, USA, Thailand, Malaysia, Korea, Japan, Nepal and Singapore). As at 15th March 2020, 153,517 cases had been confirmed with 10, 982 being new infections and 5,735 deaths globally, this is according to the World Health Organization (WHO) report.

Masinde Muliro University of Science and Technology is positively reacting to the presidential statement issued on Sunday 15th March pertaining COVID-19 precautionary measures. The University has suspended its operations in order to minimize crowding in lecture halls and reduce congestion. It has also put in place safety measures like hand washing points. The Kenya Red Cross Services-MMUST Chapter has integrated its surveillance and response systems and circulated the hotline numbers which are; **0732 353 535/0729 471 414/0800 721 316**.

Meanwhile, in Kenya one case has been confirmed with other two identified as at Sunday 15th of March 2020. Fourteen (14) Counties are considered to be at a high risk. These Counties are either counties with international airports, seaports or have major land border crossing or have a high Chinese population. These are; Nairobi, Mombasa, Kisumu, Kiambu, Uasin Gishu, Kajiado, Machakos, Kakamega, Nakuru, Garissa, Wajir, Busia, Kilifi and Migori.

Health Tip 4

It is advisable that we sneeze on a tissue paper and not on a handkerchief as we are used to. The most obvious advantage of tissues is that they can be easily and immediately disposed off after use. Tissues also trap germs, preventing them from spreading.

The germs remain inside the tissue, which you then throw away. (Sneezing into your hands increases the risk of spreading the virus through [hand-to-hand contact](#) with another person.). We should also sneeze into our left elbow.



Prof. Lt. Col. (RTD) JM Okoth and Dr. Tecla Sum lead MMUST emergency response to coronavirus in a showcase of expertise, competence and multi-agency integration

By Lydia Anyonje and Linet Owuor

Masinde Muliro University of Science and Technology has activated emergency operations in response to the Coronavirus pandemic. These operations are spearheaded by an Emergency Operations Committee comprising of the School of Medicine, School of Public Health, University of clinic, University security and Directorate of Corporate Communications and Marketing. The committee is led by the Dean, School of Nursing, Midwifery and Paramedical Sciences, Prof. Lt. Col. (RTD) JM Okoth and the Chairperson of Emergency Medicine department Dr. Tecla Sum.

Following the announcement of Coronavirus in Kenya, the emergency committee held an preventive preparation meeting to set up strategies in the worst-case and best-case scenarios. In order to effectively roll out the emergency services, the team has been working with the Kakamega County Public Health Department, the Kakamega General Hospital, St John’s Ambulance and Kenya Red Cross.

In case one contracts the virus, the patient will be evacuated using a specialized Advanced Cardiac Life Support (ACLS) ambulance which has a ventilator to assist the patient to breathe. The ventilator will also enable the paramedics to ensure that the brain is supplied with oxygen in the recommended span of three (3) minutes. Further, the ACLS has a trauma bag which contains necessary equipment such as oxygen cylinder, Bag Valve Mask (BVM), surgical razor, Endotracheal Tube (ETT), gauze, and suture set (absorbable).

The MMUST emergency response team has developed a framework to address the challenges that may accompany the Coronavirus. This will be done using a multiplicity of approaches including sensitization regarding the virus through 103.9 MMUST FM talk show, posters, civic education and MMUST WhatsApp response group. The team has set up an emergency number (0794653300) for MMUST staff and students. The MMUST security have been advised to ensure that movement through the gates is limited to minimize social contact.



According to Dr. Sum, a person manifesting a body temperature of thirty eight (38) degrees with chest or respiratory problems such as coughing, chest tightening, and breathing difficulties may have contracted the dreaded virus. However, there is hope.

“Covid-19 is highly contagious but its mortality rate is low compared to other viruses. Therefore people should not panic. Corona is treatable”

In order to mitigate the potential exposure to the virus the university has tasked 7 coordinators to run 7 targets, namely, screening, hand hygiene, sensitization and health education, decontamination, clinical case management, surveillance and publicity. Other members of the Emergency Response Operations include Prof. James Aggrey Oloo, Prof. Peter Bukhala, Dr. Maximilla Wanzala, Mr. Victor Ndinda, Mr. Frankline Onyango, Mr. Cheboi, Ms. Jane Munika, Ms. Eldah Achieng, Ms. Everlyne Murema, Ms. Connie, Ms. Milka Aswa, Mr. Julius Mabia, Mr. Elvis Chamegere and Mr. Victor Mukaka. Hand sanitizers have already been placed at designated points to ensure compliance with the requirements of Coronavirus safety measures.



**THIS BULLETIN WAS PREPARED BY THE DIRECTORATE OF
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