



## UPDATE OF THE UGANDA'S SITUATION DURING THE COVID-19

The COVID -19 pandemic with its subsequent measures to control the massive spread of the virus affected many Ugandan workers both in the formal and the informal sector. This tremendously led to a slow down in their social and economic abilities.

The IUF Uganda affiliates however stood in the gap to support the workers, their families and communities in all ways possible.

Through this we sensitized them on the wide spread of COVID 19, how to stay safe during the period of pandemic without physically meeting them

Putting into consideration that there was a lock down and movement was limited; the only way to reach out to the members with out physically meeting them was through massive use of social media platforms and press media including print and televised messages.

With due respect, we appreciate the effort of the NPCC members who tirelessly and closely worked together to ensure that workers stay safe amidst this challenging situation but most importantly secure their jobs at all cost.

**IUF WOMEN PROJECT UGANDA**  
**THE HEALTH AND SAFETY OF MEMBERS, THEIR FAMILIES AND COMMUNITY IS IUF PRIORITY**

U2U/IUF/IUF WOMEN PROJECT (I) THEREFORE PROMOTES THE HEALTH AND SAFETY OF OUR MEMBERS, THEIR FAMILIES AND THE ENTIRE COMMUNITY IN REGARD TO THE COVID-19 PANDEMIC BY ADVISING OUR MEMBERS TO TAKE PRIORITIES OF THE NEED TO STAY IN TOUCH AND SUPPORT EACH OTHER IN THIS TERRIBLE SITUATION FACED IN THE WORLD OF WORK.

**WHAT IS COVID-19**  
 IT IS AN INFECTIOUS DISEASE CAUSED BY NEWLY DISCOVERED CORONAVIRUS

**CORONAVIRUS SYMPTOMS**  
 1. FEVER  
 2. COUGH  
 3. DIFFICULTY IN BREATHING  
 4. SORE THROAT

**HOW CORONA VIRUS IS ACQUIRED AND SPREAD**  
 1. SPREAD FROM PERSON TO PERSON IN CLOSE PROXIMITY.  
 2. DROPLETS OF BODILY FLUIDS SUCH AS SALIVA OR MUCUS FROM AN INFECTED PERSON ARE DISPERSED IN THE AIR OR ON SURFACES BY COUGHING OR SNEEZING  
 3. THESE DROPLETS CAN COME INTO DIRECT CONTACT WITH OTHER PEOPLE OR CAN INFECTION THOSE WHO PICK THEM UP BY TOUCHING INFECTED SURFACES AND THEN THEIR FACES  
 4. THE LENGTH OF TIME BEFORE SYMPTOMS APPEAR IS WITHIN 14 DAYS

**HOW TO AVOID BEING INFECTED BY THE CORONAVIRUS**  
 Wash your hands often  
 Maintain one meter distance between each other  
 Avoid crowded areas  
 Don't touch your eyes, nose or mouth with your hands  
 Avoid handshaking or hugs  
 If you experience the symptoms of common flu, go to the hospital  
 If you need to sneeze or cough, use paper towels to cover your mouth and nose

**INCASE YOU HAVE ANY SYMPTOMS, SEEK MEDICAL ATTENTION**

ALL UNION MEMBERS ARE ENCOURAGED TO ENSURE THAT OCCUPATION HEALTH AND SAFETY IS MAINTAINED AT WORK PLACES AT ALL TIMES. WORKERS SHOULD BE PROVIDED WITH SAFETY GEARS TO PROTECT THEM FROM BEING INFECTED.

“ IUF Uganda wrote about COVID 19, how it is acquired, treated and how it can be avoided. ”

IUF Uganda wrote messages about COVID 19, how it is acquired, spread, treated and can be avoided. These messages were designed in form of flyers, translated in seven local languages and disseminated to the members and communities. This was purposely intended to ensure that members appreciate the situation against all odds and endeavour to stay safe

**SHIRIKA LA IUF LA KINA MAMA WA UGANDA**  
 SHIRIKA LIMWEKA KIPAO MBELE AFYA NA USALAMA WA WENYE SHIRIKA. FAMILIA ZAO NA JAMII NZIMA KWA UJUMLA

SHIRIKA LA IUF LA KINA MAMA WA UGANDA LINAKUZA AFYA NA USALAMA KWA WANA KAMATI, FAMILIA ZAO NA JAMII NZIMA KWA UJUMLA KWA KULIANGAZIA MCHIPUKO WA MARADHI YA KUAMBUKIZANA YA COVID-19. KWA KUWASHI WANA KAMATI UMUHIMU WA KUSHIKANA NA KUSAIDIANA KUEPUKANA NA JANGA HILI LA KORONA VIRUS LILO ATHIRI UCHUMI WA DUNIA NZIMA KWA UJUMLA.

**NI NINI COVID-19?**  
 HUU NI UGONJWA WA KUAMBUKIZANA UNAOSABABISHWA NA VIRUSI VINAVOITWA VIRUSI VYA KORONA

**DALILI YA UGONJWA HUU**  
 1. HOMA KALI  
 2. KUKOHOA KILA MARA  
 3. SHIDA ZA PUMZI AU KUPUMUA  
 4. KUWASHWA NA KOO

**NAMNA YA UGONJWA HUU UNAVYOSAMBAZWA**  
 1. UNAWEZA KUAMBUKIZANA NA WATU WANAO KAA NA  
 2. VITEMBE VYA MATE VINAVYOSAMBAA HEWANI PALE MTU MWENYE MARADHI HAYA ANAPO CHEMUA AMA KUKOHOA NA KUMUATHIRI MTU MWENDINE  
 3. VIRUSI HIVI VINASAMBAA KWA KASI SANA. KWA SABABU INACHUKUA SHU 14 KWA MTU KUJULIKANA NA VIRUSI HIVI. MTU KAMA HUYU ATASAMBAAZA UGONJWA HUU KWA WATU WENGI KABLA YA KUJULIKANA

**HOW TO AVOID BEING INFECTED BY THE CORONAVIRUS**  
 1. Kan mbali na mtu Mwingine (Takriban Mita 1 hadi mita 4)  
 2. Jipusha na umali wa watu au msaogomano wa watu wenzi.  
 3. Wakati unapochemua na kukohoa, tuma tahi kupungua pia yako kiche utitupa pahali panapofaa.  
 4. Unapojika juu na daktari au kufuatia wakati unapochemua daktari  
 5. Uaimaamini kwa mkono, kumkumbatia au kumbwa yoyote  
 6. Uaiguse mitalo, post na endomo kwa mikono.  
 7. Havao mikono mara kwa mara kutumia sabuni na maji

**UKIJISIA UKO NA DALILI ZOTOTE ZA MARADHI, PATA USHAURI WA DAKTARI**

## Social/Physical Distancing Practices



Some of the essential workers of Banyankole Co-operative Union Ltd on job during Covid19 period.

Social/physical distancing and proper washing of hands at workplaces have been observed and adhered to. It was observed that workers who were of lower hierarchies and out sourced; they are now considered as essential workers because they are taking care of the company premises during the absence of the employees in the higher positions

In the same spirit, Union leaders negotiated favourably with employers to ensure that workers retain their jobs and remunerations are made with in the possible percentages to help sustain the employees during the lock down period.

To this effect memorandums of understanding were signed with different companies mostly in the hospitality sector which was most hit. For example M.O.Us were signed with Serena hotel Kampala, Sheraton Hotel and Silver Springs Hotel. Video clips were recorded in English and local languages which are commonly used to teach members how to make home made masks which are cost effective and easily accessible.

## Tele Conference Meetings....

In addition, several tele conference meetings were held to ensure that leadership keeps in contact and updated on the situation on the grass root members and not loose touch with them. A questionnaire about Domestic Violence during the Covid-19 period was developed and sent to members, family and community to evaluate the impact of COVID-19 in relation to domestic violence.

The outcome of the above activities has led to harmonized working relationship between the employers, workers, the union and the community at large.

Workers providing essential services have been provided with fitting PPEs like masks, sanitizers, soap and water.

The community also have appreciated our efforts.

## IN CONCLUSION.....

Despite the challenging circumstances posed by the pandemic of COVID-19, NPCC members have been positive and acted with a lot of vigour to support the members. Great appreciation to IUF and U2U for the technical and financial support. We hope that the new normal after COVID 19 will find us all safe