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## JANUARY 2021 REPORT ACROSS AFRICA



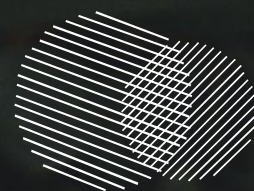
### YOWERI MUSEVENI: A PROMISE OF UGANDA DEMOCRACY TO AN ERA OF FASCISM



### MANAGING YOUR MENTAL HEALTH DURING THE COVID PANDEMIC



### WORKING DURING CORONAVIRUS CRISIS



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Sed ut perspiciatis unde omnis iste natus  
error sit voluptatem accusantium  
doloremque



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# JANUARY 2021 REPORT ACROSS AFRICA

As part of this report we have assigned a Red, Amber and Green status (RAG status) to African regions based on what has happened in that region within the month. Below is a definition of each color code in the RAG status



 A red status is usually associated with regions that have civil wars, genocides, pandemics or anything that can cause large scale loss of life.

 An Amber status usually means there are severe social, environmental or economical issues which could quickly escalate to a red status if not handled properly

 A green status stands for regions economically and politically stable This doesn't mean there isn't poverty, famine or death, it just means that when compare to the norm, it is not different

## RAG STATUS OF AFRICAN REGIONS

**Eastern Africa - RED ZONE**

**Southern Africa - RED ZONE**

**West Africa - AMBER ZONE**

**Northern Africa - AMBER ZONE**

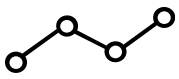
**Central Africa - RED ZONE**

# GENERAL REPORT ACROSS AFRICA IN JANUARY 2021



## Overview

This section provides an update on African Union and general issues which impact all African regions such as foreign policies on immigration and the Covid 19 pandemic. We look at the new ACFTC Trade deal brokered by African Union and the risks associated with Africa receiving the Covid 19 vaccines.



# General Africa Report

January  
2021

## ACFTC Trade deal

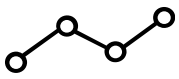
On January 1st of 2021, trading under the ACFTC agreement commenced for the first time. The African Union were responsible for brokering the Africa Continental Free Trade Area agreement in 2018.

44 out of 54 African countries have signed up to this agreement. As part of this agreement, 90% of tariffs will be knocked off goods and commodities traded between all 44 member states. The United Nations Economic Commission for Africa estimated that the agreement will boost intra-African trade by 52 percent by 2022.

The general objectives of this agreement are:

- To create a single market, deepening the economic integration of the continent;
- To establish a liberalised market through multiple rounds of negotiations;
- To aid the movement of capital and people, facilitating investment;
- To move towards the establishment of a future continental customs union;
- To achieve sustainable and inclusive socioeconomic development, gender equality and structural transformations within member states;
- To enhance competitiveness of member states within Africa and in the global market;
- To encourage industrial development through diversification and regional value chain development, agricultural development and food security;
- To resolve challenges of multiple and overlapping memberships;

While this is a great win for Africa, the AU need to do use this trade agreement as a platform to incentivise other joint African initiatives. Especially in areas of peace, legislation and poverty eradication.



# General Africa Report

January  
2021

## AU Chairman seeks second term

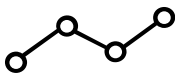
The Chairperson of the African Union Commission, Moussa Faki has announced his intentions to run for a second term in office. Mr. Faki became AUC chairman in 2017. He seeks re-election for another four years in office (2021-2024) and will present results achieved during his first term, at the Assembly of next AU summit due in Addis Ababa from February 6 – 7.

One must point out that under Mr. Faki's leadership the horn of East Africa has seen a rise in domestic and cross border dispute. Not to mention the rise in terrorist activities across Africa. While the position of AUC chairman doesn't carry much authority, Mr. Faki should be applauded for brokering the ACFTC trade deal which moves African closer to a single market.

## President Joe Biden reverses Trump Muslim ban

During Trump's time as US president, one of first acts was to issue a series of executive orders, to ban Muslim countries. Unfortunately for Africa, 46% of the countries on Trump's list were from Africa. Well good news, the new president of US as reversed Trump's racist Muslim travel ban which affected Nigeria, Tanzania, Somalia, Eritrea, Sudan and Libya.





# General Africa Report

January  
2021

## Concerns about the availability of Covid 19 vaccines in Africa

Various government officials in Africa are working towards procuring Covid 19 vaccine doses but have expressed concern that Africa may have to wait for months before receiving Covid-19 vaccines approved by the World Health Organization. Through various initiatives driven by the WHO, Africa have secured 900 million doses of the vaccine, enough to inoculate about 30% of the continent's 1.3 billion people this year. Unfortunately, hoarding by wealthy nations, funding shortfalls, regulations and cold chain requirements have slowed the process of rolling out the vaccines. The head of WHO Dr Tedros Ghebreyesus is quoted saying:

"The world is on the brink of a catastrophic moral failure and the price will be paid with lives and livelihoods in the poorest countries,"

To keep yourself updated on Covid 19 press releases in Africa visit <https://www.changeinafrica.com/pressrelease>.

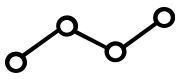
# EAST AFRICA JANUARY 2021 REPORT



Photo by The New York Times

## Overview

East Africa is currently a Red zone. There is civil war in Ethiopia still going on, locust plagues across East Africa, a border disputes between Ethiopia and Sudan, disputes over Uganda's presidential election, disputes between Egypt, Sudan and Ethiopia over Ethiopia's Nile Dam project. Covid 19 has also played a big part in us classing East Africa as a red zone. Kenya is currently reporting the highest number of Covid 19 cases in East Africa and Ethiopia reporting the highest amount of deaths caused by Covid 19.



# East Africa Report January 2021

## Ethiopia - Tigray Civil war

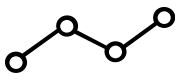


Ethiopia is still reeling from the aftermath of the Ethiopia-Tigray war which started on November 2020, after Ethiopian Prime Minister Abiy Ahmed accused Tigray of attacking Ethiopian military bases.

The UN have reported that more than 56,000 Ethiopian refugees have arrived in Sudan, after being displaced due to the Ethiopian-Tigray war. About 800 refugees arriving since New Year.



There are numerous reports of Eritrean troops entering the Tigray region and killing innocent civilians. There are even reports of Eritrean refugees in Tigray region being forced back to Eritrea. The UN have raised concerns with the Ethiopian government about reports of human rights violations and wide spread killing in that region. Both the Ethiopian government and Eritrean government deny committing any human rights violations in the Tigray region. The evidence is building up and Ethiopian Prime Minister Abiy Ahmed is slowly turning from a Nobel laureate to a war criminal who breaks international laws.



# East Africa Report January 2021

## Border dispute between Sudan and Ethiopia



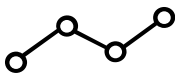
In recent developments, the border dispute between Ethiopia and Sudan continues. There is a risk it might escalate into a full blown war if both parties don't de-escalate. According to BBC, clashes between Sudan and Ethiopia over the disputed al-Fashaga region have increased in recent weeks after Sudan in late December announced it had regained control of all its territories that were under the control of Ethiopian militias for over 25 years.

The Ethiopian government on the other hand are blaming "third parties" within Sudan for causing the recent border conflict and insist it is Sudan that has trespassed into their territory violating Ethiopia's sovereignty.

Ethiopia's Army Chief of Staff General Birhanu Jula is quoted saying; "Ethiopia does not want to go to war with friendly Sudan but wants to solve the problem peacefully,"



CNN The Government of National Accord, US intelligence official and the Crisis Group. Satellite images provided by Maxar Technologies. Graphic: Henrik Petterson, CNN



# East Africa Report

January  
2021

## Nile Dam conflict between Ethiopia, Sudan and Egypt

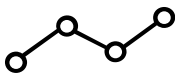


If you don't know about the Grand Ethiopian Renaissance Dam (GERD), located across river Nile, then let me provide some context. The Grand Ethiopian Renaissance Dam is a Hydroelectric power dam with the capacity to generate 6,000 megawatts, making it the largest hydroelectric dam in Africa. Upon completion it will provide power to some 65 million Ethiopians, who currently suffers from intermittent and insufficient supply of power. Construction started in April 2011 and concluded July 2020. It is estimated that the dam will take 5 to 15 years to be filled up from river Nile. Until this process is completed, the dam's output will be limited to the number of turbines switched on

The problem with this hydroelectric power dam is that, Ethiopia is located upstream of it, while Sudan and Egypt are located downstream of the dam. Egypt and Sudan have both expressed worries that the \$4bn dam will greatly reduce their access to water. Ethiopia on the other hand sees the hydroelectric project as crucial for its economic growth and a vital source of energy.

In latest development, talks between Ethiopia, Egypt and Sudan collapsed. To date, neither party has agreed on what quantity of water from river Nile and frequency of fill should be allowed when filling the dam. Egypt is reliant on river Nile for irrigation and drinking water. They have voiced their concern that this dam poses and existential threat to Egypt. Sudan on the other hand are concerned, water discharged from GERD dam “poses a direct threat” to the safety of Sudan’s Roseires Dam downstream on the Blue Nile.

Ethiopia wrote to the African Union, insisting that they will fill the reservoir for the second year in July with 13.5 million cubic metres of water, whether an agreement is reached or not.



# East Africa Report

January  
2021

## Uganda 2021 Presidential Election

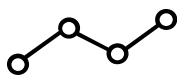


On the 14th of January, Uganda's presidential elections were held and incumbent President Yoweri Kaguta Museveni won a sixth term in office, after being in power since 1986. According to published election results, Museveni had 59% of the votes, while Bobi Wine won 35% of the votes. Bobi Wine declared the election as rigged and false. While the US embassy in Uganda released a statement claiming the elections were tainted by harassment of opposition candidates and the suppression of media and rights advocates.

On the 13th of January 2021, Facebook closed the accounts of some Uganda government officials they believed were fake. In response, the communications regulator in Uganda ordered all telecoms firms to block access to social media and messaging apps.

By 5 pm on 13 January, the Uganda authorities ordered a complete shutdown of the internet in Uganda, which came into effect by 7 pm. A move which Amnesty International condemned, stating it was clearly intended to silence the few accredited election observers, opposition politicians, human rights defenders, activists, journalists, and bloggers who were monitoring the elections.

As of the time of writing, Museveni's main opponent Bobi Wine was under house arrest. Museveni's actions show he is worried that Bobi Wine will rile up the youths in Uganda and cause a rebellion. Not to mention, he is clearly intimidating and suppressing his opposition.



# East Africa Report January 2021

## Locust Infestation in the Horn of Africa

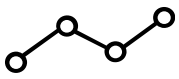


Bloomberg reports Kenya has cleared most of the second wave of desert locust swarms that entered the country from neighboring Ethiopia and Somalia in mid-November 2020, affecting almost a third of the 47 counties in Kenya.

According to a statement on Kenya's Ministry of Agriculture website "The total number of swarms that settled in the country between November 2020 and January 2021 are 75, out of which 66 have been treated,." They go further to state the exercise was largely successful.

It was only last year that a similar swarm of locust infested 39 of Kenya's 47 counties and also swamped Ethiopia, Somalia, Uganda and Yemen. It was considered the worst infestation they had seen in the last 70 years.





# East Africa Report

January  
2021

## Libya power struggle



Libya has been in crisis mode due to the power struggle between the internationally-recognized Government of National Accord (GNA) in the capital Tripoli, which is backed by Turkey, and the Libya National Army (LNA) in the East, led by General Khalifa Haftar and backed by Russia and the United Arab Emirates.

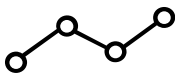
UN data estimates that the recent conflict has claimed more than 2,000 lives. According to CNN, the October peace deal, brokered by the United Nations, was meant to see all foreign forces leave the country by January 23 but Wagner the Russian backed military contractor has instead opted to dig a trench across Libya. This only means Russian doesn't intend to honour the October peace deal.

CNN reports that the trench and fortifications appear to be designed to impede or stop land attacks on LNA controlled areas in the east, which run through the populated coastal areas of Libya, where most clashes have happened since the 2011 fall of the previous regime.

This is another example of how foreign governments like Russia, China and Saudi Arabia seek to control trade in African regions. In some cases it is done subtly through debt trap diplomacy but in other cases control is established by supporting and empowering civil wars and conflicts, allowing them to swoop in and save the day only to be declared heroes.

Another trend to notice is how former president Trump's policy of not getting involved in foreign conflicts has given China and Russia a stronger foothold in Africa.





# East Africa Report

January  
2021

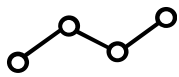
## Covid - 19 Statistics in East Africa Part 1



In East Africa, Kenya had the highest number of Covid 19 cases as of 21/01/21. They top the list with 132,326 Covid 19 cases, Rwanda reported 99,730 cases and Tanzania reported 26,279 cases as of 21/01/21.

Kenya's health minister told Reuters that Kenya has ordered 24 million doses of the COVID-19 vaccine developed by AstraZeneca. These vaccines are expected to start arriving in the second week of February.

While Kenya had the highest number of Covid 19 cases in East Africa, Ethiopia had the highest number of Covid 19 related deaths as of the 21/01/21. Ethiopia reported 2057 Covid 19 deaths, while Kenya reported 1739, Sudan 1603 and Uganda reported 316 Covid 19 deaths. To keep yourself updated on Covid 19 statistics in East Africa, visit our [press release page](https://www.changeinafrica.com/pressrelease) at <https://www.changeinafrica.com/pressrelease>.



# East Africa Report January 2021

## Covid - 19 Statistics in East Africa Part 2



Cumulative number of coronavirus (COVID-19) cases in East Africa as of January 21, 2021, by country

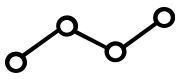
	Number of cases
East Africa	330,238
Kenya	132,326
Rwanda	99,630
Tanzania	26,279
Seychelles	12,170
Djibouti	5,916
South Sudan	4,744
Sudan	3,788
Comoros	1,933
Ethiopia	1,913
Eritrea	1,805
Burundi	1,358
Somalia	866

Cumulative number of coronavirus (COVID-19) deaths in East Africa as of January 21, 2021, by country

	Number of deaths
East Africa	6,218
Ethiopia	2,057
Kenya	1,739
Sudan	1,603
Uganda	316
Rwanda	162
Somalia	130
South Sudan	64
Djibouti	61
Comoros	54
Tanzania	21
Eritrea	6
Seychelles	3

Showing entries 1 to 13 (14 entries in total)

[See more data](#)



# East Africa Report

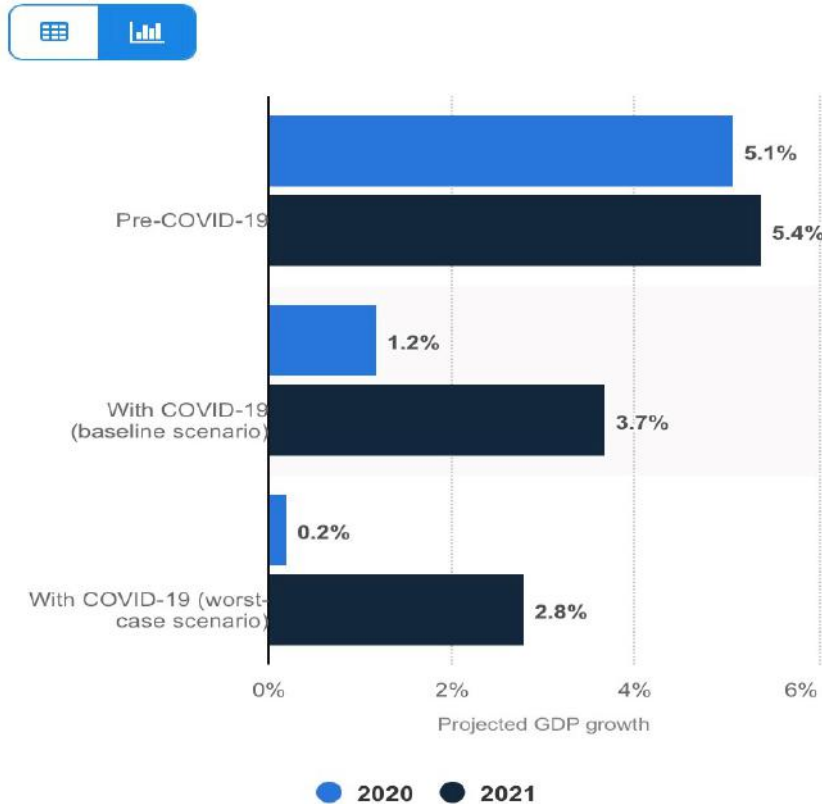
January 2021

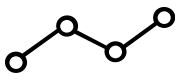
## Covid - 19 Statistics in East Africa Part 3



East Africa's economic growth is forecasted to improve in 2021 as shown in the bar chart below.

**Impact of coronavirus (COVID-19) on projected GDP growth in East Africa in 2020 and 2021**





# East Africa Report

January  
2021

## New malaria mosquito as emerged in East African countries



CNN reports that an Asian breed of malaria mosquitoes in East Africa which originally migrated from India are posing a significant concern to researchers and scientist. Researchers from Netherlands' Radboud University Medical Center and Ethiopia's Armauer Hansen Research Institute have warned that the larvae of *Anopheles Stephensi*, which is India's main mosquito vector of malaria, are now "abundantly present" in locations across East Africa such as Ethiopia, Sudan and Djibouti.

The key concern is that this breed of Asian mosquito is more susceptible to the malaria parasite than the mosquitoes that naturally inhabit those region, making them an efficient and effective spreader of the malaria parasite.

According to World Health Organisation, the African region was home to 94% of all malaria cases and deaths in 2019. While malaria is both treatable and preventable, 409,000 people still died of it in 2019.

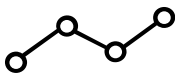
# WEST AFRICA JANUARY 2021 REPORT



Photo by Al Jazeera

## Overview

West Africa is currently an Amber zone. The West African region was plagued with terrorist and sea pirate attacks in January 2021. While these attacks are being met with similar force from security forces, terrorist organisations such as Boko Haram remain a growing problem that needs to be addressed.



# West Africa Report

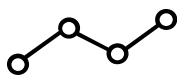
January  
2021

## Boko Haram strikes again in Niger



In December 2020, 337 boys were kidnapped from their school in Kastina State, Nigeria. They were later returned physically unharmed after negotiations . Boko Haram claimed to be the culprit but the Nigerian government vehemently denied this. On January 17th 2021, Boko Haram struck again, this time in Niger. Niger's Defense Ministry claim that at least four soldiers were killed and eight others were seriously wounded in the attack. Members of the terrorist organization apparently detonated an explosive device previously planted in the Diffa region as a military vehicle containing Niger soldier was passing. Over the last 11 years, Boko Haram have been responsible for the deaths of more than 30,000 people in Nigeria alone and displaced more than 3 million people in west of Africa.





# West Africa Report

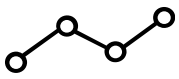
January  
2021

## Mali army and French forces killed 100 extremist



The Inquirer reports that during joint operations between Mali army and French forces, a 100 extremists were killed in January 2020. The joint operation was carried out from January 2nd to January 20. It also led to the capture of 20 motorcycles and the seizure of weapons and other materials. Inquirer's report states the extremists were pushed out of areas in central and northern Mali such as Serma, Foulssaret, Doni and Boulikessi, where a recent extremist attack killed at least four soldiers.





# West Africa Report

January  
2021

## Nigeria police launch "Rescue me" app

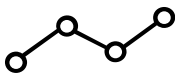
Nigerian security services have been criticised locally and internationally for the way they handled the EndSARS protest, which resulted in the loss of many Nigerian lives. The Nigerian government are yet to acknowledge their part in the atrocities committed during the protest.

In a recent development, the Nigerian police released a new security app called "Rescue me". The app is meant to improve the response time when the police is called to a crime scene.

According to the Premium times, The Commissioner of police in Jigawa State, Usman Gonna, told reporters that the police developed the application to tackle insecurity through technology.

He stated that the application would improve the response time of police officers to emergency situations in real time. The application requires internet services and is GPS based. It can be downloaded on Google Play Store and Nigeria Police National Command and Control Safety Centre's official website, [www.npfc4i.com](http://www.npfc4i.com).





# West Africa Report

January  
2021

## Rise in pirate attacks off the coast of West Africa



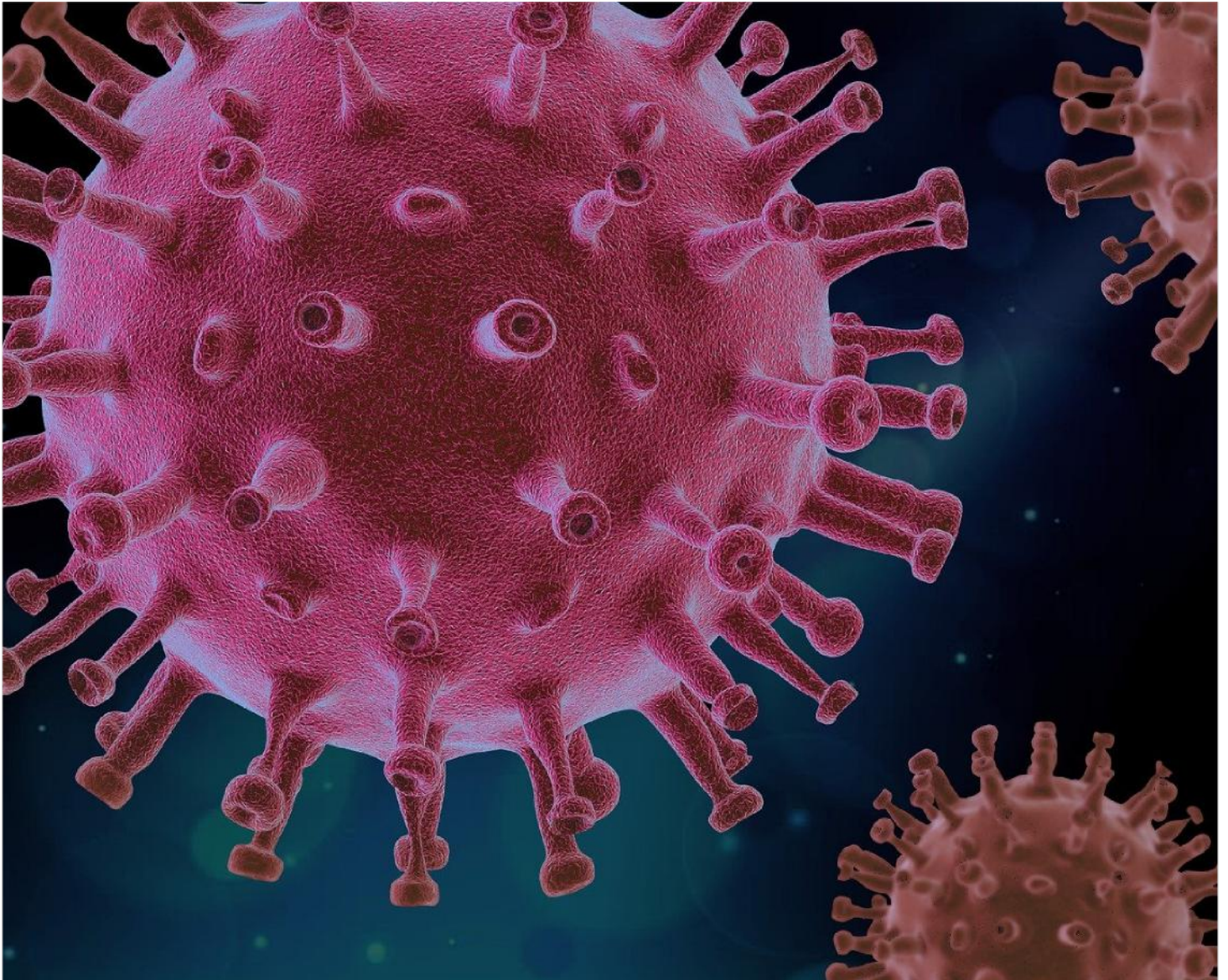
In a recent Aljazeera report, the International Maritime Bureau called the Gulf of Guinea, off the coasts of Nigeria, Guinea, Togo, Benin and Cameroon as the most dangerous sea in the world because of piracy.

On the 24th of January, it was reported that, pirates attacked M/V Mozart, a Turkish cargo ship off the coast of West Africa, kidnapping 15 sailors and killing one. Anadolu news agency states that after the pirates kidnapped most of the crew members, they left the ship in the Gulf of Guinea with three sailors on board, and the vessel is currently heading to Gabon's Port-Gentil. Sad one of the crew members of the vessel was killed in an altercation with the pirates.

Maersk, the world's biggest shipping company as called for a more effective military response to these surging pirate attacks and record kidnappings off the coast of West Africa.

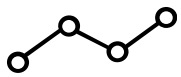
According to a report issued by the International Maritime Bureau's Piracy Reporting Centre on Jan 13th, the number of attacks on vessels globally jumped 20% last year to 195, with 135 crew kidnapped. They state that the Gulf of Guinea alone, accounted for 95% of hostages taken in 22 separate instances, and all three of the hijackings that have occurred. That number as now gone up to four hijackings as a result of the recent M/V Mozart kidnappings.

# SOUTHERN AFRICA JANUARY 2021 REPORT



## Overview

Southern Africa is currently a Red zone. The main concern in the Southern Region of Africa has been Covid 19. South Africa currently has the highest amount of Covid 19 cases and deaths in Africa. The more concerning issue is the variant strain of Covid 19 in South Africa which is fast spreading across the country. Mozambique was hit by storm Eloise which has led to both loss of life and destruction of properties. Lastly, Dubai's DP World just secured a 20 years concession with Angola to run the Multi Terminal (MPT) at the Port of Luanda, which is Angola's largest port.



# Southern Africa Report

January 2021

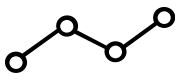
## New Covid 19 strain spreading fast in South Africa



The new variant of Covid 19 is fast spreading in South Africa and has been a cause for concern locally and Internationally. One of the possible key characteristics of this new variant is that it spreads faster than the ordinary Covid 19 strain according to The Wall Street journal. Multiple sources and medical experts have expressed concern that the new variant might make vaccines less effective. According to The Scientist, the new Covid 19 strain is quickly becoming the dominant strain in South Africa. In Africa as a whole, South Africa as reported the highest number of Covid 19 cases and Covid 19 deaths in Africa.

Number of coronavirus (COVID-19) cases in the African continent as of January 20, 2021, by country

	Number of cases
Total	3,352,823
South Africa	1,369,426
Morocco	462,542
Tunisia	188,373
Egypt	158,963
Ethiopia	132,034
Nigeria	114,691
Libya	111,124
Algeria	104,606
Kenya	99,444
Ghana	58,431
Zambia	40,949
Uganda	38,628



# Southern Africa Report

January  
2021

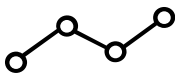
## US reinstates travel ban on South Africa



On the 25th of January President Biden announced intentions to reinstate the travel ban initially placed on South Africa by the Trump administration. This decision was made to mitigate the risk of the new Covid 19 strain in South Africa spreading to the US. This travel ban unlike Trump's which was racially motivated, was only implemented because of the Covid 19 pandemic. This was evident as EU was also placed on the US travel ban list.

With a variant strain of Covid 19 spreading at an alarming rate in South Africa, the international community have expressed concerns that this it could find its way across their borders. In reaction to this, flights to and from South Africa have been banned by different countries. Most notably of these is the US and the UK.





# Southern Africa Report

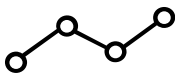
January  
2021

## Cyclone Eloise hits Mozambique



According to UN reports on the 26/01/21, Cyclone Eloise hit Mozambique leaving at least six people dead and 12 injured but these numbers are expected to rise as more information becomes available. The storm also damaged more than 8,800 houses and at least 26 health centres, and disrupted power and communication links.

The UN Office for Coordination of Humanitarian Affairs (OCHA) also report that more than 176,000 people, including up to 90,000 children, have been affected, with several thousand displaced. Jens Laerke, an OCHA spokesperson told journalists at a media briefing in Geneva that the most urgent humanitarian needs identified so far include food, tents, drinking water, hygiene kits, COVID-19.



# Southern Africa Report

January  
2021

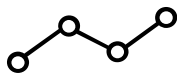
## Dubai based port operator DP World signs 20-year concession agreement with Angola



Ship Technology reports that Dubai based port operator DP World signs 20-year concession agreement with Angola to run the Multi Terminal (MPT) at the Port of Luanda, which is Angola's largest port.

The concession agreement stipulates that DP World would be required to invest nearly \$190m over the course of the agreement.

The \$190 million will be utilised to restore of the current infrastructure at the port, acquired new equipment, which will enhance its efficiency and bring the port operations in line with global standards.



# Southern Africa Report

January  
2021

## Jonas Gwangwa, South African jazz musician and activist, dies aged 83



On the 25th of January, it was announced that Jonas Gwangwa, an Oscar-nominated South African jazz musician who campaigned against apartheid for decades, died at the aged of 83.

He is known to have composed scores of films such as like Cry Freedom (1987) and, at the 60th Annual Academy Awards in 1988, he performed his nominated song Cry Freedom. He also performed at the Nelson Mandela 70th Birthday Tribute in 1988. In 1991, he returned to South Africa and in 1997 composed the theme for their Olympic bid.

South African president Cyril Ramaphosa led tributes, saying:

"A giant of our revolutionary cultural movement and our democratic creative industries has been called to rest; the trombone that boomed with boldness and bravery, and equally warmed our hearts with mellow melody has lost its life force. Jonas Gwangwa ascends to our great orchestra of musical ancestors whose creative genius and dedication to the freedom of all South Africans inspired millions in our country and mobilised the international community against the apartheid system."

# NORTHERN AFRICA JANUARY 2021 REPORT

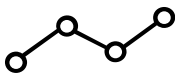


Image by The Guardian

## Overview

Northern Africa is currently an Amber zone. There are economic and social issues facing Libya, Algeria is approaching bankruptcy and Morocco are expecting their first shipment of AstraZeneca's Covid 19 vaccine this month.





# Northern Africa Report

January  
2021

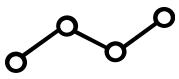
## Morocco start shipping of vaccines to various regions



According to The North Africa Post, Moroccan authorities procured 2 million doses of AstraZeneca's Covid -19 vaccine and have started supplying several regions with the vaccine ahead of its immunization campaign.

Morocco is also expected this month to receive its first shipment of the Chinese Covid-19 vaccine developed by Sinopharm company. They have ordered 66 million vaccine doses for the immunization of 33 million people, which include both Moroccans and foreign residents.





# Northern Africa Report

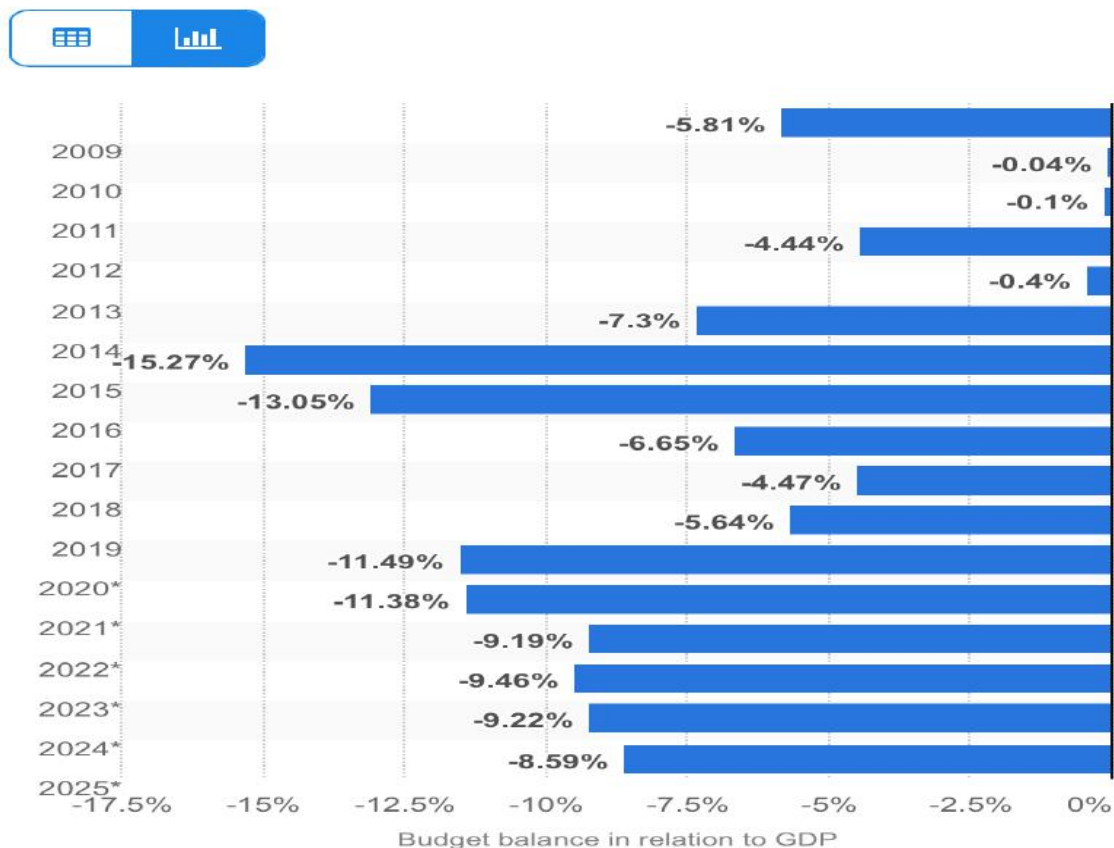
January 2021

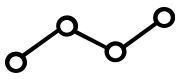
## Algeria approaching bankruptcy part 1



Algeria's Prime minister Abdelaziz Djerad has raised concerns that the country is slowly approaching bankruptcy. Rising costs incurred due the Covid-19 pandemic and a drop of in value of oil and gas export by 40% has both led to a massive budget deficit as shown in the chart below.

**Algeria: Budget balance between 2009 to 2025\* in relation to GDP**





# Northern Africa Report

January  
2021

## Algeria approaching bankruptcy part 2

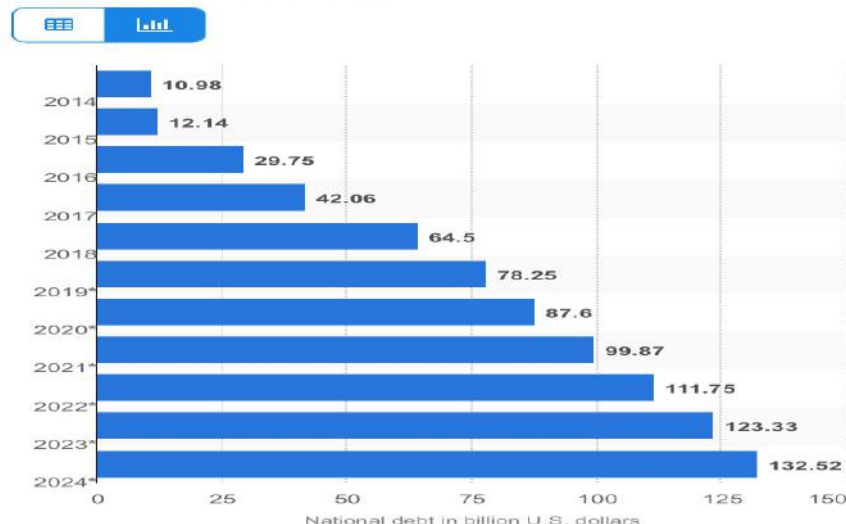


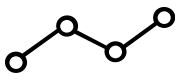
The Algerian government is currently using from its foreign reserves to address this deficit. Algeria's foreign reserves were valued at \$29 billion at the end of 2020, which is less than their non oil exporting neighbour Morocco.

Prime minister Abdelaziz Djerad has ordered a spend cut across the country to offset the loss in income caused by the drop in oil and gas prices. He is quoted saying "The situation calls for urgent measures to ensure sustainability of public funding,"

Another key concern for Algeria is their growing national debt which is approximately \$87 billion in 2020 and is forecast to grow to \$132.52 billion by 2024 as shown in the chart below.

**Algeria: National debt from 2014 to 2024\***  
(in billion U.S. dollars)





# Northern Africa Report

January  
2021

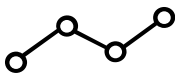
## Libyan Navy intercept 80 EU bound migrants



On 22/01/21 the UN International Organization for Migration reported that Libyan coast guards intercepted more than 80 EU bound migrants in the Mediterranean Sea off the coast of Libya.

Libya has not been the same since the late president Gadhafi was removed from power and killed by a mob. While he was a tyrant and responsible for various acts of human rights violations, Libya was more hospitable, had less civil unrest and had a more stable economy.

International Organization for Migration stated that in 2021 some 300 people, including women and children, were returned to the Libya and ended up in detention," . They go further stating "We reiterate that no one should be returned to Libya".



# Northern Africa Report

January  
2021

## Egypt remove air space restriction on Qatar



Egypt was part of a gulf coalition in 2017 that placed a ban on Qatar preventing them from using their air space. The coalition was led by Saudi Arabia and included other countries like United Arab Emirate, Doha, Niger and Gabon. The air space restrictions were part of a number of sanctions placed on Qatar after Saudi Arabia accused them state sponsored of terrorism. On January 5th the gulf coalition came to a peaceful resolution with Qatar and agreed to open their air space. The peace deal was brokered by the US and Kuwait.

Arabianbusiness.com reported that EgyptAir will resume flights to Qatar after the three-year rift between Doha and Egypt, Saudi Arabia, the United Arab Emirates and Bahrain ended on the 5th of January 2021.

EgyptAir Holding Company's chairman, Roshdy Zakaria, said Tuesday via text message that they plan a daily flight to Qatar and may add a second if there's demand. A date for resumption hasn't been agreed.

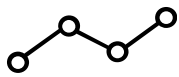
# CENTRAL AFRICA JANUARY 2021 REPORT



Image by The  
International Crisis  
Group

## Overview

Central Africa is currently a Red zone. The ongoing civil war in Central Africa Republic has escalated a month after President Faustin Touadéra was re-elected into office for a second term. Russia Paramilitary outfits and UN Rwanda peace keepers are currently on ground to help quell tensions and protect Central Africa Republic's democracy. When it comes to Russia's involvement in Africa, there will always be scepticism and it wouldn't be wrong to think Russia has ulterior motives.



# Central Africa Report

January  
2021

## Central Africa Republic Civil War escalates

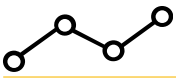


Almost a month ago President Faustin Touadéra was re-elected into office for a second term. Some of his opposition have accused him of election fraud and sided with rebel factions to try and overthrow the government. As a result, Touadéra enlisted help from Russia and Rwanda UN peace keeping troops. Both of these groups were present during the election and have remained in Central Africa Republic to keep the peace.

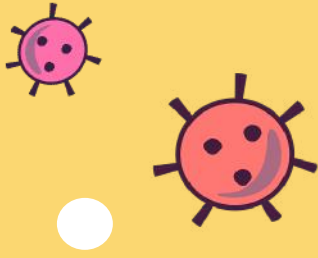
On the 26th of January, the Financial Times reported that a Russian paramilitary outfit and Rwandan troops killed 44 rebels and thwarted their attempt to overrun the capital Bangui in an effort to overthrow President Touadéra.

These rebels have even gone as far as cutting off food supplies to the country from Cameroon according to The Guardian. This has resulted in food shortage and rise in prices of food supply.

All sources not reference in this report can be found at <https://www.changeinafrica.com/post/january-report-across-africa>.

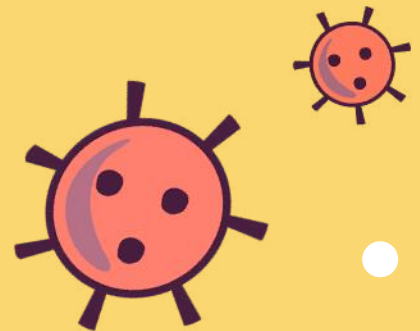


SHOW  
THAT  
YOU  
CARE



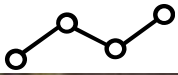
# CORONAVIRUS HELP US PREVENT THE SPREAD

Good hygiene and masks are the key to help prevent contamination



- **Wear a mask in crowded areas**
- **Wash your hands**





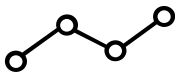
# YOWERI MUSEVENI

**A promise of Uganda democracy or  
an era of fascism?**

On the 29th of January 1986, Yoweri Museveni was sworn in by British-born Chief Justice Peter Allen as the 9th president of Uganda. After being sworn in, he walked outside the Uganda parliament, and gave a speech saying:

“The people of Africa, the people of Uganda, are entitled to a democratic government. It is not a favour from any regime. The sovereign people must be the public, not the government.”

Little did the world know that Yoweri Museveni would turn Uganda into an authoritarian fascist regime, where he is still president after 35 years.



# Uganda before Yoweri Museveni

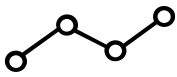
For this article to be objective we must look at both sides of the coin. Before Museveni took office, Uganda was not better off. The country had been through a number of coups, the Uganda Bush civil war and was one of the poorest countries in Africa.

Uganda produced one of the world's most notorious military tyrants in Idi Amin. Idi Amin became Uganda's president in 1971 after overthrowing the then civilian president Apollo Milton Obote. Idi Amin would later be ousted from office in 1979 and went into exile.

In 1980, Apollo Milton Obote became president again for a second time and was in office till 1985. During his second term in office, Uganda was thrown in civil war.

By July 1985, the Amnesty International estimated that Obote's regime had been responsible for more than 300,000 civilian deaths across Uganda. President Obote was ousted from office for a second time by his own military general. The military briefly held power before Yoweri Museveni's National Resistance Army seized control of the country. Fast forward 35 years later, Yoweri Museveni still has control of the country.





# The new generation of African leaders

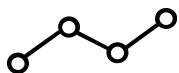
During Museveni's early years in office he was celebrated by the western world as part of a new generation of African leaders. Others on this list included Paul Kagame of Rwanda, Meles Zenawi of Ethiopia, Isaias Afewerki of Eritrea, Jerry Rawlings of Ghana, Joaquim Chissano of Mozambique and South Africa's Thabo Mbeki.

In the late 80's and early 90's, Sub Saharan African countries held multi party election, which resulted in this new generation of African leaders. The west believed that these leaders would push for democracy and social economical reforms in Africa. The west looked forward to an economically stable Sub-Saharan region which would promote trade between themselves and African.

Unfortunately, most of these new generation of African leaders failed to live up to the expectations of their people and the wider international community. They became intoxicated with power and refused to let go of it. In a bid to make the role of President a life time job, most of these new generation of leaders adopted their own version of democracy. A version that is characterised by fascism, human rights violations, election rigging, manipulation of their country's judicial system to extend the limit of their presidency and most notably, the silencing of any opposition leaders that would threaten their presidency.

For example, Museveni is still president of Uganda after 35 years in office in 1986, Paul Kagame has been president of Rwanda for the last 20 years and Isaias Afwerki is the first and current president of Eritrea for the last 28 years, he is also the leader of the only political party that exists in Eritrea.

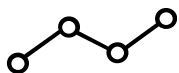
On the other hand, Joaquim Alberto Chissano, the former president of Mozambique has been credited for transforming the war-torn country of Mozambique into one of the most successful African democracies, after serving as president from 1986 to 2005. He didn't hold on to power like Museveni, Kagame or Afwerki and should serve as an example for future African leaders.



# Timeline of Yoweri Museveni six terms as president Part 1

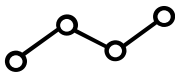
We have put together a timeline of key events in President Yoweri Museveni's 35 years in office as the president of Uganda:

- On the 29th of January 1986, Museveni is sworn in as the president of Uganda. Museveni states he considers the idea of a Head of State clinging to office for “15 or more” years ill-advised. He also promises a new era of peace and economic stability in Uganda.
- Uganda joins IMF's Economic Recovery Program in 1987.
- In 1989 Amnesty International releases a human rights report on Uganda which highlights that Museveni's NRA troops committed gross human right violations.
- Museveni is commended by the international community for his initiative used to tackle the spread of HIV/AIDS in Uganda.
- Museveni was elected chairperson of the Organisation of African Unity (OAU) in 1991 and 1992.
- In 1994 Museveni appoints Africa's first female vice president Specioza Naigaga Wandira Kazibwe
- Uganda's 1995 constitution is created and provides for a two-term limit on the tenure of the president.
- In 1997 Museveni introduces free primary education.
- In 1998, Uganda became the first country eligible for debt relief under the Heavily Indebted Poor Countries (HIPC) initiative. They receive US\$700 million in aid.
- In August 1998, Museveni supports Rwanda in invading the DRC again during the Second Congo War, to overthrow Kabila.
- Museveni Wins the presidential election for a second term in office from 2001 - 2006. He then proceeds to change the two term limit on the tenure of a president to a life time presidency, allowing him to run for office again in 2006. International community including the US, withdraw all aid from Uganda.



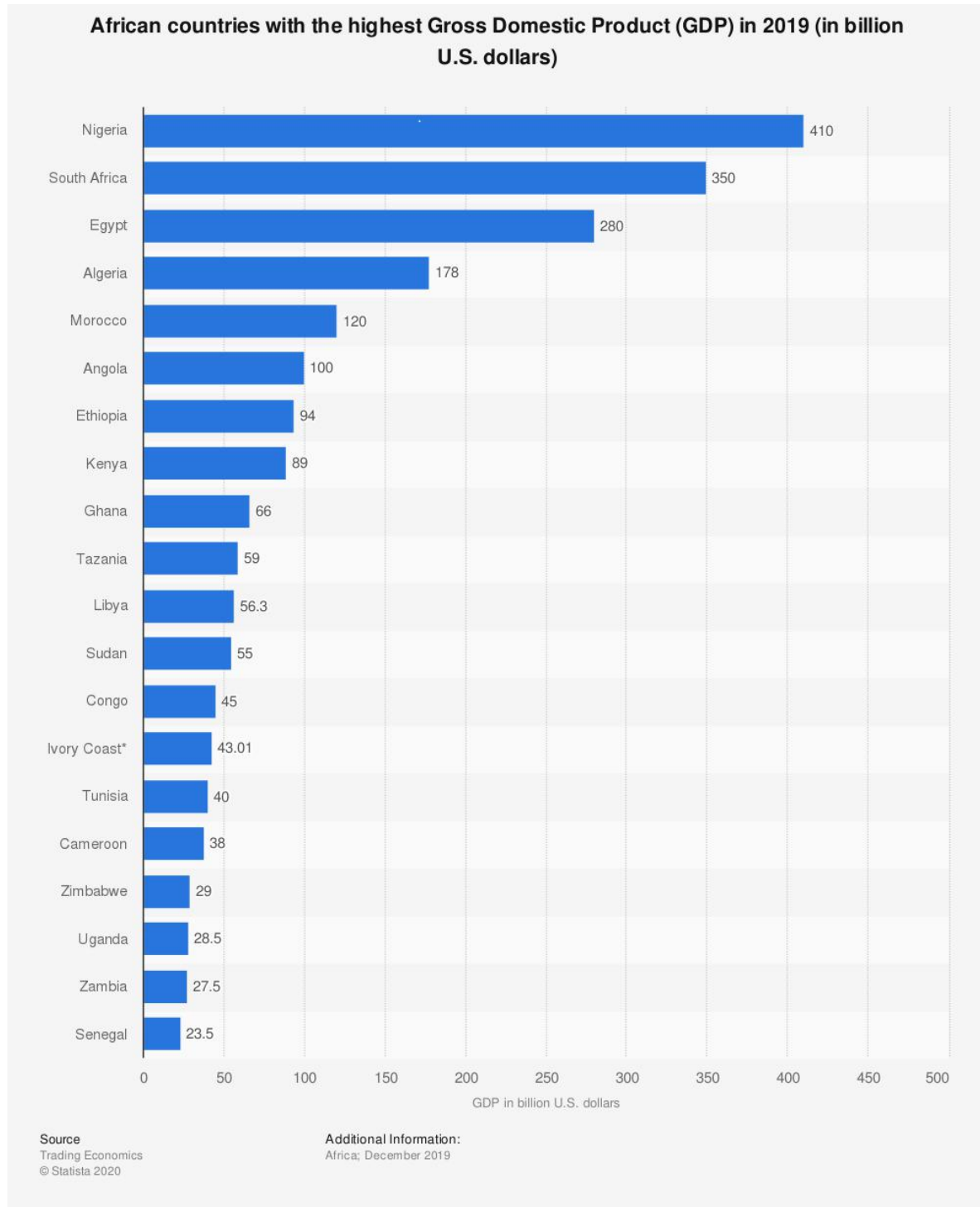
# Timeline of Yoweri Museveni six terms as president Part 2

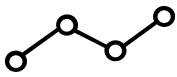
- A referendum to restore multi-party politics was held in Uganda on the 28th of July 2005 and was successful.
- In 2005, the International Court of justice ruled that Uganda must pay compensation to the DRC for human rights violations during the Second Congo War.
- Museveni runs for president in the February 2006 elections, in a bid to get a third term in office, after stating in 2001 that this was his last term in office.
- In October 2011, the annual inflation rate reached an 18 years high of 30.5 %, causing food and fuel prices to increase.
- In 2014, Museveni signed an anti-homosexuality bill into law. This act was widely condemned by the western world and the former US President, Barack Obama.
- Museveni wins a fourth and fifth term in office spanning from 2011 - 2021. Both election results were challenged by his opposition and Museveni was accused of election rigging. Ugandan Courts agree the elections had misappropriations but still vote to uphold the results.
- On the 27th of December Museveni signs the Constitutional Amendment Bill No. 2 2017, commonly known as the "Age Limit" bill . The bill removes the age limit cap of 75 years for a presidential aspirant. This allowed Museveni to run for a six term in office from 2021 - 2026.
- In January 2021 Museveni wins his sixth election or seventh term if you count when he seized power in 1986, but for legal reference let's stick to sixth term in office. Once more his opposition Bobi Wine accused him of wide spread voter fraud and opposition intimidation.



# Uganda's economy under Museveni Part 1

Let's start by comparing Uganda's economy to the rest of Africa. Africa comprises of 54 countries and Uganda has the 18th largest economy in Africa as shown in the chart below.

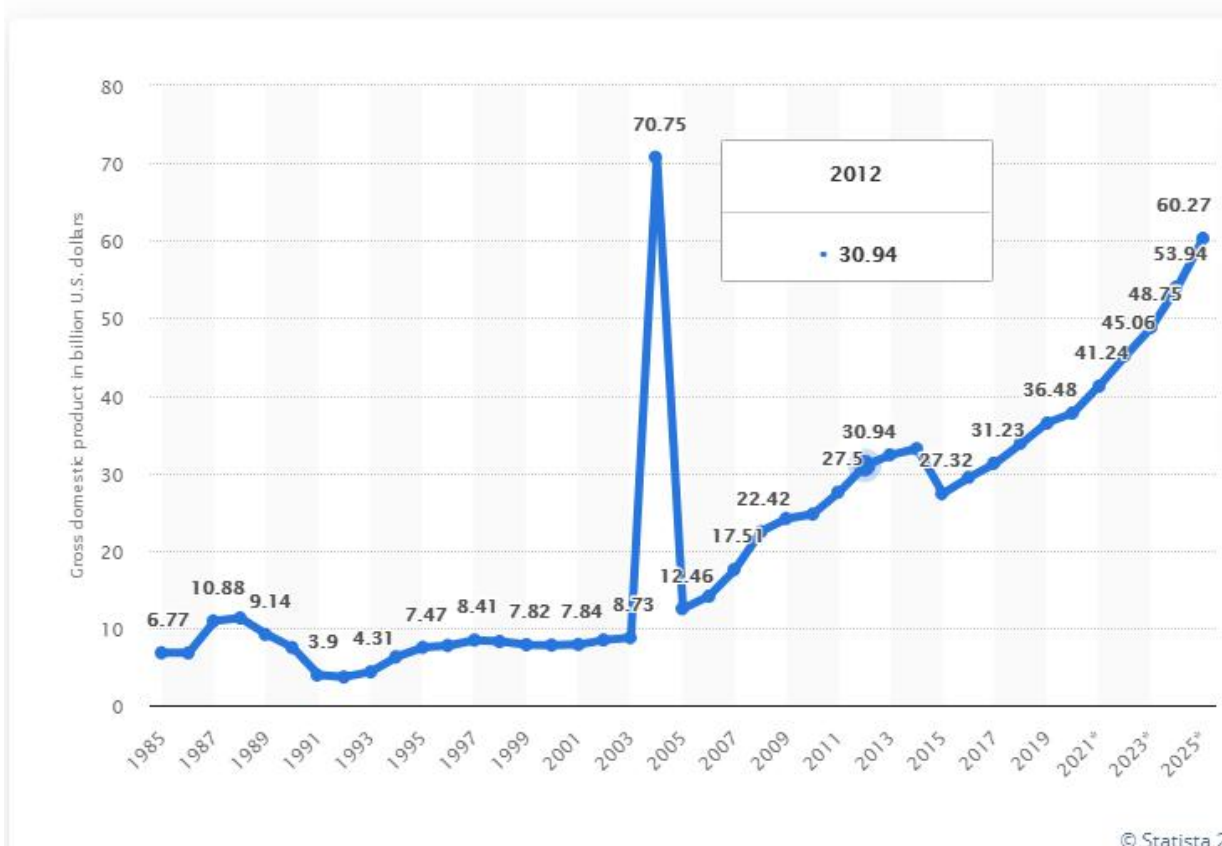


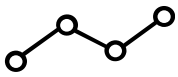


# Uganda's economy under Museveni Part 2

When Museveni seized power in 1986, Uganda was one of the poorest countries in Africa. Since then Uganda's GDP grew from \$7.93 billion in 1986 to \$118.69 billion in 2019 as shown in the chart below.

Uganda: Gross domestic product (GDP) in current prices  
*(in billion U.S. dollars)*

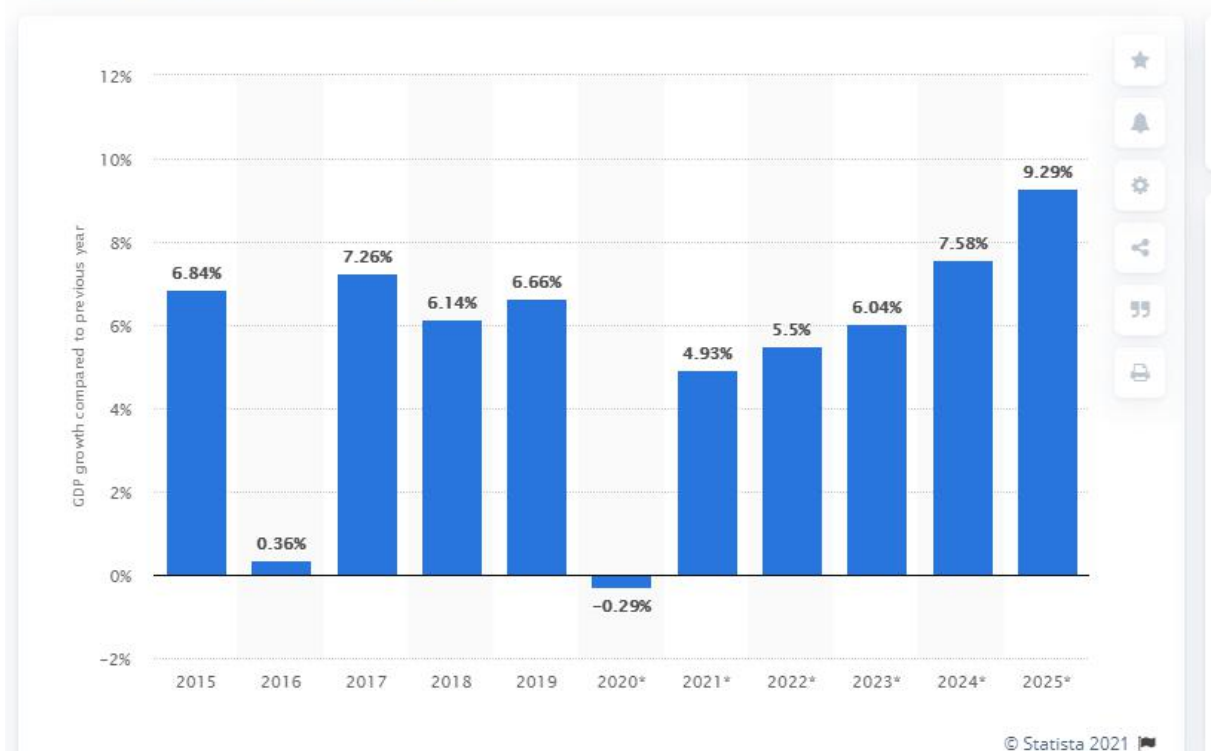




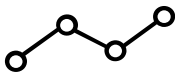
# Uganda's economy under Museveni Part 3

Uganda's economy has been growing at a slow rate due to flooding, Ebola and locust invasion. The chart below shows the GDP growth rate of Uganda's economy since 2015. It is forecasted that Uganda's economy will contract in 2020 due to the COVID 19 outbreak. That said, Statista.com also forecasts that Uganda's economy will rebound and grow at a faster rate between 2021 and 2025.

**Uganda: Growth rate of the real gross domestic product (GDP)**  
*(compared to the previous year)*



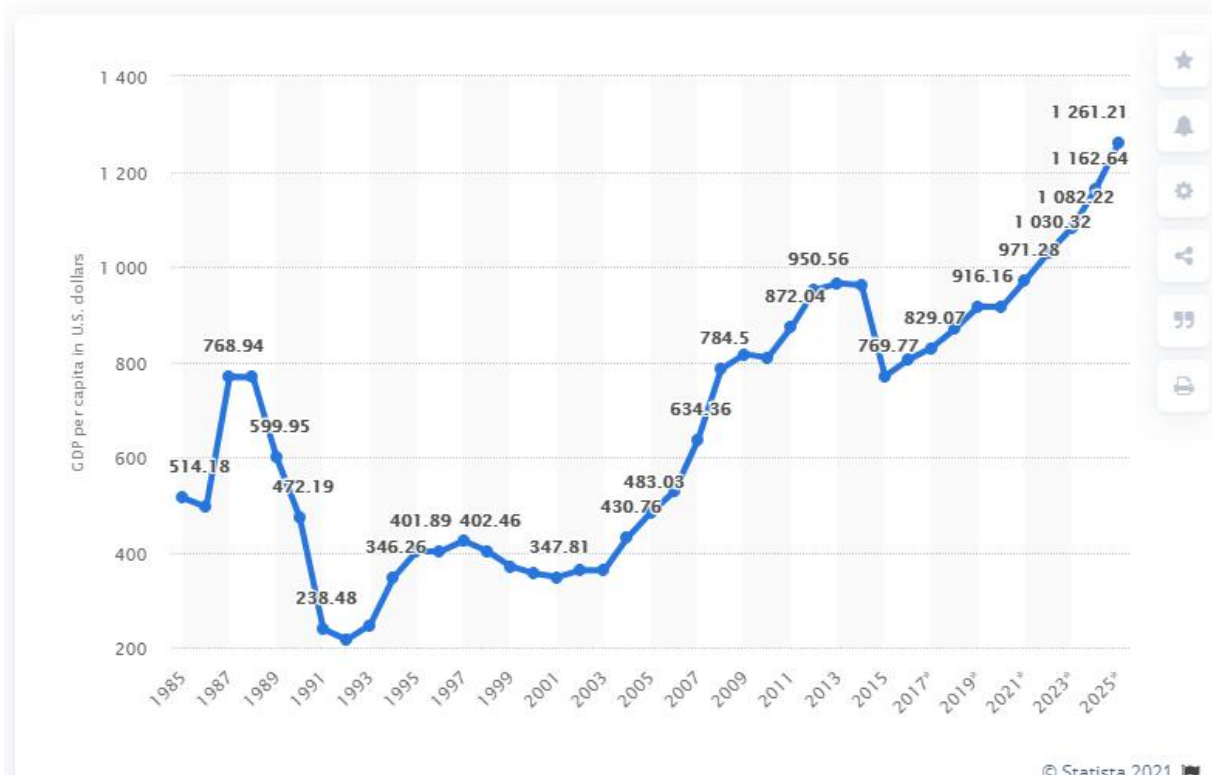


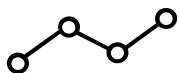


# Uganda's economy under Museveni Part 4

Let's look at where Uganda ranks in terms of the poorest countries in Africa. GDP per capita is a measure used to determine the wellbeing and quality of living in a country. Uganda's GDP per capita has improved since 1985. It grew from \$396.29 per person in 1985 to \$915.25 in 2020. These stats show that poverty levels have been reducing since Museveni took office.

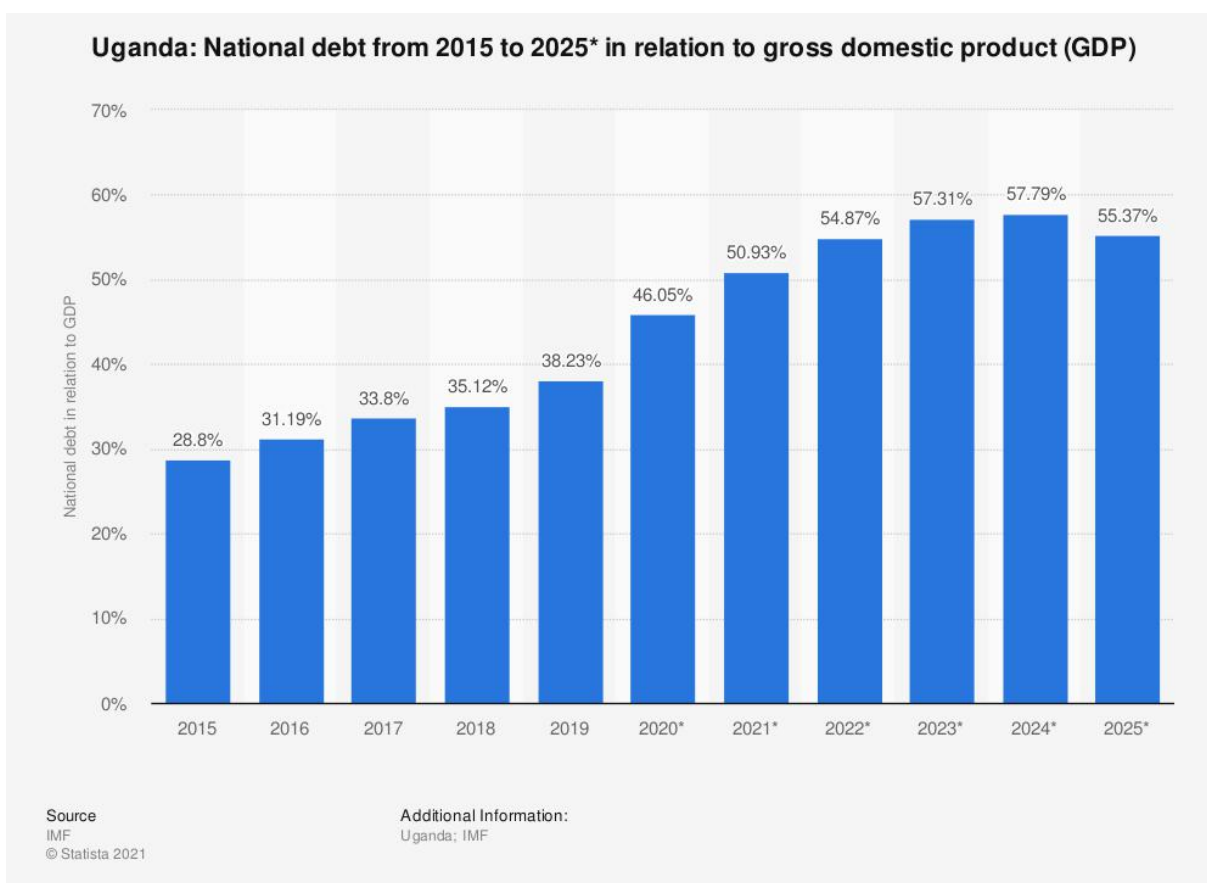
Uganda: Gross domestic product (GDP) per capita in current (in U.S. dollars)

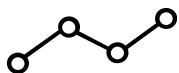




# Uganda's economy under Museveni Part 5

The last economic statistics to look at is Uganda's national debt. The chart below shows Uganda's national debt as a percentage of GDP. This indicator tells investors how likely a country is to pay back borrowings in the future. What the graph below shows is that Uganda's debt has slowly and steadily started to trend upwards in relation to their economic growth. Uganda's Debt to GDP percentage was 46% in 2020, this percentage is considered reasonable within the context of Uganda being able to pay back its debt. It is also a massive improvement when compared to Uganda's Debt to GDP percentage between 1997 to 2006, which at one point was at a 70% high. A close eye has to be kept on this as forecasts below show that by 2024, Uganda's Debt to GDP percentage would be at 57.79%



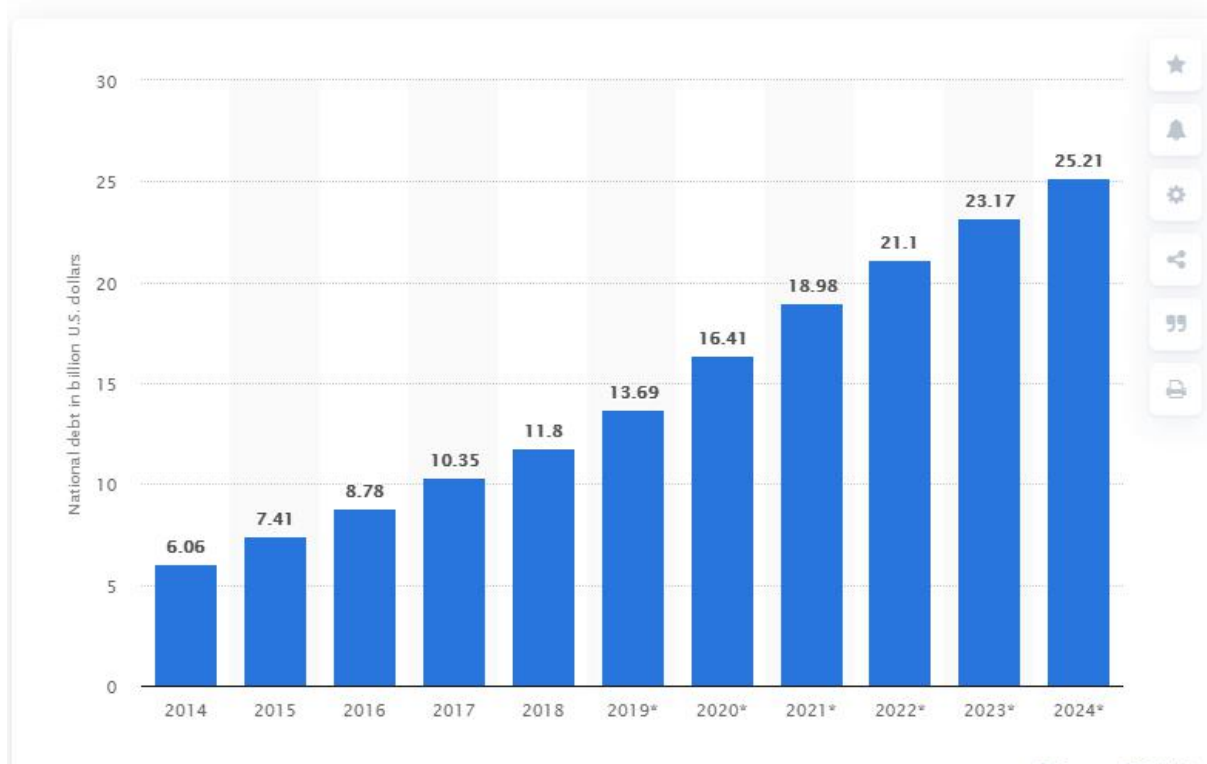


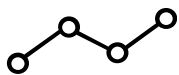
# Uganda's economy under Museveni Part 6

In terms of actual numbers, Uganda's actual debt went from \$6.06 billion in 2014 to \$16.41 billion in 2020. It is forecasted that this figure will increase to \$25.21 billion by 2024. This only means that Uganda is spending more money than their economy is capable of generating.

## Uganda: National debt from 2014 to 2024

*(in billion U.S. dollars)*





# Uganda's economy under Museveni conclusion

It is undeniable that President Yoweri Museveni has been responsible for bringing Uganda out of the thresholds of poverty in the 80's and growing their economy to what it is today. Yet, you cannot ignore the alarming rate at which Uganda's national debt has increased in relation to their economic growth, which has slowed down.

The World Bank points out that about 700,000 young people are reaching working age every year in Uganda, yet only 75,000 jobs are created each year. More than 70% of Ugandans survive by creating employment through agriculture. Uganda faces economic turmoil in the future. Museveni has to diversify Uganda's economy, increase manufacturing and export. The current unemployment levels in relation to population growth will only expedite rebellion among the youth in Uganda. This could lead to a collapse of Uganda's economy and send Uganda back 40 years to a time of political unrest and civil wars.

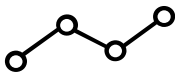
## Museveni's new opposition Bobi Wine

I find it disconcerting when people rile up rebellions and resistance in Africa without weighing up the economical and social consequences in the aftermath. Only a mad man will do the same thing over and over again, expecting a different outcome and young politicians like Bobi don't understand that. When you incite your followers instead of calling for calm, you don't show leadership, you show immaturity. Again, look at Libya are they better off now? A lot of people died during Uganda's 2021 elections and this could have been prevented by a single tweet.

A combination of youth, unemployment and protests in Africa is always a recipe for riot, rebellion, destruction and deaths of innocent lives.

We can't say if Bobi Wine has the knowledge, competence, leadership skills and most importantly, the cool head to lead Uganda. It is often the case that young African political leaders try to garner strength by riling up the unemployed frustrated youth in their country.

Would Bobi Wine do a better job than Museveni? We will leave that up to the Ugandan people to decide. While Museveni is tarnishing the good reputation he has garnered for bringing Uganda out of poverty and tackling HIV/AIDS, Bobi Wine has yet to achieve anything on the political landscape for Uganda or the international community. He campaigns around youth and his political party is all about empowering youth, which is not bad but it definitely isn't what Uganda needs now. Uganda needs a political leader with experience, someone who is capable of navigating the political landscape and international community, someone who can align Uganda with better foreign policies.



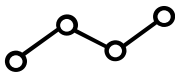
# Conclusion

In the last 35 years, President Yoweri Museveni has been accused of numerous human rights violations from the use of child soldiers, silencing and intimidation of political opponents, rigging of elections and inappropriately influencing Uganda's judicial system and constitution. While Museveni will no doubt try and dispute these allegations, one allegation he can't dispute is that he has intentionally manipulated Uganda's constitution twice to extend his stay in office. Firstly, when he changed the two term limit in Uganda's 1995 constitution and secondly when he changed the President age limit in the Constitutional Amendment Bill No. 2 2017.

There is no doubt that he has overstayed his time in office and needs to step down. The greater concern is he risks destabilising Uganda's fragile economy and decades of peace, all in the name of holding on to power. There are even rumours he wants to hand power to his son.

History has shown the danger of holding on to power too long. Libya is a perfect example, when Gaddafi was ousted, Libya was plunged into chaos and still have not recovered to date. It is now a cesspool for terrorism. We fear the same fate may await Uganda and Museveni if he doesn't relinquish power.

A more concerning issue is we believe the economic statistics of Uganda don't reflect the quality of living on ground. On our social media page on Facebook, we came across a lot of people talking about how they lacked good water supply in Uganda. There are also a lot of orphanage homes that need help and support. We found this cry for help contradicting to the economic statistics showing Uganda's economy was growing and quality of life improving.



# Recommendations

- The African Union need to adopt an EU model of governance which will allow legislation passed by African Union to supersede legislation passed by any member of African Union. Museveni's key strength has been his ability to influence Uganda's legislation and constitution. If AU had the authority they could supersede this and protect the democracy of Ugandan people.
- Museveni should step down and a new election should be held, one that is governed by African Union and monitored by EU.
- Bobi Wine should pacify his followers and not make the mistake Donald Trump made in inciting rebellion and violence. Innocent people will die and in death there is no hope.

All sources not referenced in this article can be found at <https://www.changeinafrica.com/post/yoweri-museveni-from-a-promise-of-democracy-to-an-era-of-fascism>

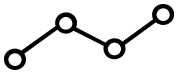


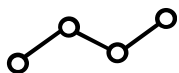
Image by The New York Times

## Managing Mental Health in Africa

Managing mental health in Africa is very challenging because this issue is highly stigmatizing in our culture. Aside from the obvious challenges like poverty, tribal conflicts, civil wars and diseases such as HIV, malaria, and TB. One of the biggest problems faced by Africa is the lack of funding available to support mental health initiatives, as well as the scarcity in the number of psychologists, psychiatrists, and mental health facilities.

I guess to sum up Africa's attitude towards mental health i would refer to a quote from Kenya's humour writer Ted Malanda, on the death of American actor Robin Williams, who committed suicide due to depression. In his quote, Malanda states that:

“I can't wrap my mind around the fact that depression is an illness...In fact, it is such a non-issue that African languages never bothered to create a word for it.” .



# Resources to support Mental Health in Africa

In various African countries, only 1% of the budget is allocated on mental health. Moreover, according to the WHO Regional Office for Africa, the ratio of mental health workers to the region's population is only 0.9:100,000 which is extremely low compared to the global ratio which is 9:100,000. In addition, one third of these workers are non-professionals. Clearly, there's a big shortage in the mental health workforce in Africa.

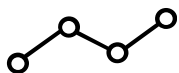
## Mental health misinformation

In many African cultures, mental illness is an uncommon topic. The differences in culture, manifested symptoms, and interpretations to these symptoms play a huge role why this topic is taboo.

Due to the widespread stigma about this topic, only a few higher educational institutions teach about it. This puts a limitation on graduating students who want to enrol in programs related to mental health. For that reason, there is a shortage in mental health workers in the region which subsequently leads to a limited access of treatment options.

Moreover, even if there are a few facilities and workers available, several families are hiding members of their families who are suffering from a mental disorder because of fear of discrimination which is rampant across the region. One of the biggest misinformation about mental health in Africa is that only weak people have mental health issues. There is also the wrong assumption that associates every mental health case with suicide. You have other types of misinformation such as mental health being associated with juju attacks, mental health associated with witchcraft and finally mental health being associated with religion. As a Christian you often hear the scripture "there will be no rest for the wicked". So many Christians believe that bad things only happen to bad people or wicked people are the only ones that can't sleep, are anxious or worried. This is preposterous and a myopic way of thinking, yet it still doesn't stop people from thinking that way.





# Impact of Covid 19 lockdown on mental health

When Covid-19 was declared a global pandemic in March 2020, the number of mental health issues have significantly increased in Africa.

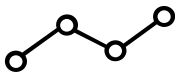
A survey conducted by WHO for dates June to August 2020 indicated that front liners and responders have reported symptoms of anxiety and depression due to working in high risk environments with little to no protective equipment issued to them.

In a similar survey conducted by researchers from the King's College London entitled "The Mental Health Impact of the COVID-19 Pandemic: Implications for Sub-Saharan Africa" stated that the pandemic has led to several mental health issues because of the many challenges it brought to humanity such as job losses, discrimination and stigma to patients, physical distancing, and the lockdown.

## What the government and employers can do support mental health during the pandemic

Below are some are actions the government and employers in Africa can undertake to support their employee's mental health:

- Promote social interventions;
- Strengthen peer support;
- Equip mental health workers with adequate knowledge and resources to better help the people who are suffering from mental illnesses;
- In line with Covid-19 guidance, equip frontline staff, first responders, and caregivers with enough training and protective equipment to better serve the public;
- Employers must also include in their wellness programs the importance of mental health and how to conduct psychological first aid;



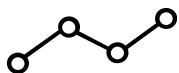
# What regular people like you can do to support mental health in Africa Part 1

**Having enough sleep** – Sleep is very important because this is the time that your mind and body get recharged. During your sleep, your body releases hormones that help repair damaged cells. Moreover, if you get enough sleep, your mind and body function better. Having enough sleep also boosts your immune system and mental well-being making you less susceptible to illnesses, both physically and mentally. To maximize your sleep, go to bed and get up at similar times daily.

**Incorporating more self-care routine in your daily activities** – The best self-care routine you can do to yourself include eating healthy meals on time, exercising regularly, allocating time for relaxation, keeping up with your personal hygiene, and making time to do things that give you joy. Doing these things don't only make you feel good, but scientifically speaking these activities are proven to improve your physical and mental health.

**Minimizing social media and negative news** – Avoid reading or listening to news that can only cause you distress or anxiety. It's also not healthy to spend too much time on social media, especially if you have the tendency to compare your life to others. Remember, social media is a place where all the fancy things and winning moments are highlighted so there's no need to compare your current reality to them. If you'll ever use social media, use it to spread positivity, show support to others and don't get embroiled in online arguments or disputes. Social media is not a true reflection of life, it is mostly a one way stream of opinion. You find that it becomes more frustrating when you see that your opinion doesn't matter much online, unless you are a celebrity, large organisation or influencer.

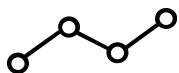
**Keep in touch with those who love, support, and care about you** – If you ever feel like your mental health is declining, connect with people whom you trust and you know will show unconditional love and support.



# What regular people like you can do to support mental health in Africa Part 2

**Don't discriminate** - People who are suffering from mental health issues need more love, understanding, and support. Show more compassion, don't make it about yourself, don't make it about religion, just listen and be supportive. I suffered from depression as a kid into adulthood, although i was never diagnosed in Nigeria, my friends always complained about how i always looked angry or reacted over little things. When i got diagnosed in UK, i told my sister who is currently studying medicine and she said its because i don't serve God the right way. I told my mum and she said i should pray, but when i told my older brother he said he is here to support me and if i ever needed to talk, i should let him know. In a summary, the only support i got in my family was from my brother, everyone else judged me.

**Seek professional help** - Don't hesitate to seek expert help. Don't let the judgment of others stop you from getting better. After all, what you need the most is you. Let the experts help you get better so you can live life with the best quality. It is understandable that in Africa, there isn't alot of mental health support but there are support groups and materials you can find online to help yourself. If you search online at Mental Health support groups in Africa you will find alot of resources to help yourself.



# Conclusion

Today, Africans have gradually become more open to seeking professional help and addressing their mental health issues. With all the problems the world is facing today, it is high time that African governments provide adequate resources needed to support mental health initiatives in Africa. It is fair to say that the statistics of mental health in Africa isn't accurate because people don't seek help and bottle everything in until they explode and someone get's hurt. Africans have to juggle their day to day issues in life with the lack of government support or hope for a better future for themselves and their families. Most of the countries in Africa are considered as developing nations and the social amenities available in the western world isn't available to the average person in African.

We hope you have found this article enlightening and now understand that mental health issues should be treated with respect and should not be trivialised by anyone. People with mental health issues need to be treated by mental health professionals and supported by family/friends through that journey. Being depressed, stressed or anxious doesn't mean you are losing your mind, it just means you need to take care of your mental health. If you are by chance losing your mind or suffer from a more severe mental health illness such as Schizophrenia, Multiple personality disorder or even something as bad as Psychopathy, then you do yourself no justice by not getting a diagnosis and early treatment which will allow you live a normal life.

All sources not reference here can be found at  
<https://www.changeinafrica.com/post/managing-mental-health-in-africa>

A close-up photograph of a hand wearing a white, textured nitrile glove typing on a black laptop keyboard. The background is a blurred red surface. The text 'Working During the Coronavirus' is overlaid in white at the top, and 'CRISIS' is in large white letters below it. At the bottom, there is a blue gradient bar containing the text 'A Booklet for the Whole Team' and the page number '61'.

Working  
During the Coronavirus

# CRISIS

# CONTENT

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- 64 **Symptoms**
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- 66 Guidelines for **working remotely**
- 67 Guidance on **returning to work**



# What is the **Coronavirus** and how is it transmitted?

## **The Novel Coronavirus (COVID-19)**

Is a new strain of coronavirus, first identified in a cluster with pneumonia symptoms in Wuhan city, in the Hubei province of China.

Novel Coronavirus strains are spread by human contact with an infected person through contaminated droplets (coughing or sneezing), or contaminated hands. The virus can also spread from contact with contaminated surfaces. The incubation period, as in time from infection to appearance of symptoms, typically varies between one day to 14 days.

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**The most common  
SYMPTOMS are**

- fever
- shortness of breath
- sore throat
- cough and headache

\*Be extra diligent and allow yourself for a two-week period of self-isolation if you have recently travelled to a high-risk country or have been in contact with someone suspected or infected.



# How to protect yourself & others from Coronavirus

- 1 Wash your hands frequently for at least 20 seconds
- 2 Wear face mask
- 3 Don't shake hands
- 4 Use hand sanitizer
- 5 Don't shake hands
- 6 Avoid touching your eyes, mouth and nose
- 7 Cover your cough with the bend of you elbow or use a tissue
- 8 Avoid crowded places and using elevators
- 9 Stay at home if you feel unwell



## Guidelines for working remotely

- Whether at home or outside, all employees shall commit to the personal health and safety guidelines issued by the respective federal and local health authorities.
- If employees require any data or documents to perform their duties, they must consult the relevant entity to determine the best way to obtain the required data and documents.
- An employee should immediately inform HR if they have been in recent contact with any relative who is known to be infected with the COVID-19. Employees should also disclose the travel destinations of these relatives.

# Guidance on returning to work

## Keep Our **Workplace Safe!**

### Practice good hygiene

- Stop hand shakes and use non-contact greeting methods
- Clean hands at the door and schedule regular hand washing reminders
- Disinfect surfaces like doorknobs, tables, and desks regularly
- Avoid touching your face and cover your coughs and sneezes
- Increase ventilation by opening windows or adjusting air conditioning



**STAY SAFE,**

wash your hands and  
wear your mask!