The Embassy in Kampala reminds U.S. citizens to practice safety and security measures because of the increased potential for political unrest during the national election season. Local media has been reporting that election-related demonstrations may occur and result in isolated incidents of violence among rival political groups.

Even demonstrations intended to be peaceful can turn confrontational and escalate into violence. You should avoid areas of demonstrations, and exercise caution if in the vicinity of any large gatherings, protests, or demonstrations. U.S. citizens are encouraged to review their personal security plans, remain aware of their surroundings, and monitor local events before traveling. In addition, the following is advised during the election season:

- Know the nearest "safe areas" - such as police stations and hospitals.
- Take extra precautions when driving through crowds. Always keep windows up and doors locked.
- Plan your route in advance to avoid expected areas of congestion and chokepoints. Maintain space to maneuver in traffic. Park only in controlled, safe locations.
- Keep you cellphone charged and turned on.
- Ensure you and your family members have an emergency plan

For further information:

- See the State Department's website where you can find for the Worldwide Caution, Travel Warnings, Travel Alerts, and Uganda Country Specific Information.

- Enroll in the Smart Traveler Enrollment Program (STEP) to receive security messages and make it easier to locate you in an emergency.

- Contact the U.S. Embassy in Kampala, located at Plot 1577 Ggaba Road P.O. Box 7007, at tel.+(256)(0) 414-306-001 and +(256)(0)312-306-001, 7:30 a.m. to 4:45 p.m. Monday - Thursday and 7:30 a.m. to 12:30 p.m. on Friday, or by email at KampalaUScitizen@state.gov. For after-hours emergencies, please call +(256)(0) 414-306-001 and +(256)(0)312-306-001.

- Call 1-888-407-4747 toll-free in the United States and Canada or 1-202-501-4444 from other countries from 8:00 a.m. to 8:00 p.m. Eastern Standard Time, Monday through Friday (except U.S. federal holidays).

- Follow us on Twitter and Facebook.