Subject: **Health Alert - Coronavirus**  
Date: 3/9/2020 2:49:32 AM Central Standard Time  
From: KampalaUSCitizen@state.gov

**Sts Health Alert** – U.S. Embassy Kampala, Uganda (March 9, 2020)

**Location:** Uganda

**Event:** There is an ongoing outbreak of Coronavirus (COVID-19) first identified in Wuhan, China. The global public health threat posed by COVID-19 is high, with more than 100,000 reported cases worldwide.

The government of Uganda has implemented enhanced screening and quarantine measures in response to the global public health threat posed by COVID-19. Travelers should be prepared for travel restrictions to be put into effect with little or no advance notice. Visit the website of The Government of Uganda Ministry of Health [https://health.go.ug/press-release](https://health.go.ug/press-release) for additional information on these new measures.

U.S. government personnel are advised to travel only for mission critical purposes.

On March 7, 2020 the Ministry of Health announced that it has imposed a self-quarantine requirement on all asymptomatic travelers arriving in Uganda who have been in the following countries in the 14 days prior to their arrival in Uganda:

- China
- France
- Germany
- Iran
- Italy
- South Korea
- Spain

Individuals arriving in Uganda after travel within the past two weeks in one or more of these countries who demonstrate no specific symptoms related to COVID-19 infection will be required to self-quarantine at their own expense for 14 days. Specific self-quarantine rules are dictated by local health officials and international guidance. Uganda has not yet provided specific instructions for self-quarantine. The following is an example of what a self-quarantine of a healthy person would involve: Stay home, practice social distancing (maintaining more than 1 meter space), sleep in a separate room, and use a separate bathroom if possible. Minimize direct contact with other people. Sanitize surfaces with disinfectants. Take your temperature twice a day and report any fever, cough, or respiratory symptoms immediately. This will be monitored by the local health authorities.

Individuals arriving in Uganda after travel within the past two weeks in one or more of these countries who demonstrate specific symptoms related to COVID-19 infection will be isolated in a hospital under the supervision of the Ministry of Health in accordance with current international guidance. Quarantine and isolation rules are dictated by local health officials and international guidance.

**Actions to Take:**

- Consult the [CDC website](https://www.cdc.gov) for the most up-to-date information.
- For the most recent information on what you can do to reduce your risk of contracting COVID-19 please see the [CDC’s latest recommendations](https://www.cdc.gov).
- Visit the [COVID-19 crisis page on travel.state.gov](https://travel.state.gov) for the latest information.
• Check with your airlines or cruise lines regarding any updated information about your travel plans and/or restrictions.

• Visit the Department of Homeland Security’s website on the latest travel restrictions to the U.S.

• Seek medical care right away if you believe you may have COVID-19 (or similar symptoms) or were exposed to someone who may have COVID-19 in the last six weeks.

Assistance:

U.S. Embassy/Consulate Kampala, Uganda

Phone number (256) 414-306-001
Email address KampalaUSCitizen@state.gov
Embassy/Consulate website https://ug.usembassy.gov/

State Department - Consular Affairs
888-407-4747 or 202-501-4444


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