

# CORONAVIRUS DISEASE COVID-19



THE REPUBLIC OF UGANDA  
MINISTRY OF HEALTH

## Guidelines for Prevention of Covid-19 in Market Places

Currently there is a global outbreak of Coronavirus, also known as COVID-19, a new virus that spreads quickly through the cough or sneeze droplets of an infected person contacting another person through their eyes, nose and/or mouth. COVID-19 can spread quickly in crowded places and cause illness. Since COVID-19 is a new disease, there is no immunity against it. Therefore, it is important that we practice preventive measures as Uganda has confirmed cases of COVID-19.

### Signs and symptoms of COVID-19 include:

- Fever
- Cough
- Sore throat
- Difficulty in breathing
- Sneezing and body weakness

Markets have heavy human traffic and are always crowded. The Ministry of Health has developed the following guidelines to assist the general public prevent transmission of COVID-19 in markets.

Market Master, Vendors and customers **MUST** adhere to the following:

1. All people accessing markets must undergo temperature screening.
2. All markets **MUST** have handwashing facilities and must ensure that all people accessing wash their hands regularly with soap and water or alcohol-based hand rub. That handwashing facilities should be placed at strategic points like security checks, entrances, bathrooms, toilets, kitchens/canteens and payment points.
3. All market stalls, tables and other surfaces regularly touched by people **MUST** be clean and hygienic. They should be cleaned with disinfectant (soap and water or JIK) or washed with soap and water.
4. Regularly clean and disinfect (with soap and water or JIK) all communal places in markets such as bathrooms, toilets, floor surfaces; and frequently touched surfaces like; doorknobs/handles, staircase, with disinfectant or soap and water. This cleaning should be done under close supervision, at least 3 times a day and 4 times in areas of extremely heavy human traffic.

5. Provide adequate waste management facilities (waste bins and bin-liners, cans) and ensure availability of properly protected/trained waste handlers with gloves, masks, aprons and protective overalls.
6. Avoid overcrowding and body contact. Keep a distance of at least 2 meters between vendors. All public places are advised to devise more innovative ways to avoid overcrowding.
7. Ensure there is good ventilation and good respiratory hygiene in the Market (ensure all windows are open for adequate aeration)
8. Regularly update market vendors and customers, with information on COVID-19 as provided by the Ministry of Health.
9. Display posters with information and key messages on COVID-19 in different languages in places that are easily visible (offices, notice boards, doors, trees, kiosks, supermarkets etc).
10. Provide guidelines on Do's and Don'ts to every customer who accesses your Market.  
**These include the following:**
11. All markets must have toilets/latrines: 1 stance for every 20 persons.
12. All Markets must have waste management facilities (waste bins and bin liners, incinerators)

**Do's:**

- Cover your mouth and nose with tissue or a handkerchief when coughing and sneezing.
- Wash your hands with soap and water or use an alcohol-based hand rub immediately after using the tissue or handkerchief.
- Maintain a distance of at least 2 meters between the vendors and buyers and remind them that they need to have a face mask to avoid infecting others.
- Avoid touching your eyes, nose and mouth always. Hands touch many surfaces including money which can be contaminated with the virus and you can transfer the virus from the surface to yourself.

**Don'ts:**

- Avoid close contact with people who are visibly sick with flu-like symptoms (fever, cough, sneeze). When sick with flu-like symptoms avoid going to the market, public places, offices and public gatherings. Remain at home to avoid infecting others.
- You do not need to wear medical masks in the market if you do not have respiratory symptoms such as cough, sneezing or running nose.
- Do not spit in public. Identify secluded places like pit latrines or toilets for purposes of spitting and wash your hands immediately with soap and water.

For more information, call the Ministry of Health toll free line on: **919, 0800 100066, 0800 303033 & 0800203033** or send a **free SMS** to Ureport on **8500** or WhatsApp on **0770818139**