



Mukuru Promotion Centre

Empowerment Step by Step

Sponsored by Sisters of Mercy

www.mercymukuru.co.ke

Information III

Period 7th April - 30th April 2020

An Update to our Supporters, Friends and Partners regarding the works of Mukuru Promotion Centre and the CoVid 19 Pandemic

From your generosity we organised pick up stations for the food packets and the booster immune parcels. Over 300 families received the parcels and over 500 families received the packets. As the subsistence economy dries up families barely have enough food to eat.

MPC Support Distributions from 7th April – 30th April 2020

Station	No. Immune Booster Packets	No. Food Parcels	No. Other Items
Dunga Road - St Catherine's		125	20
Likoni Road - Head Office		297	6
Kayaba – Mukuru		113	
Lunga Lunga - St Elizabeth Lung		113	2
Dunga Road – MPC Clinic	215	337	
Aoko Road – Songa Mbele		150	8
Totals	215	1,135	36

*** Some of the items under 'other' includes baby clothes for new borns, rent for parents with disabled children.*

After seeing the physical condition of many of the patients who attend the Clinic, we added other items to the immune booster packets. Each packet contains amaranth porridge flour, 5 kgs of maize, 3 kgs of beans, bunches of kales, oranges, sweet potatoes, cooking oil, washing soap and toilet papers.

Since the announcement of the pandemic MPC has purchased over 6 tonnes of maize, 3 tonnes of beans, 150 litres of hand sanitizer, 200 litres of detergent, 30kgs of sugar, 300kgs of amaranth flour, 300 litres of oil, 5,000 face masks, 5,000 gloves and five thermometers.

A local donor, Pankaj, donated hamper boxes that contained wheat flour, maize flour, sugar, salt, cooking oil, rice and washing soap.





A high percentage of our patients at the Clinic do have some form of respiratory issue. There were over 230 patients who presented with respiratory issues during April. We are waiting on testing kits. In the meantime, anyone presenting with a high temperature is referred to the Government hospital for CoVid19 testing. At our Clinic we have had 1 reported case and expect to have many more. Those who present with coughs and colds are treated with normal remedies. Those with chest infections are given antibiotics. We are asking all patients to take boiled lemon, garlic, honey and ginger which

is like the local Dowri that people have in the cold season.

We were made aware of an article in the “Science Daily” where an Australian study identified a possible coronavirus drug, Ivermectin. This anti-parasitic drug already available around the world kills the virus within 48 hours. “Ivermectin is an FDA approved anti-parasitic drug that has also been shown to be effective, *in vitro* against a broad range of viruses including HIV, Dengue, Influenza and Zika virus”. The compounds of Ivermectin and Albendazole are similar and are used in developing countries to combat worms. We are dispensing the Albendazole deworming tablets to everyone who attends the Clinic.

We do not know the real CoVid19 situation in Kenya. All we can do is put provisions in place. The cost of disposal personal protecting equipment (PPE) for staff has become prohibitive. Two of our former dressmaking students are currently making the PPE for our staff and others. We have provided the washable materials and they have already made 200 masks. Although there are restrictions on the movements in the metropolitan area, restaurants are allowed to open for limited hours. This is big relief for us as many of our past Catering students were given unpaid leave and some are now called back to work. The numbers of people without income in slums is a big threat as hungry people become desperate and begin to break in to houses and businesses looking for goods to sell.

According to the Ministry of Health at the end of April there were 465 confirmed cases with 24 deaths and 167 recorded (*Source: WHO*). During one of the daily briefings the Health Cabinet Secretary, Mr Muthai Kagwe directed the transfer of 31 ministry employees. This was in response to the allegations that CoVid19 funds has been misappropriated. The CS Kagwe assured Kenyans that he was still focused on saving lives in the most efficient way and containing the spread of CoVid19.

On 25th April President Kenyatta ordered a 21 day extension to the current lockdown measures to help with the containment. For the next 3 weeks there will be no movement into and out of Nairobi metropolitan Area, Kilifi, Kwale, and Mombasa. The counties of Mandera, Kilifi, Kwale and Mombasa have registered higher cases. If the trend does not reverse more stringent measures will be taken into account with respective county governments. Essential workers can go to work.

We are delighted to report that the water supply to some 200,000 residents at Lunga Lunga slums was secured. The Government identified water access as a weak link in the fight against the spread of the virus. They plan to dig another 51 boreholes in Nairobi with one being at Mukuru Kayaba. They have reported that 2,000,000 litres of water will be available for April.



CS, Government officials and St Elizabeth Principal Mrs. Okomol at the site



The water sample from the borehole has also been taken to WARMA for laboratory testing.

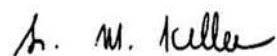
In its recent publication, ‘Springer Nature’, has written an article titled **“Slum Health: Arresting COVID-19 and Improving Well-Being in Urban Informal Settlements”**. The article is a summary of a number of international contributors on how best address the virus in the informal settlements based on previous pandemics such as HIV and epidemics like Ebola. It highlights 8 points:

- 1 institute informal settlements/slum emergency planning committees in every urban informal settlement,
- (2) apply an immediate moratorium on evictions,
- (3) provide an immediate guarantee of payments to the poor,
- (4) immediately train and deploy community health workers,
- (5) immediately meet Sphere Humanitarian standards for water, sanitation, and hygiene,
- (6) provide immediate food assistance,
- (7) develop and implement a solid waste collection strategy,
- (8) implement immediately a plan for mobility and health care.

While MPC cannot address all 8 points we are addressing points: 4, 5, 6, 8 because of the generosity of many people around the world.

The staff of MPC and the Sisters are all well. We rejoice in our ability to assist at this time.

Thank you for your support.

A handwritten signature in cursive script that reads "Sr. M. Killeen".

Sr Mary Killeen

As at 5th May 2020 there are 553 confirmed cases and 23 deaths.