Ask the Doctor

Government warns about Ebola virus

BY BEATRICE NAKIBUUKA

The celebration of the Uganda Martyr's Day on the June 3, was this year postponed to a yet to be communicated future date. Although it will still be observed as a public holiday, pilgrims will not be allowed because of the Ebola outbreak.

Uganda remains on high alert following recent cases of Ebola Virus Disease (EVD), prompting the Ministry of Health to intensify surveillance, public awareness campaigns, and emergency response measures across the country. Health officials urge the public to remain calm but vigilant, especially during large gatherings, travel, and community events. The Ministry of Health has encouraged members of the public to immediately report anyone showing symptoms associated with Ebola to the nearest health facility or through the ministry's toll-free line, 0800 100 066.

According to the Ministry of Health, Ebola is a severe and often fatal disease caused by a virus that spreads through direct contact with the blood, body fluids, or tissues of an infected person. It can also spread through contaminated objects such as bedding, clothing, needles, and medical equipment.

Dr Charles Olaro, the Acting Director General of Health Services at the Ministry of Health, says Ebola affects several organs in the body, including the liver, kidneys, and lungs, making it a highly dangerous infection if not treated early.

"The disease spreads through direct contact with blood or body fluids from a person infected with Ebola, including someone who has died from the disease," Dr Olaro explains. "Symptoms can begin suddenly and may include high fever, extreme weakness, muscle pain, chest pain, vomiting, diarrhoea, sore throat, unexplained bleeding, and yellowing of the eyes."

What you can do to stay safe

Although treatment is available to manage symptoms and improve chances of survival, there is still no simple cure for Ebola. However, vaccines and supportive treatment have greatly improved survival rates in recent years.

Dr Olaro advises both adults and children to practise good hygiene at all times. "Wash your hands regularly with soap and clean water. If soap and water are not available, use an alcohol-based hand sanitiser," he says.

The public is also advised to:

Avoid direct contact with blood, sweat, saliva, vomit, urine, or other body fluids of a sick person.

Avoid shaking hands, hugging, or sharing personal items with someone suspected to be infected.

Seek medical attention immediately if you develop symptoms such as fever, vomiting, diarrhoea, or unexplained bleeding. Avoid self-medication and traditional remedies when symptoms appear.

Send your health questions to:
rainbow@ug.nationmedia.com

Healthy Treat



Frozen french fries

BY PROMISE TWINAMUKYE

Ingredients

- Potatoes
- Olive oil
- Cajun seasoning

Directions

- Peel the potatoes and cut them into French fries.
- Put the raw fries in a ziplock bag and shake to coat them lightly with olive oil and Cajun seasoning.
- Bake at 220°C until just cooked through.
- Allow them to cool, then place the baking tray in the freezer until the fries are frozen solid.
- Remove them with a spatula and store in freezer containers.
- To reheat, spread the fries on a baking tray and bake at 220°C for about 15 minutes.
- Serve







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