



NATIONAL EMERGENCY RESPONSE COMMITTEE
ON CORONAVIRUS
UPDATE ON COVID-19 IN THE COUNTRY AND
RESPONSE MEASURES, AS AT 2nd July

DAY: 112

Brief No: 106

Good afternoon. Welcome and thank you for joining today's COVID-19 briefing.

Fellow Kenyans,

The COVID-19 pandemic has now entered the fourth month since the first case was reported in the Country. During this period of time, we have seen a steady increase in positive cases. As of today, the Country has registered close to 7,000 cases. In the past week alone, we have recorded on average 222 cases per day. This is a situation that must be of concern to all of us, and

demands that we reflect on our attitude towards the containment measures.

We are aware, that these measures have led to adverse social-economic consequences and have strained our Country, and have generated intense pressure to have them relaxed. However, the control measures to curb the spread of the virus cannot be halted. As we are seeing, countries, states and cities that have not adhered to preventive measures or relaxed restrictions too soon have been flooded with new cases.

As confirmed, majority of the people who have succumbed to COVID-19, had underlying disease conditions, such as diabetes and hypertension, among others. These are Non-Communicable Diseases (NCDs), whose burden to the health system is on the rise. Hypertension is the commonest cardiovascular condition globally and the same applies in Kenya. It is estimated that 1.13 billion people live with this condition worldwide representing 31% of adult population.

In Kenya about 6.1 million adult live with hypertension representing 24% of the adult population. The Kenya Health Information System (KHIS) January to March 2020 data from 21 reporting counties on hypertension indicate that a total of 67,465 hypertensive patients were seen and reported. Of these 18,231 cases were males while 49,144 were females. This is just a tip of the ice-berg. Many more are yet to be diagnosed. This is just a tip of the ice-berg. Many more are yet to be diagnosed.

In this regard, the Ministry of Health has prioritized halting and reversing the NCD burden in the Big Four Agenda, under the Universal Health Coverage (UHC) pillar.

The COVID-19 pandemic has exposed the vulnerability of the people living with NCDs hence the Ministry, in collaboration with County Governments, has put up measures to ensure that NCD clinics remain operational during this period.

Additionally, the Ministry calls upon people living with diabetes and hypertension, to consume healthy diets based on the locally available foods. A balanced diet is critical for preventing and managing non-communicable diseases, and their related complications during this COVID-19 season and beyond. Those who adhere to a healthy diet are able to maintain the acceptable blood sugar levels, manage their blood pressure levels and maintain the ideal body weight.

A healthy diet has a variety of foods that provides the right amount of nutrients, calories and need not be expensive.

The guidelines for healthy diet is as follows:

- Eat the right portion of whole grains and cereals like maize, rice, millets, sorghum, wheat; roots tubers like arrowroots, cassava, sweet potato and green bananas
- Consume plenty of vegetables from all the subgroups; green leafy vegetables e.g. spinach, sukuma wiki, traditional vegetables like managu,

terere, kunde, mrenda, saga, pumpkin leaves and starchy vegetables such as butternut, pumpkin and other vegetables like cabbage, sweet peppers, green peas, French beans.

- Eat a variety of fruits that are in season and readily available in the market such as oranges, mangoes, ripe bananas, apples, water melon.
- Eat plenty protein foods, such as beans, green grams, lentils, njahi, pigeon peas, groundnuts and seeds alternating with animal protein foods such as fish, lean meats, poultry, and eggs.
- Take fat free or low fat dairy and dairy products, such as skimmed milk, low fat yoghurt and fortified soya beverages.
- Restricted amounts of sugar salt, alcohol, trans fats such as hardened fats and margarines and saturated fats from animal sources and fatty meats.
- Avoid sugar sweetened beverages such as sodas, energy drinks, sweetened teas and flavored drinks.

Fellow Kenyans,

It is also important to note that all the diabetes and hypertension clinics are operational, and I therefore, encourage persons living with NCDs to visit the clinics for regular checkup, refilling of their medications and nutrition counselling.

Turning to our COVID-19 situation, today, we have **268** people tested positive, out of a sample size of **2,704**. This number brings our case load of those confirmed positive to **6,941** out of the **176,059** cumulative samples so far tested. Out of this number **259** are Kenyans while **9** are foreigners, with **160** males, and **108** females. The youngest is a one year old while the oldest is **80**.

The cases are distributed in the counties as follows; Nairobi **175**, Mombasa **28**, , Busia **18**, Kiambu **11**, Kajiado **9**, Migori **9**, Uasin Gishu **8**, Machakos **6**, Narok **(2)**, Makueni **(1)**, and Muranga **(1)**.

The distribution of the cases by sub counties; in Nairobi, the **175** cases are in; Dagoretti North **(34)**, Kibra **(29)**,

Ruaraka, (24), Langata (21), Embakasi East (12), Westlands (11), Makadara (10), Starehe (7), Kasarani (6), Embakasi South, and Embakasi West (5) cases each. Embakasi Central (3), Embakasi North (2), Kamukunji (2), Mathare (2), Roysambu (2).

In Mombasa, the cases are in; Kisauni (12), Mvita (6), Jomvu (4), Nyali, (3). Changamwe (2) and Likoni (1), case

In Busia 18 cases are in; Teso South (12), Teso North (5), and Matayos (1). In Kiambu, the 11 cases are in, Kiambu Town (7), Ruiru (2), Juja and Thika, one (1) case each.

In Kajiado, the 9 cases are in Kajiado North (6), Kajiado East (2) and loitokitok one (1) while in Migori, the 9 cases are in; Kuria East, Kuria West and Suna (3) cases each.

In Uasin Gishu, the 8 cases is in Ainabkoi and Turbo (3) cases each and Kapseret (2). In Machakos, the 6, are in Athi River (5) and Machakos Town, one (1).

All the **(2)** cases in Narok are from Narok North, while Makueni has **(1)** case in Kibwezi West and Muranga, has one **(1)**, in Maragua.

We are also delighted to inform you that **20** patients have been discharged from various hospitals, bringing to **2,109** the total number of recoveries.

Sadly, we have lost three **(3)** more patient to the disease bringing to **152** our fatality in the country. Our heartfelt condolences to the family and friends of the departed.

Finally, as I conclude, let me remind you that the battle is tough, but it's far from lost. There is still much to be done and our country has the determination, the solidarity, and the tools to flatten the curve of COVID-19. We can only achieve this if we pay attention to the data and public health interventions that we have at hand. As I have repeatedly said, I want to emphasize these key messages; hand washing, maintaining social and physical distancing, proper wearing face masks in public places,

avoiding social and political gatherings; please, please keep doing it.

I want to thank our health care workers and other stakeholders, who have diligently contributed in this struggle.

I thank you.

A handwritten signature in black ink, consisting of several overlapping loops and a long horizontal stroke extending to the right.

**FOR SEN. MUTAHI KAGWE, EGH,
CABINET SECRETARY.**