

KORLE BU RECORDS

99%
COVID-19
RECOVERIES



But for the two patients who passed away, the Korle Bu Covid-19 Treatment Centre would have successfully treated and discharged all 26 patients who were admitted there from between March till date. The two patients, who were being managed at the Medical ICU passed away.

Out of the 26 patients, 15 were female with 11 males, with ages ranging between 86years and Nine (9) years. As a Covid Treatment Centre, most of the patients being managed have diabetes with multiple co-morbidities; with some receiving dialysis as well.

The other patients were discharged after a series of confirmatory tests returned negative.

In an interview with the Korle Bu Bulletin, the first batch of discharged patients said they were impressed with the level of care and the contributions of the multidisciplinary team that the Hospital had assembled and tasked with the treatment of the patients.

The discharged patients were urged to be ambassadors in the campaign to dispel stigma around Covid-19.

The Covid Team also reiterated its commitment to help in the fight against the Covid-19 pandemic.

The Korle Bu Covid Treatment Team, which is led by the Head of Medical Sub-BMC, Dr. Patrick Adjei, consists of Doctors, Nurses, Pharmacists, Radiologists, Orderlies, Security, Transport, Psychosocial Counsellors, Dietherapists, Caterers, Physiotherapists, Public Health and Administrative staff.

The Fevers Unit was selected as the Isolation Centre for the Hospital to admit and treat positive Covid cases. The Centre has been busy, attending with utmost care to patients they receive. So far, majority of patients and staff from the Hospital who test positive for Covid-19 are admitted here. There are however other positive patients who are brought here for care. The Bulletin present a pictorial story of the Centre and the hardworking staff who ensure patients are well taken care of.

ALL ABOUT COVID-19



Isolation Centre



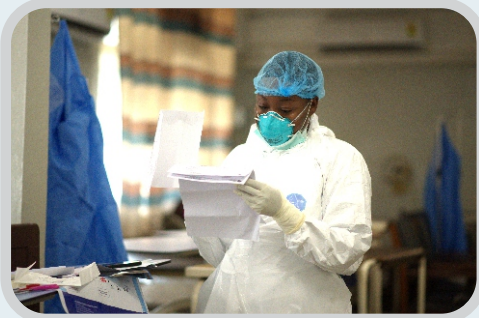
Staff ensure all safety measures are taken before going to visit patients



All done and ready to care for the sick



All hands on deck



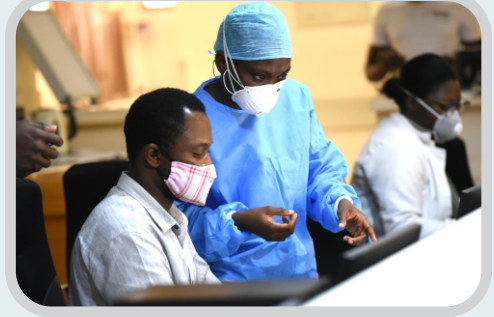
Frontliner = Clinical + Non-clinical staff



'Caution' is the key word in this business



Appropriate PPEs for all services



Teamwork



Donning off



Every safety measure is done to protect everyone especially the caregiver

Photo credit:
Kobby Blay

ALL ABOUT COVID-19



Counsellors are on hand to ensure the mental health of patients

1



Counselling sessions

2



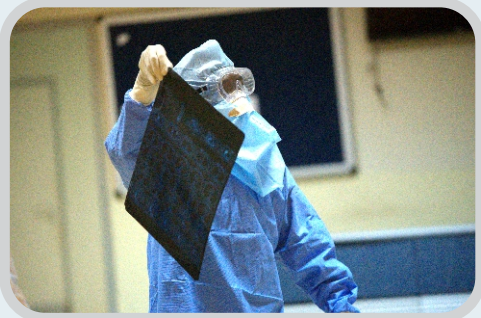
We believe spirituality plays a major role in the healthcare of our patients

3



Utmost care is taken in accessing all services

4



Precision, accuracy and timeliness are the mark for Covid management

5



Teamwork

6



Nothing is taken for granted in order to stop the spread

7



Laundry staff ensures all linens are tip-up always

8



Tired but not worn-out.

9



We celebrate the recoveries of our patients

10

Photo credit:
Kobby Blay

The 'Behind the Scene' Frontliners

A term that has become synonymous with the Coronavirus is 'Frontline workers'. The Frontliners, are the people at the fore front of fighting the virus. Personnel such as medical staff, ambulance service, security and immigration are playing various roles to detect, treat and prevent the spread of the virus.

Within the Hospital setting, medical staff such as doctors, nurses, pharmacists and laboratory staff readily come to mind when frontline worker is mentioned. These cadre of staff are playing key roles in the fight, however they are not the only ones. There are other personnel whose work ensures the smooth and efficiency of the 'first line' frontliner.

Some of these staff, who all volunteered to help in the Covid fight, are;



ORDERLIES

One of the main weapons in the fight against Covid-19 is cleanliness.

Within the Hospital set-up orderlies are responsible for ensuring that the wards and clinical areas are clean at all times. These cadre of staff have an additional charge of ensuring that every spot within the Hospital is tidy. Orderlies attached to our Covid Isolation Centre have the huge task of ensuring that the area is 'virus-free'. Should they, at any point slack in their duties, staff could become infected. Again, patients who may be recovering could become reinfected.

At the Covid Centre, six (6) orderlies, who run a 12-hourly shift, ensure that all cleaning/disinfecting activities are done.



ENVIRONMENTALISTS

The Environmental staff are responsible for fumigating any UDS which has a confirmed case. Since the first case of covid was reported in the country till date, staff at the Environmental Unit have fumigated the Department of Family Medicine/Polyclinic, Medical ICU, Accident and Emergency Centre, Neurosurgery, NICU, PICU and Child Health Emergency, who have, at one point of the other had positive cases.



SECURITY

The Security Unit of the Hospital is responsible for ensuring the safety of staff, property, patients and relations within our premises. Two security personnel attached to the Centre ensure the safety of the place.



DIET & CATERING

Food plays an important role in nursing the sick to health and in the fight against Covid, healthy diet has been identified to help in strengthening the immune system against the virus.

With supervision from the dietitian attached to the Centre, the Service Canteen prepares meals based on meals selected by patients from the main menu.

In fact when the Hospital dispatched its first batch of patients, one of the major comments they made was on the sumptuous meals they received while on admission.



TRANSPORT

In an interview with the Head of Transport, Mr. Joseph Abbam Grant, he noted that two vehicles, an ambulance and two personnel had been assigned to the Covid Team.

He said two of his staff had been trained and were playing a key role whenever a covid case was identified, adding, "since the fight against covid started, my staff work like their colleague medical staff. They even don on and off, assist in putting patients in the ambulance and even disinfect the team when such patients were being transported".

He said his personnel were on a 12 hour shift and were working very hard to support their colleagues in the fight against the pandemic.



LAUNDRY

The laundry staff ensure that all linens, bed sheets are properly disinfected washed and ironed.



Views on Ghana's Covid-19 Response

First, I want to commend the President and the Ministry of Health for some of the efforts so far, albeit belated. A lot of the measures like the border closure and the testing of all the contacts being traced that was announced should have been done some 2 weeks ago i.e. 12th March, 2020 when we recorded our first case!

We now have a problem of community infections. What we should be mindful of is ensuring that these community infections are not in any of the densely populated areas in Accra or Kumasi...else, we should be ready for a long haul...

Our situation is even dire because of the number of testing sites and its accessibility. We're told Noguchi and Kumasi Centre for Collaborative Research (KCCR) have the capacity to run in excess of 1000 tests in a day if push comes to shove. However, they are doing a test turn-around-time of 6 hours and in many instances even more (than 6 hours). You see, an essential quality dimension in this Covid-19 response is timeliness! Within that 6 hours, a lot could happen in terms of transmission of the infection to others. I hear someone tell me; suspects will be quarantined but this is not in all cases.

It was interesting to hear the President finally heed the call to make testing accessible and to open up the criteria to include asymptomatic (*or people who are not showing any signs and symptoms*). The Public Health Reference Labs should be quickly equipped and capacitated to complement the efforts of Noguchi and KCCR! Let's heed the advice of the WHO-DG on the urgent need to "test, test and test". We cannot continue fighting an enemy we're not seeing or is invisible!

The increase in access to testing is also necessary because it will enable the healthcare system to pick up cases early and start case management. This is key because it can reduce significantly the number of people whose conditions might progress to the next stage i.e. critical/severe and might need hospitalization. At this stage, our health system will crumble like is happening in Italy and elsewhere! This will also seriously affect the safety of our healthcare staff! We have to do everything

possible to reduce the number of people who will need hospitalization...

Again, those doing the contact tracing and/or responsible for the data should be able to share where these contacts are residing, for instance, so everyone in the respective neighborhoods could be extra careful. Please don't say it will lead to stigmatization because it is necessary to enhance public health and safety.

We are becoming very stingy with the amount of information we are sharing and it is adding to the public anxiety, fear and panic! I commend the leadership of the Ghana Health Service (GHS) with the support of partners for the creation of the website for Covid-19 but it is still not enough. The frequency of update is too slow and needs to be improved!



Furthermore is the protection of our frontline healthcare workers! This is very crucial. The current efforts is woefully inadequate...we cannot afford to have the number of health worker fatalities we are seeing in other countries! The Personal

Protective Equipment (PPE's) should be made readily available and accessible. Until date, there has not even been one simulation done on our readiness and response! This is very belated now given that we have 204 confirmed cases (*with 5 mortalities as at 3rd April, 2020*) we are update dealing with now but...all these are necessary to boost their confidence in dealing with the situation. Another subject that is key for healthcare workers is also compensation.

How much are we going to pay them for this battle? What do we have for their families and dependents in the unlikely event that they lose their lives? What psychological and social support systems do we have available for healthcare workers who test positive in the line of duty? What do we have for their relations and families in the event that their loved ones have to be quarantined in the event of exposure? If these discussions are going on, let us make it public because we have to know!

Also, for me is the level of public education we're seeing. This is woefully inadequate and there is an urgent need to

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Views on Ghana's Covid-19 Response

around nonchalantly and engrossed in very weird myths that will have to be dealt with as soon as possible else if we start recording our cases in 100s and 1000s, we'll be in serious trouble!

Finally, in view of the trend and pattern of our epidemic curve, we should heed the advice of all the experts and lockdown! We can have a progressive lockdown by starting in Accra and Kumasi, which are becoming the epicenters in Ghana. Any announcement of this next week will also be too late because its impact will take weeks, if not months to realize.

Let's discuss with the churches and schools and accommodate some of the homeless people there, among other things. We don't have time! We are racing behind the virus and countries that have done that are paying dearly now for it! Let us not re-invent the wheel as a nation, there is abundance of data and information out there to guide an effective response as a country. Let us go out there and adopt/adapt what has worked and is working elsewhere. This attempt at we trying to re-write

the script will not help us!

However, let us remember to continue to wash our hands regularly with soap under running water or rub hands with alcohol-based hand sanitizer. Let's also ensure social distancing. Avoid unessential travels and stay home! Stop touching surfaces and your faces!

The day all of this will be over, I am hoping we would have learnt enough to improve our health system to make it more resilient to deal with any future pandemic or threat. I also hope we will be very aggressive as a country in supporting indigenous businesses so that we can be self-reliant as our forebearers envisaged.

I also hope that we would have learnt enough to plan our cities and towns to ensure easy identification and accessibility. Until then, let us use what we have to get what we want! These systems are built over time and we don't have the luxury of time now!

OTCHI, Elom Hillary| PhD, MPH, FISQua
Medical Directorate

WAPCO DONATES PPEs TO DEPARTMENT OF MEDICINE

The West African Gas Pipeline Company (WAPCo) donated Personal Protective Equipment (PPE) worth GHC252, 000.00 to the Department of Medicine and Therapeutics, Korle Bu Teaching Hospital to provide protection for frontline health workers.

The items donated included 50 boxes of surgical face masks, 2000 pieces of N95 face masks, 100 boxes of examination gloves, 1000 pieces of disposal protective gowns, 500 coveralls, 500 tissue towels, and 500 hand sanitizer (liters).

Dr Daniel Asare, CEO of Korle Bu, who received the items said the Hospital has started producing its own PPEs to augment the efforts of Government and other philanthropic organizations as the world is hit with the coronavirus pandemic. Dr Asare said the presentation was so far the biggest donation the facility had received in the wake of the COVID-19 pandemic, stressing that, "it will go a long way to encourage the frontline workers in handling patients."

"We are grateful to WAPCo, government and civil society organisations who have supported the facility to discharge their duty effectively during this pandemic," he said.

Mr Gregory Germani, the Managing Director of WAPCo, said the donation made on behalf of WAPCo board of directors, Management as well as the entire work force formed part of the company's corporate

social responsibility to the communities they operated in to protect them in this time of the COVID-19 pandemic.

"We hope that it would benefit all especially the frontline health workers in fighting the virus," he said. Mr Germani noted that just as Ghana had received the items, other countries they operated in such as Nigeria, Togo and Benin were also receiving their donation to aid them in fighting the disease.

Dr Patrick Adjei, Head, Department of Medicine and Therapeutics, on behalf of the Hospital expressed appreciation to the company for the gesture to aid in the treatment of patients in the facility.

He said the donation came at an opportune time as the facility needed the items to effectively attend to patients. He pledged that the items would be used in fulfilment of their work and ensure that all patients who needed care got it.



Dr. Daniel Asare receiving the items



KORLE BU MORGUE SEES A FACELIFT

The Hospital has fully funded the renovation of its mortuary to help reduce decongestion at the facility.

The mortuary renovation saw a replacement of old compressors with two (2) new 5-horse power super compressors with accompanied accessories, refurbished cold room cabinet to prevent external air passage in the chamber, change in the racking system from wood to metal and installation of new lights in the cold room.

The renovation which was completed three months ago is currently in a test run soon to be handed over to the

hospital mortuary. The test run is to allow the facility use the new place to ensure it meets the desired specification of the mortuary.

In an interview with the Mortuary Manager, Mr. George Denkyi, he stated that the renovation will help the facility reduce decongestion.

He added that, originally, the cold room was designed to take eighty (80) bodies, but with the new metal racking system, the place can take about one hundred and sixty (160) bodies.

GHANA UPSTREAM PETROLEUM CHAMBER DONATES PPE TO KORLE BU

Ghana Upstream Petroleum Chamber donated a consignment of PPE to the Korle Bu Teaching Hospital to help protect the doctors, nurses and other personnel in the frontline in the fight against the Corona Virus.

PPEs have become essential for frontline healthcare workers all over the world and is in short supply in many parts of the world given the high demand for it.

The items presented will go a long way to protect Ghanaian frontline healthcare workers who are doing all in their power to provide support and treatment to COVID patients.

The items donated included surgical masks, disposable gloves, disposable gowns, disposable coveralls, protective goggles, shoe covers, head covers, face shields, croc slippers and wellington boots.

Receiving the items on behalf of the Hospital, the head of the Department of Medicine who is also the COVID-19 lead clinician in charge of case management, Dr Patrick Adjei, said the items could not have come at a more opportune time.

He expressed the Hospital's appreciation to Upstream Petroleum Chamber and said the Infectious Diseases

Unit would benefit immensely from the comprehensive range of PPE provided them.

Presenting the items, the Chief Executive Officer of the Chamber, Mr. David Ampofo said “COVID-19 has really turned every aspect of life on its head and requires the collaborative effort of all stakeholders to successfully reduce the incidence of the disease.

He said “the oil and gas industry is a leader in the area of health and safety” and was happy to be able to support the government's efforts at combating COVID-19.



Dr. Daniel Asare receiving the items

CAN YOU BOOST YOUR IMMUNE SYSTEM WITH FOOD?

Many people are worried about the coronavirus, SAR CoV-2 and the COVID-19 disease. Many are searching for means of protecting themselves, many misconceptions have also emerged. The main means of preventing the disease, for now, is to avoid getting in contact with the virus and this is by social distance and good hygiene practices. People are encouraged to stay at home and only go outside for food, health reasons or work (but only if you cannot work from home).

If you go out, stay 1.5 to 2 metres (6ft) away from other people at all times and wash your hands as soon as you get home and as often as possible. Wash your hands frequently. Do not touch your eye, nose and mouth with unwashed hands. It is not helpful to meet others just for social purposes, do not meet others, even friends or family. You can spread the virus even if you don't have symptoms.

A QUESTION THAT IS ASKED A DIETITIAN MANY TIMES IS HOW DO I BOOST MY IMMUNE SYSTEM?

There is a misunderstanding of how the immune system works. It is good to be in a good balance with your immune system.

What we should be aiming at is maintaining an ideal functioning immune system, and what foods can support a normal functioning immune system. An immune system which is hyperactive can lead to allergies or autoimmune conditions.

WHAT CAN YOU DO THEN?

Eating a well-balanced diet can help support a normal working immune system. A well-balanced diet can help provide you with antioxidants, vitamin and minerals such as vitamin A, D, and E, minerals such as zinc and omega-3 fatty acids that support a normal immune system (Follow the Eatwell Guide).

VEGETABLES AND FRUITS

These should make up about one-third of your intake in a day. Try vegetables of different colours as the colours are an indicator of the presence of different

antioxidants, vitamins and mineral in varying amounts. Vegetables and fruits are also a good source of fibre including soluble fibre that helps to maintain a good gut microbiota that can help with your immune system working normally.

CARBOHYDRATES

This should form about a third of your intake in a day. Include more whole carbohydrates such as whole unprocessed cereals example, corn, millet, fonio, oats, and starchy vegetables such as; yam, plantains, sweet potatoes, cassavas and cocoyam. These are a good source of energy, nutrients and fibre.

PROTEINS

For your proteins include beans, lentils and other legumes. These are good sources of fibre, vitamins and minerals such as zinc. Try to have some fish every week at least 2-3 times a week. Fish is a good source of omega-3 fatty acids. Also include eggs and skinless chicken. A hand full of nuts a day will go a long way.

DAIRY AND ALTERNATIVES

Also include dairy and alternatives such as fortified skimmed milk, almond milk, low-fat cheese and yoghurts. These are a good source of

calcium and vitamin D. Yoghurts are also high in probiotics which is essential to maintain a good gut flora.

OILS AND FATS

Include also a little bit of oil and fats. Choose those low in saturated fats, example seed oils such as corn oil, groundnut oil, canola oil and olive oils. Reduce the intake of foods that are high in sugar and salt and also high in calories but very little nutrients. Try to drink a lot of water, at least 6-8 glasses of water a day.

WHAT ABOUT FOOD SUPPLEMENTS?

Currently, there is no valuable evidence that has proven that supplements can improve our ability to fight disease. Eating a varied diet can help the body get all it needs. You can meet your daily requirement of vitamin C for instance from taking an orange, which



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CAN YOU BOOST YOUR IMMUNE SYSTEM WITH FOOD?

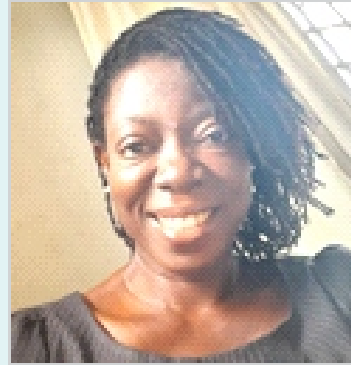
would give you about 70mg., plus the added fibre and vitamin and minerals in it. Eating healthy food is often better than popping pills. For those who are indoors most of the time and are unable to get adequate sunlight, they can take about 10mg of vitamin D supplement from the pharmacy.

There are instances where food supplements can be useful. In the case of pregnant women who have an increased need for most of the vitamin and minerals, they may be given calcium, iron and folic acid supplement to meet their needs. People of older age and invalids may also find it difficult to meet their daily requirements and can therefore be given food supplement.

CAN ANY FOOD PROTECT US FROM COVID-19?

Even though it may be tempting to believe advertisement of foods that purport to boost your immune system, this is not true. Garlic and some of these advertised foods can be part of your healthy food balance, but cannot on their own protect you from a viral infection.

To protect yourself from COVID-19, follow the measures approved by the Ghana Health Service and the World Health Organisation.



ERNESTINA EDUFUL
RDN LD MPHIL DIETETICS
 Principal Dietitian, Dietherapy Unit
 Korle Bu Teaching Hospital

KBTH RECEIVES MEDICAL SUPPLIES FOR COVID-19

Korle Bu Teaching Hospital received medical supplies to protect health workers in their fight against the Coronavirus pandemic.

The items, presented by the Institution of Engineering and Technology Ghana (IET, GH), included 10 Veronica buckets, 200 face masks with screen, 10 gallons of sanitizers, 20 gallons of liquid soap, 4 infrared thermometers, 20 jumbo tissues and 12 packs of surgical gloves.

Receiving the items on behalf of the Korle Bu Teaching Hospital, the Director of Administration, Mr Munir Alhassan, said the items could not have come at a more opportune time.

He expressed the hospital's appreciation to the members of IET, GH and said the hospital's treatment centre and staff would benefit immensely from the items provided.

He said the fight against Covid-19 is a collective battle which requires support from all quarters, adding, "the frontline health worker can defeat this virus largely from the support from backliners.



Support from the Institute of Engineering and Technology and other corporate bodies is the push we need to overcome this pandemic", he added.

Presenting the items, the President of IET, GH Engr Atta Sonno said "the Covid-19 has hit every sector of the economy hard and requires the collaborative effort of all stakeholders

to successfully reduce the incidence of the disease.

He said "the institute remains committed to helping improve healthcare in Ghana" and was happy to be able to support the government's efforts at combating Covid-19.

COVID-19 DONATIONS TO KORLE BU

MEDICAL LADIES ASSOCIATION



Medical Ladies Association of Ghana donated 500 pieces of facemask to the Department of Child Health. The gesture is to support the fight against COVID 19. Dr. Adabayeri received the items and thanked them for their timely intervention.

SOROPTIMIST INTERNATIONAL GHANA



Soroptimist International Ghana donated a cash amount of GH¢5000 to the Paediatric Oncology Unit of Child Health Department. Presenting the cheque, the President of the Association, Kakra Taylor Hayford, said the gesture is to ease the plight of mothers whose children are undergoing treatment for cancer. Prof. Lona Renner, together with Madam Leticia Amengor, received the donation and thanked them for the kind gesture.

PHARMANOVA LIMITED



Pharmanova Limited donated Laminar Air Flow Machine and some essential first-line medication valued at Gh¢ 100,000 to KBTH

HON. KENNEDY AGYAPONG



Hon. Kennedy Agyapong, MP for Assin Central donated surgical face masks, hand sanitisers, Veronica buckets, dustbins and tissue paper.

OHENEYERE ZAINAB SAFO



Ohenevere Zainab Safo paid the medical bills of 11patients and also donated 10 hampers, 20 packs of bottled water, 10 T-roll packs and 10 tissue papers to the Maternity Department. The total presentation, which amounted to Ghc40000, was as part of her birthday celebration.

IS FOOD PLAYING A ROLE IN THE TREATMENT AND MANAGEMENT OF COVID-19 AT ALL?



AMA W. ABAKA-WILSON
FAMILY AND CONSUMER SCIENTIST

The world, for nearly six months, has been witnessing a loom of Coronavirus (COVID-19) pandemic spreading across countries. This has triggered thoughts on how to manage and cure the disease. For countries with high recovery rates, some key characteristics are being observed, this includes their way of life; specifically, what food they eat (Bleckman, 2020). This raises the key question, could food be playing a part in these recoveries at all?

Okinawans believe that 'food maketh a man' and that the food they eat is "nuchi gusui" -medicine for life. For them, certain foods have many medicinal qualities linked to longevity and assume that our choice of food determines the quality of our lives (Hill, 2019). Hippocrates of Kos, a Greek physician is recognized as the founder and most influential figure in the history of medicine and healing (Levi, 2017). He urged people to avoid diseases if possible or treat diseases first and foremost by consuming a nutrient-dense diet.

For decades, the food we consume daily helps to decide whether or not we may become sick or stay healthy in old age. Food contains essential substances such as antioxidants, phytonutrients, vitamins, minerals, fatty acids and fiber. Observably, important nutrient deficiencies and low dietary toxicity are related to almost all current health conditions. For instance, anaemia and diabetes are conditions that are highly influenced by one's diet.

In instances of COVID-19, wearing goggles, a surgical mask, or regular handwashing may be necessary but not sufficient in preventing it. The impact of the virus on a weak immune body, as observed, has devastating consequences.

With that said, what can we eat to build our immunity against disease including the deadly COVID-19? The following are some key nutrients that have proven to be beneficial and examples of food sources you can select from:

- **Vitamin C** helps to produce white blood cells that protect the body against infection. Research has found that vitamin C may help reduce the severity and duration of a cold. Some food sources include lemons, tangerine, oranges, grapefruit, red bell peppers, garlic, spinach, turmeric and kale.

- **Vitamin B6** supports the recognition and response of the presence of viruses, fungi and bacteria in the immune system. Some food sources include chicken, salmon, tuna and green vegetables

- **Vitamin E and A** are powerful antioxidants that strengthen the body to fight off infection. Some food sources include palm oil, nuts (almond, hazelnuts, and peanuts), seeds, spinach, carrots, sweet potatoes and squash.

- **Vitamin B12** is known as the energy vitamin and is required for proper immune functioning. A deficiency lowers immunity and metabolism. Some food sources include eggs, milk, meat, salmon and shellfish.

- **Vitamin D** reduces the risk of viral infections, including respiratory tract infections, by reducing the production of cells that promote inflammation in the body. Some food sources include fortified cereals and plant-based milk.

- **Proteins** play a vital role to build and repair body tissues and fight viral and bacterial infection as a makeup of the immune system. Some food sources include melon seeds/agushie, dawadawa, millet flour, soybeans, smoked herrings, dried okro, cocoa, milk, eggs, chicken, beans and fish.

- **Folate/Folic acid:** added to foods because it helps in the production of white blood cells. It acts as a soldier of the body which protects against diseases and foreign matters. Some food sources are beans, peas and leafy green vegetables.

- **Iron** which helps your body carry oxygen to cells, comes in different forms. Some food sources include lean such as chicken and turkey, seafood, kale and broccoli.

- **Selenium:** has a powerful effect on the immune system and slows the body's overactive responses. Some food sources include garlic, sardine, tuna, broccoli and barley.

- **Zinc** helps boost white blood cells that defend against invaders such as bacteria and viruses. Some food sources include beans, sesame seeds, nuts and lentils.

- **Water** is not a nutrient but essential for good health as it promotes adaptive immune responses by flushing out toxins from the body through the kidneys; preventing toxin build-up for effective immunity. Drinking about six glasses of water a day has been proven to be beneficial. Water can be drunk in its natural form or attained from food. Foods that contain fluids or some water to nourish your body includes coconut, milk, tomatoes, watermelon, mango and oblayoo.

To conclude, recent recoveries across the globe due to COVID-19 are slightly remarkable but represent a very small part of curbing the spread of the virus. As the pattern of COVID-19 unfolds, the number of new infections from the disease and other existing communicable and non-communicable diseases seem to be increasing. Eating healthy, being physically active, reducing stress and getting enough sleep is essential to keeping safe and free from diseases.

PIX IN BITS



Academic City College donated 200 pieces of nose masks to staff of the Hospital



Six merged images taken between 6.35am and 7.22am on the 31st January 2020, from a secret location showing the sun rising over the KBTH Administration Block, in line with the famous Christmas Tree. "But for who obey me, my saving power will rise on you like the sun and bring healing like the sun's rays. You will be as free and happy as calves let out of a stall" (Malachi 4:2) Photo credit & Verse: Dr. Adziri Sackey (Child Health Department)



Herona Company Ltd. donated medical equipment and pharmaceutical products worth Gh¢229,835.45 to the Hospital



Representatives from My Sister's Keeper Foundation donated PPEs, hair net and face shields



Rev. Counsellor George C. Lutterodt and his Foundation presented water, oil, liquid soap, rice, tissue, Veronica bucket and hand sanitisers



Latter Day Saints donated 200 pieces of face masks, 10 pieces of thermometer, 150 face shields and 150 pieces of disposable gowns to the A&E Centre



M.Y Caesar company Ltd. presented 40 packs of Lina Herbal tea and 10 packs of the product in cups.



Nsuo Ye Nkwa presented 100 bottles of water and 500 packets sanitary pads to patients at the Gynae Ward