



TIPS ON COMMUNITY HEALTH AND SAFETY WHILE IN MOMBASA

ORGANIZATION FOR INTERCULTURAL EDUCATION / AFS KENYA

What is an Emergency?

- if there is a risk of someone being injured or seriously sick
- if there is a risk of serious damage to property
- if a suspicious incident is in progress
- if there is any serious incident which seems to warrant an immediate Police response
- if there is a fire

If a student is involved in an emergency then contact AFS Kenya staff on any of the following numbers –

1. Hassan Sheba	– National Coordinator	0718 782875
2. Hemed Seif	- Program Assistant	0724 641675
3. Mary Nganga	– Admin. & Finance Officer	0724 647393
4. Office		0725 217212
5. Emergency Duty Officer		0718 803412

Prescribed Local Hospital

Main local Hospital: Mombasa Hospital, near the Municipal Council of Mombasa, treasury square.

Health

Minor illness and injury

If you are feeling unwell and unable to go to school ask your host family to advise the office staff on the above contacts as soon as possible.

If the illness/sickness persists or is more serious, you will need to see a doctor at the prescribed hospital above. Make sure you advise the office staff for arrangement to be taken to the doctor or hospital. All AFS participants are under medical insurance.

Local Medical Procedures

When you go to the hospital your contact volunteer may accompany you (although we will not be present in the consultation itself unless you request it)

Serious Injuries and Illnesses

If you have a serious illness or injury then you inform the office staff immediately to organize to be taken to the hospital Accident and Emergency department.

Community Information

The coast region has its affluent and deprived areas, and these areas attract crime, drugs, discrimination in a variety of forms, etc, so the best advice is - ask your programme supervisors, the local people, your work supervisors, or your host homes for advice and information about the area you are living and working in.

You need to be aware that as an international exchange team you will be highly visible in the region.

Night Life

In the coast the weekend starts on Friday night and end on Sunday night. The bars, clubs/discos and even the streets will be very busy at these times, particularly in the town centre.

Students should be cautious of people's behaviour especially when they are under the influence of alcohol.

Personal Safety

You should always let someone know, whether it is your host family or contact volunteer where you are going and if possible what time you will be returning.

- ❖ Please remember, because of the nature of the program, long trips outside the town ARE NOT PERMITTED. Your hostfamilies have been advised accordingly.

You should avoid walking alone after sunset in any part of the community, as the risk of crime increases at the end of the day and as the night progresses. If you are using public transport make sure you get on early enough so you do not arrive home when it is dark. If you are going to a place that has no public transport or in the evening, make sure you have organised reliable transport to take you back home.

Do not accept lifts from unknown drivers or those seemingly under the influence of alcohol or drugs even if it is embarrassing to do so, you can make an excuse.

The Mombasa Municipal Councils Social Service Department offer the following tips on how to stay safe:

- Avoid street tour guides
- Avoid back alleys especially at night

- Avoid walking in the streets alone at night
- Avoid street crowds as pick pockets take advantage of such situation
- Limit handouts to street boys and beggars
- Avoid drug users. They can be identified by their slurry speech and red lazy eyes
- Keep valuables at home and only take them out when needed
- If you need to change currencies strictly do so in the banks
- Always carry copies of your respective travel documents.

Road Safety

Most roads in Mombasa are in fairly good condition and have street signs and road lines. However take extra care when crossing roads especially during rush hour in the mornings and evenings, between parked cars and at junctions. Use pedestrian crossings where available

In the Kenya everyone must wear a seat belt **by law** while travelling in cars, matatus and buses. Do not enter a crowded matatu or bus (with more people than available seats) as this is also against the law.

Accidents and Advice

You should be careful when helping someone at the scene of an accident and assess the situation to see whether it is safe to do so (better to call for help if possible). Blood spills should be treated very seriously and because of the HIV risks, gloves should be worn before commencing any treatment.

Tropical illness

Most common tropical illness in Coast region of Kenya is Malaria caused by mosquito bites. It is important to prepare yourself through administration of medication as advised by your physician before arrival. Commonly used drugs include prophylaxes: Malarone Lariam and Doxycycline.

While at the host family, it is **mandatory** to use Mosquito nets when sleeping. AFS Kenya will provide you with a mosquito net after the on arrival orientation, though it is commonly available with your host family.

Clothes

Mombasa being a relatively Muslim town is significantly influenced by Islamic and Swahili culture.

Though people can wear any clothes! Most students will be placed in homes with a significantly Swahili community. It is advisable for girls to carry culturally sensitive clothes such long skirts, trousers (not too tight) and sleeved T-Shirts which cover the shoulders.

Welcome to Mombasa, Kenya