

Kampala residents' opinions on the use of herbal remedies against Covid-19

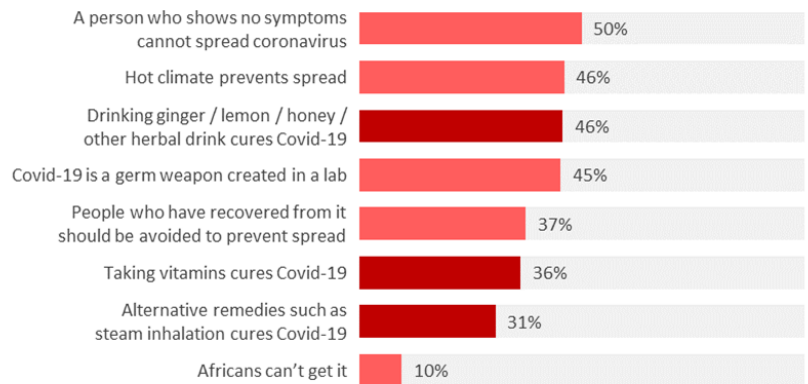
This factsheet presents Kampala residents' experiences and opinions on the use of herbal remedies to combat Covid-19. The data comes from two special rounds of Twaweza's *Sauti za Wananchi* survey, a representative mobile phone panel survey of citizens' views, conducted in Kampala in Jul-Aug 2020 and Dec-Jan 2021. Further details are available from www.twaweza.org/sauti.

Insight 1. A number of misconceptions about COVID-19 are widely held, including trust in herbal remedies

Close to half of Kampala residents (46%) believe, falsely, that drinking some combination of ginger, lemon, honey and herbs can cure Covid-19. There is no scientific evidence to support this belief.

Around one out of three also believe that taking vitamin supplements (36%) or use of alternative remedies such as steam inhalation (31%) can cure someone of Covid-19. As before, there is no scientific evidence to support this belief.

Kampala: % who believe the following myths / misconceptions:



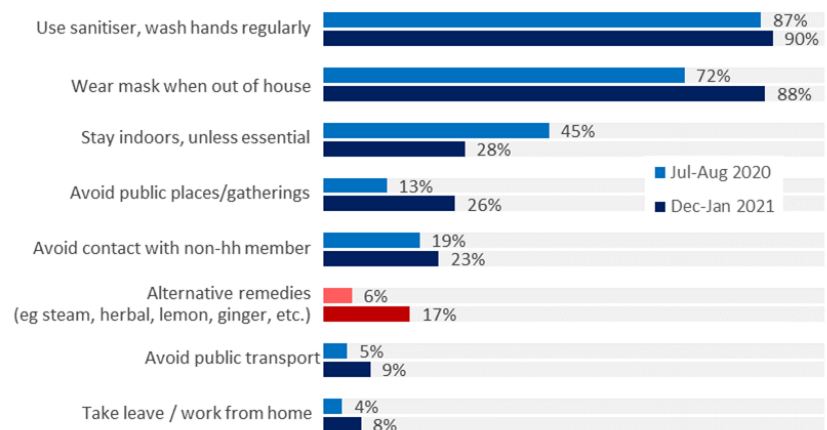
Source: *Sauti za Wananchi, special Kampala round 1 (Jul-Aug 2020)*

Insight 2. Among Kampala residents, use of alternative remedies to protect against Covid-19 has risen as the pandemic has progressed

Reported use by Kampala residents of alternative remedies such as steam inhalation or lemon and ginger to protect against Covid-19 infection has increased over the course of the pandemic.

In December 2020 and January 2021, one out of six households (17%) reported doing this. This is more than double the number (6%) who reported doing so several months earlier, in July and August 2020.

Kampala: What actions have you / your household taken to protect yourselves from Coronavirus in the last two weeks? (multiple responses permitted)



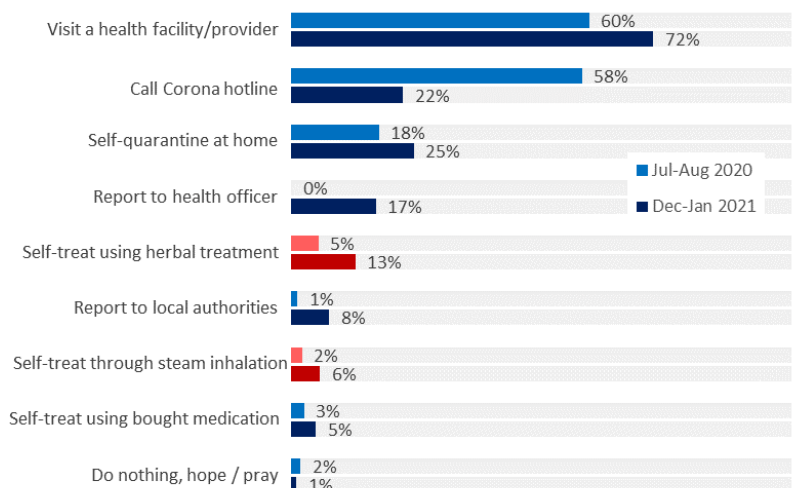
Source: *Sauti za Wananchi, special Kampala round 1 (Jul-Aug 2020) and round 2 (Dec 2020-Jan 2021)*

Insight 3. Self-treatment using herbal remedies and steam inhalation has risen as the pandemic has progressed

The number of Kampala residents who say that if they or a household member contracted Covid-19, they would self-medicate using herbal remedies and/or steam inhalation has increased over the course of the pandemic. However, the number remains low compared to those seeking expert medical assistance or following official advice to isolate.

In December 2020 and January 2021, around one out of five residents would self-treat using herbal remedies (13%) or steam inhalation (6%). Both figures have increased since earlier in the pandemic.

Kampala: What would you do if you / a household member is suspected to have Corona? (multiple responses permitted)



Source: *Sauti za Wananchi, special Kampala round 1 (Jul-Aug 2020) and round 2 (Dec 2020-Jan 2021)*