

Good News- Antibodies Studies show that Africa has achieved acceptable COVID-19 Resistance

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Preamble

The following studies show the scientific reasons why we should reopen our schools and universities in September 2020. These are antibodies studies which have been done in various parts of the African continent and we can use them to extrapolate into the future of the COVID-19 pandemic. Nobody will decide the fate of Africa except the African scientists who shall inform our political leaders to make decisions based on scientific facts. We currently do not have an African center for consolidating our continental research, therefore I have consolidated the research on SARS CoV-2 antibodies status in Africa to assist us in making an informed decision. The final conclusion is that Africa has currently surprised the expectations of global scientists by achieving herd immunity faster than it was expected. There is however, need to keep the precautions of protecting the old and the chronic sick people from the SARS CoV-2 virus exposure. However, the rest of the African society can continue with their normal lives as before.

Key words: Kenya, COVID-19; Corona virus; herd immunity;

The COVID-19 Research findings in Africa

The following are research based scientific facts to back the reasoning that the current COVID-19 pandemic is not now a threat in Africa. These findings should inform the Africa leaders to urgently open the economies and education sectors while maintaining the precautions of keeping the elderly and the most vulnerable people with chronic illnesses less exposed to the SARS CoV-2.

Policy Brief

For the sake of being a clear policy brief, I have summarized the facts here.

1. Studies show that Africa has weathered the pandemic relatively well so far, with fewer than one confirmed case for every thousand people and just 23,000 deaths so far. That is **1:1000** persons.
2. Antibody surveys show that far more Africans have been infected with the coronavirus and are now resistant to it. says immunologist Sophie Uyoga at the Kenya Medical Research Institute–Wellcome Trust Research Programme.

3. One in 20 Kenyans aged 15 to 64, That is 1.6 million people have been found to have antibodies against SARS-CoV-2, an indication of a past infection. **That is 1:20 persons show immunity (5%).**
4. Kenya's hospitals are not reporting huge numbers of people with COVID-19 symptoms.
5. A survey of 500 asymptomatic health care workers in Blantyre, Malawi, immunologist Kondwani Jambo of the Malawi–Liverpool Welcome Trust Clinical Research Programme and colleagues concluded that up to 12.3% of them had been exposed to the coronavirus. **This shows Immunity.**
6. A survey of about 10,000 people in the northeastern cities of Nampula and Pemba in Mozambique found antibodies to SARS-CoV-2 in 3% to 10% of participants. **This shows Immunity.**
7. Based on findings and mortality ratios for COVID-19 elsewhere in the world, scientists have estimated that the reported number of deaths in Blantyre in Malawi is eight times lower than expected. **Yes, 8x lower.**
8. A survey of about 10,000 people in the northeastern cities of Nampula and Pemba in Mozambique found antibodies to SARS-CoV-2 in 3% to 10% of participants. **This shows immunity.**
9. Yap Boum, a microbiologist and epidemiologist with Epicentre Africa, the research and training arm of Doctors Without Borders, says he found a high prevalence of SARS-CoV-2 antibodies in people from Cameroon. **This shows immunity in Africa.**
10. Kenya tests about **one in every 10,000** inhabitants daily for active SARS-CoV-2 infections, one-tenth of the rate in Spain or Canada. Nigeria, the continent's most populous nation, tests **one out of every 50,000 people per day**. Even many people who die from COVID-19 may not get a proper diagnosis. **THEERFORE**, we cannot wait for the testing to be complete to make a safe decision. The tests done so far are enough to conclude that **Africa has achieved SARS Cov-2 herd immunity** and has **levelled off**.
11. The only precaution can be drawn from a study in Mozambique that, depending on a person's occupation; a research showed that market vendors had the highest rates of infection, followed by health workers. However, in Nampula, a city of approximately 750,000 people, a mere 300 infections had been confirmed at the time. **This confirms Africa Immunity.**
12. Marina Pollán of the Carlos III Health Institute in Madrid, who led Spain's antibody survey, says **Africa's youthfulness** may protect it. The Spain's average age is 45 while in Kenya and Malawi, it's 20 and 18, respectively. Young people around the world **are far less likely** to get severely ill or die from the virus. So, let us not deny them education when they are not prone to SARS-CoV-2. We just need to protect old aged people instead.

The reasons why Africa achieved COVID-19 herd immunity faster than other continents

1. Africans have had more exposure to other coronaviruses (we have more than 40000 corona viruses in nature) that cause little more than colds in humans, which may have provided some extra defense against SARS-CoV-2.

2. The regular exposure to malaria or other infectious diseases frequently prime the African immune system to fight new pathogens, including SARS-CoV-2, says Boum of epidemiologist with Epicentre Africa.
3. A Prof of the University of Nairobi, on the other hand, added that genetic factors in Africans could be protecting the Kenyan population from the severity of the COVID-19 disease.
4. Because, studies have shown that tens of millions of Africans have already been infected, the continent should allow for “**herd immunity**” without a vaccine while shielding the most vulnerable population of the aged and sickly. This is still the normal acceptable norm.
5. The opening of the economy and education system **now** in Africa is more preferable over the COVID-19 control measures that shall cripple economies and shall eventually harm public health more in the long run.

Current Research on antibodies in Africa

We have other studies going on in Africa for example, A French-funded study will test thousands for antibodies in Guinea, Senegal, Benin, Ghana, Cameroon, and the Democratic Republic of the Congo; results are expected by October 2020. Also 13 labs in 11 African countries are participating in a global SARS-CoV-2 antibody survey coordinated by the World Health Organization. Furthermore, South Africa, meanwhile, plans to conduct a number of serological studies both in COVID-19 hotspots and the general population, says Lynn Morris, who leads the country’s National Institute for Communicable Diseases.

References

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