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Importance of Road Transportation over Rail in Nigeria

Sustainable Mass Abuja Transit (SMART)...The Role of FRSC

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From The Editor-In-Chief

In this edition, the magazine will ex-ray two important transport modes; that is the road and the rail transportation. The essence is to evaluate the importance of road transportation over rail with a view to determining the role of FRSC in the Abuja Urban Mass Transport Scheme through the Sustainable Mass Abuja refund Transit (SMART). that has been put in place by the Federal Capital Territory Authority.



The magazine will highlight the effect of Covid-19 Vaccines with its likely sources. It will also state the Global Climate Change of 2020 with a view to highlighting the possible signs for 2021 since the rains are here. The publication is also geared toward bringing into fore the School Bus Programs of the corps for proprietors of school. The magazine will highlight school bus tips for our pupils in the spirit of 'catch -them- young'.

In our health column, tonsillitis under the following headings of causes, risk factors, complication and prevention shall be discussed. The magazine which is highly educative, informative and a most-read still needs articles from the staff. Staff are therefore encouraged to showcase their talent in this regard by making meaningful contributions. It is expected that you encourage children to be part of this project. Take advantage of this noble feast to be part of the writing team on road safety related issues and more. It is quite rewarding

Thank You

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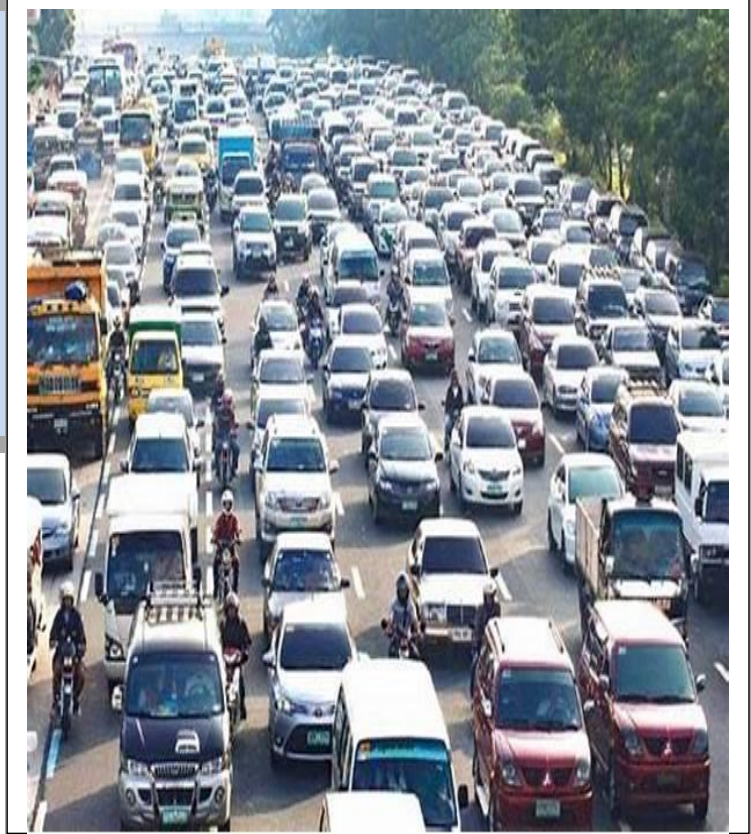
Anthony Ameh
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Importance of Road Transportation over rail in Nigeria

Road transport is an important aspect of transportation in Nigeria. Its importance cannot be overemphasized. It plays an equally important role in moving goods and services from one point to another. It is the most important link between rural towns and remote villages to urban cities and civilizations.

Road transport means transportation of goods and personnel from one place to the other on roads. Road is a route between two destinations, which has been either paved or worked on to enable transportation by way of motorized and non-motorized carriages. There are many advantages of road transport in comparison to other means of transport. The investment required in road transport is very less compared to other modes of transport such as railways and air transport. The cost of construction, operating cost and maintaining roads is cheaper than that of the railways.

Road transport can be classified as transporting either goods or materials or transporting people. The major advantage of road transport is that it can enable door-to-door delivery of goods and materials and can provide a very cost-effective means of cartage, loading and unloading. Sometimes road transport is the only way for carrying goods and people to and from rural areas which are not catered to by rail, water or air transport. Delivery of goods between cities, towns and small villages is made possible only through road transport.



Importance of Road transportation over rail transportation are but not limited to:

- Road transports are economical.
- It is safe. Damage to goods is generally much less in road transport because handling is minimum.
- It is flexible. It can reach the actual place of loading and unloading.
- It gives access even to the common man.
- It is the only option, if goods are to be delivered within a particular locality, e.g., if door delivery is to be given by a dealer.
- It offers wider coverage. Any domestic or national market can be reached by the mode of road transport.
- Loading and unloading of goods can be done more quickly
- When compared to all other modes of transport, packing expenses are the lowest in the case of road transport.

Abuja Urban Mass Transit Scheme ... A decaying legacy

The Abuja Urban Mass Transport Company Limited (AUMTCO), established by the then Ministry of Federal Capital Territory, now the Federal Capital Territory Administration (FCTA) in 1984 as Abuja Bus Service (ABS), and later registered as Abuja Urban Mass Transport Company Limited, under the Companies and Allied Matters Act 1990, was meant to serve as a vehicle to address the transportation needs of a city that was blossoming at high speed.

The outfit, among other things, was designed to provide “the best value for money and safest, most reliable scheduled and bus-hire service in Nigeria. It was also to plan, develop and implement an organized environmentally friendly and sustainable Urban public transport system in the FCT for effective, comfortable, safe, regular, efficient and affordable transport service delivery.

In addition to implementing the Abuja master plan with regards to urban transportation, it was also to develop a sustainable means of funding urban public transportation services in the FCT, evolve appropriate policy framework to subsidize urban public transportation and provide adequate transport infrastructure in the territory, with particular reference to urban public transportation.

It also aspired to become the pace-setter for the provision of world-class, organized and efficient urban public transportation services in the country. The company was also charged with the responsibility of implementing the government’s vision of affordable urban public transportation and managing transport service delivery across the Federal Capital Territory.

As the largest bus transportation company in Nigeria, with a staff strength of 518 staff members, AUMTCO took off with funds totaling over N1.3b, which were to be used for the procurement of over 500 high-capacity buses for designated routes in the FCT, including Abuja-Mararaba, Abuja-Bwari, Abuja-Kuje, Abuja-Gwagwalada, and Abuja-Suleja respectively.

Before long, the arrival of the high-capacity buses led to the ban of the popular mini buses that plied the capital city in 2013, all in a bid to make for smooth operations of AUMTCO.

Sustainable Mass Abuja Rapid Transit (SMART)

Description

Sustainable Mass Abuja Rapid Transit (SMART) is an easier, efficient and seamless means of utilizing the city's public mass transit bus service. Abuja Urban Mass Transit has over 500 buses conveying an estimated 1000 passengers daily. The proposed project will equip 100 buses with devices to generate and transmit real time data and information between drivers, commuters, city transport officials and the general public. The project targets increased ridership and revenue generation from the combination of multiple methods of electronic payments, bus routing, location tracking as well as online bus schedule service.

Challenges

- It is difficult to Track the physical location of the Buses.
- Provision of instant ticketing for more effective payment collection
- It is difficult to collect data (such as passenger counts).
- Lack Capacity and manpower on maintenance and simple troubleshooting of installed systems
- Bus routes poorly connected as a result of which efficiency is not measurable

Solutions (Major Requirements)

- Feasibility studies (needs assessment) and planning
- Implementation:
 - Deploy automatic payment system on the bus
 - Install tracking device and camera for transit control
 - Develop ASUMTS Live suite tool (web portal and mobile app)
 - Install passenger counter device.
 - Install automated stop announcement
- Testing
- Commissioning
- Capacity Building

Performance Targets

Key Performance Indicators (KPIs)

- Amount of money generated per day increase by 20%
- Life cycle of the Bus increase by 20% as a result of designated bus route.
- Road hazard decrease by 80% (Drivers assessment)
- Big data analysis for better planning and service expansion
- Time Management should be improve by 50%

Measurement Methods

- Effective use of e-payment system
- Tracking to collect vital information for better maintenance and service
- Special training and onboard camera
- From ticket purchase and passenger tracking
- Bus stop frequency tracking
- Improve incentives, orderliness and frequency of public transport

Standards, Replicability, Scalability, and Sustainability

- Standards and guidelines on road usage
- Standards and guidelines on software deployment
- Guidelines on Data Protection
- Standards and guidelines on environmental protection
- Development of Urban Mass Transit Framework
- Adoption of Public Private Partnership (PPP) Model
- Better Incentives

Cybersecurity and Privacy

Impacts

- Job Creation (100 – 500 direct and indirect estimated)
- Wealth Creation (new business would be established)
- Increase revenue collection for FCTA (about 5million)
- Increase economic activities
- Reduce traffic congestions
- Reduce Carbon (CO2) emission
- Reduce accident
- Improve public transit reliability, accessibility, predictability and safety.
- Improve collection of data (such as passenger counts) that assists transit planners when designing service are made possible.
- Provide information to customers in real-time.
- Enhanced security and emergency response.

Demonstration/Deployment

Phase I Pilot:

- Feasibility and Planning and deployment
- Implementation

Phase II Deployment:

- Testing
- Commissioning
- Capacity Building

CORPS MANDATE IN ROAD SAFETY ADMINISTRATION AND TRAFFIC MANAGEMENT.

Predicated on The consequences of road traffic crashes and fatality in Nigeria at some point in time, the Federal Road Safety Corps (FRSC) was established to be the nation's '**Lead Agency**' on Road Traffic Administration and Safety Management.

- ❖ Preventing or minimizing accidents on the highway
- ❖ Clearing obstruction on any part of the highways.
- ❖ Educating drivers, motorists and other members of the public generally on the proper use of the highways
- ❖ Designing and producing the driver's licence to be used by various categories of vehicles operators.
- ❖ Designing and producing vehicles number plates
- ❖ Giving prompt attention and care to victims of accidents.
- ❖ Determining and enforcing speeding limits for all categories of roads, vehicles and controlling the use of Speed Limiting Devices.
- ❖ Making regulations in pursuance of any of the functions assigned to the Corps or under this Act
- ❖ Cooperating with bodies or agencies or groups engaged in road safety activities or in the prevention of accidents on the highways
- ❖ Regulating the use of seatbelts and other safety devices
- ❖ Regulating the use of motorcycles on the highways.
- ❖ Maintaining the validity period of drivers licences Which shall be three or five years subject to renewal at the expiration of the validity period.
- ❖ Performing such other functions as may, from time to time, be assigned to the corps by the commission.

Effect of COVID-19 vaccine/ Likely source

- COVID-19 vaccine side effects can vary depending on a person's age, sex, or health.
- Women and younger adults tend to have more side effects than men or older adults do.
- Side effects are generally more pronounced after the second dose than the first.

When Freedom Baird got her first dose of Moderna's vaccine in February, she wasn't sure what kind of side effects to anticipate.

Baird is a COVID-19 long-hauler - she's had lingering shortness of breath and chest pain for roughly a year. Many people who've had a prior infection develop more side effects in response to the first vaccine dose than the second. On average, however, people typically feel more run-down after their second shot.

Baird's age complicated her expectations: She's 56, and clinical trials have shown that people over 55 often develop fewer vaccine side effects. As it turns out, she didn't feel much. "It was really just that first day of feeling achy and flu-y," Baird told Insider.

While doctors can't predict exactly how someone will respond to a coronavirus vaccine, they've identified a few patterns based on a person's age, sex, health status, and which dose they're receiving. Clinical trials suggest that side effects are generally more pronounced among women and younger adults, especially after their second dose

Dose 2 usually comes with more severe side effects.



The most common side effect for all three authorized US vaccines is pain or swelling at the injection site: Nearly 92% of participants in Moderna's clinical trial developed this side effect. In Pfizer's trial, 84% of participants reported that, as did 49% in Johnson & Johnson's.

Other common side effects include fatigue, headache, and body or muscle aches. About 65% of vaccine recipients in Pfizer's and Moderna's trials, and 38% in Johnson & Johnson's, developed fatigue.

For those who haven't had COVID-19 before, side effects tend to be more numerous and severe after the second dose.

Roughly twice as many participants in Pfizer's trial developed chills and joint pain after their second dose than after their first. In Moderna's trial, meanwhile, about five times as many participants developed chills after their second dose as did after their first. Fevers were also far more common among second-dose recipients than first-dose recipients in both trials.

People who've had COVID-19 may develop more side effects after dose 1

A small study from the Icahn School of Medicine at Mount Sinai found that vaccine side effects such as fatigue, headaches, and chills were more common among people with preexisting immunity to the coronavirus than people who'd never been infected. About 73% of vaccine recipients who'd previously had COVID-19 developed side effects after dose one of Pfizer-BioNTech's or Moderna's shot, compared with 66% of vaccine recipients who'd never gotten infected.

"If you've already had a COVID-19 infection, you've developed memory cells from that infection," Dr. Vivek Cherian, an internal-medicine physician in Baltimore, told Insider.

"If you were ever to be exposed to the infection again, your body would basically be able to respond quickly and more robustly that second time around," he added. "That's why you tend to have more strong side effects from that initial vaccine."

Younger adults may feel more run-down after their shots than older people

A woman receiving a COVID-19 vaccine in Wales. Getty/Matthew Horwood

Our immune systems gradually deteriorate as we age, which means older people's bodies don't work as hard to defend them against foreign invaders - including the protein introduced to the body via a vaccine.

"Younger individuals have a much more vigorous immune response, so it should make sense that they would also have more side effects," Cherian said.

After one dose of Moderna's shot, 57% of people younger than 65 developed side effects, compared with 48% of those older than 65. After the second dose, nearly 82% of people in the younger group developed side effects, compared with nearly 72% of older adults.

Pfizer broke down its data slightly differently: About 47% of people ages 18 to 55 developed fatigue after dose one, whereas 34% of people ages 56 and older reported that side effect. After dose two, the numbers rose to 59% and 51%, respectively.

After Johnson & Johnson's one-shot vaccine, nearly 62% of people ages 18 to 59 developed side effects, compared with 45% of people ages 60 and up.

Women can expect more side effects in general

The Centers for Disease Control and Prevention analyzed Americans' reactions to nearly 14 million doses of the Pfizer and Moderna shots from December to January. The results showed that roughly 79% of instances of vaccine side effects reported to the CDC came from women, though just 61% of doses were administered to women overall.

Cherian said women tended to react more strongly to vaccines for polio, influenza, measles, and mumps as well.

"All of these vaccines in general, women tend to have greater side effects," he said.

"They're even more pronounced for a pre-menopausal woman compared to a post-menopausal woman."

Scientists suspect the difference has to do with estrogen levels.

"Testosterone tends to be an immune-suppressive hormone and estrogen tends to be an immune stimulant," Cherian said. "So more than likely it's the estrogen hormone - that's why females tend to have more side effects."

Most high-risk medical conditions won't lead to stronger side effects

People with weakened immune systems don't mount a strong defense against viral infections in general, so they're particularly vulnerable to severe COVID-19. For that reason, the CDC recommends that these groups get vaccinated right away. But it's possible that immunocompromised people, such as patients with cancer, won't mount a strong immune response to the vaccine, either.

"Your immune response essentially dictates your side effects, so if you're immunocompromised, you may not necessarily be having as many side effects, but you should still absolutely get vaccinated," Cherian said.

The vaccines should provide immunocompromised people with at least some protection against severe COVID-19, even if they don't feel any side effects - though the effectiveness may be lower than for the average person.

Cherian said that for people with autoimmune conditions, meanwhile, the side effects probably won't be any worse than for the average person. "If you have those high-risk factors, you really, really want to get vaccinated," he said. "Dealing with a few side effects of some diarrhea or some muscle aches is a much, much better thing than some of those serious, potentially life-threatening side effects of the COVID-19 infection".

Likely source of COVID-19

AP Exclusive: WHO report says animal's likely source of COVID-19



WHO China

FILE - In this Feb. 2, 2021, file photo, a member of a World Health Organization team is seen wearing protective gear during a field visit to the Hubei Animal Disease Control and Prevention Center for another day of field visit in Wuhan in central China's Hubei province. A joint WHO-China study on the origins of COVID-19 says that transmission from bats to humans through another animal is the most likely scenario and that a lab leak is "extremely unlikely," according to a draft copy obtained by The Associated Press. (AP Photo/Ng Han Guan, File)

KEN MORITSUGU

BEIJING (AP) — A joint WHO-China study on the origins of COVID-19 says that transmission of the virus from bats to humans through another animal is the most likely scenario and that a lab leak is "extremely unlikely," according to a draft copy obtained by The Associated Press.

The findings were largely as expected and left many questions unanswered, but the report provided in-depth detail on the reasoning behind the team's conclusions. The researchers proposed further research in every area except the lab leak hypothesis.

The report's release has been repeatedly delayed, raising questions about whether the Chinese side was trying to skew the conclusions to prevent blame for the pandemic falling on China. A World Health Organization official said late last week that he expected it would be ready for release "in the next few days."

The AP received what appeared to be a near-final version on Monday from a Geneva-based diplomat from a WHO-member country. It wasn't clear whether the report might still be changed prior to its release. The diplomat did not want to be identified because they were not authorized to release it ahead of publication.

The researchers listed four scenarios in order of likelihood for the emergence of the virus named SARS-CoV-2. Topping the list was transmission through a second animal, which they said was likely to very likely. They evaluated direct spread from bats to humans as likely, and said that spread through “cold-chain” food products was possible but not likely.

The closest relative of the virus that causes COVID-19 has been found in bats, which are known to carry coronaviruses. However, the report says that “the evolutionary distance between these bat viruses and SARS-CoV-2 is estimated to be several decades, suggesting a missing link.”

It said highly similar viruses have been found in pangolins, but also noted that mink and cats are susceptible to the COVID virus, which suggests they could be carriers.

The report is based largely on a visit by a WHO team of international experts to Wuhan, the Chinese city where COVID-19 was first detected, from mid-January to mid-February.

Peter Ben Embarek, the WHO expert who led the Wuhan mission, said Friday that the report had been finalized and was being fact-checked and translated. “I expect that in the next few days, that whole process will be completed and we will be able to release it publicly,” he said.

The draft report is inconclusive on whether the outbreak started at a Wuhan seafood market that had one of the earliest clusters of cases in December 2019.

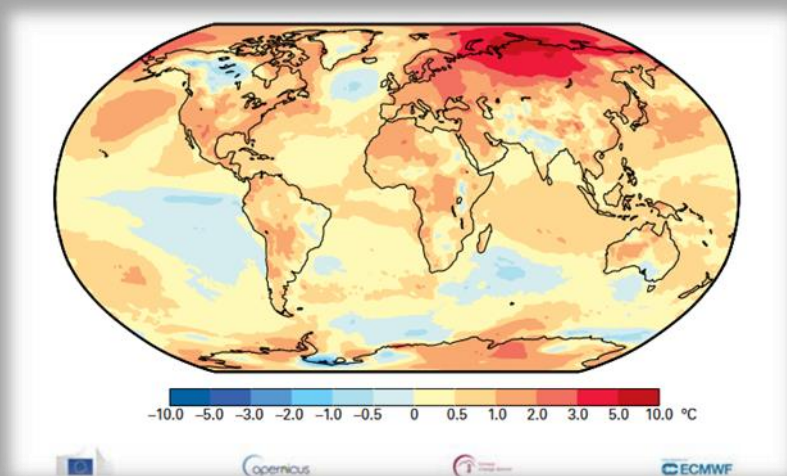
The discovery of other cases before the Huanan market outbreak suggests it may have started elsewhere. But the report notes there could have been milder cases that went undetected and that could be a link between the market and earlier cases.

“No firm conclusion therefore about the role of the Huanan market in the origin of the outbreak, or how the infection was introduced into the market, can currently be drawn,” the report says.

As the pandemic spread globally, China found samples of the virus on the packaging of frozen food coming into the country and, in some cases, have tracked localized outbreaks to them. The report said that the cold chain, as it is known, can be a driver of long-distance virus spread but was skeptical it could have triggered the outbreak. The report says the risk is lower than through human-to-human respiratory infection, and most experts agree.

“While there is some evidence for possible reintroduction of SARS-CoV-2 through handling of imported contaminated frozen products in China since the initial pandemic wave, this would be extraordinary in 2019 where the virus was not widely circulating,” the study said. Associated Press writers Victoria Milko in Jakarta, Indonesia, and Jamey Keaten contributed. The AP Health and Science Department receives support from the Howard Hughes Medical Institute’s Department of Science Education. The AP is solely responsible for all content.

STATE OF THE GLOBAL CLIMATE 2020



Pre-industrial levels and to pursue efforts to limit the temperature increase to 1.5 °C above pre-industrial levels. Assessing the increase in global temperature in the context of climate change refers to the long-term global average temperature, not to the averages for individual years or months. The warmest year on record to date, 2016, began with an exceptionally strong El Niño, a phenomenon which contributes to elevated global temperatures. Despite neutral or comparatively weak El Niño conditions early in 2020 and La Niña conditions developing by late September,⁵ the warmth of 2020 was comparable to that of 2016. With 2020 being one of the three warmest years on record, the past six years, 2015–2020, were the six warmest on record. The last five-year (2016–2020) and 10-year (2011–2020) averages were also the warmest on record. Although the overall warmth of 2020 is clear, there were variations in temperature anomalies across the globe. While most

Land areas were warmer than the long-term average (1981–2010), one area in northern Eurasia stands out with temperatures of more than five degrees above average (see The Arctic in 2020). Other notable areas of warmth included limited areas of the southwestern United States, the northern and western parts of South America, parts of Central America, and wider areas of Eurasia, including parts of China. For Europe, 2020 was the warmest year on record. Areas of below-average temperatures on land included western Canada, limited areas of Brazil, northern India, and south-eastern Australia. Over the ocean, unusual warmth was observed in parts of the tropical Atlantic and Indian Oceans. The pattern of sea-surface temperature anomalies in the Pacific is characteristic of La Niña, having cooler-than-average surface waters in the eastern equatorial Pacific surrounded by a horseshoe-shaped band of warmer-than-average waters, most notably in the North-East Pacific and along the western edge of the Pacific from Japan to Papua New Guinea.

BUS SAFETY TIPS FOR SCHOOL CHILDREN

Help keep children safe by teaching 10 simple safety rules:

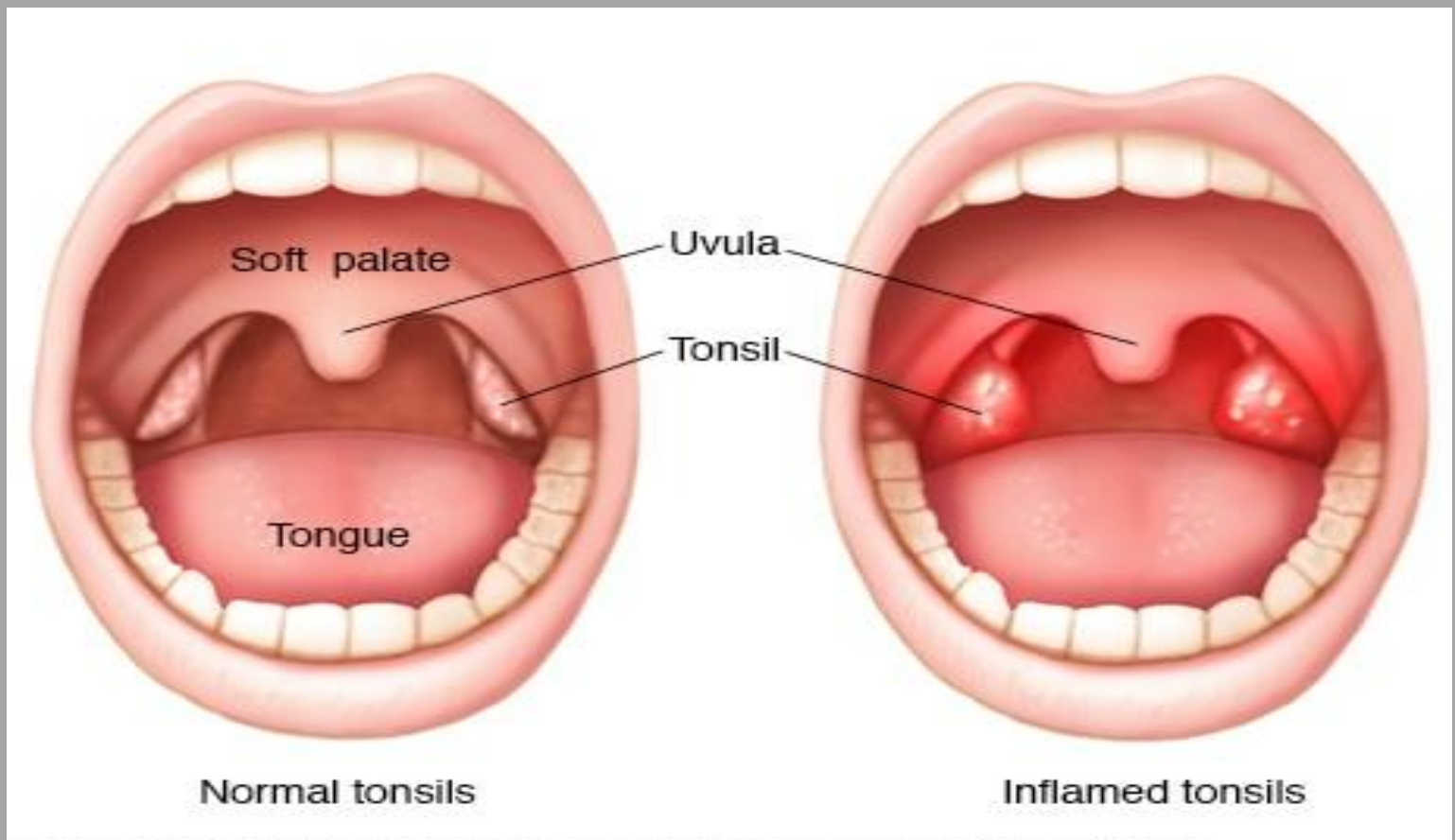
- Be early for the bus.
- Never run to or from the bus.
- Be alert and stand back from the curb.
- Don't push or shove.
- Stay in your seat.
- Don't yell or shout.
- Always obey the driver.
- Wait for the driver's signal before crossing the street.
- Always walk at least 12 feet (6 giant steps) in front of the bus when crossing the street.
- Never crawl under a school bus.

TONSILLITIS

Symptoms, Causes, Risk factors, Complications and Preventions.

Tonsillitis is inflammation of the tonsils, two oval-shaped pads of tissue at the back of the throat — one tonsil on each side. Signs and symptoms of tonsillitis include swollen tonsils, sore throat, difficulty swallowing and tender lymph nodes on the sides of the neck.

Most cases of tonsillitis are caused by infection with a common virus, but bacterial infections also may cause tonsillitis, because appropriate treatment for tonsillitis depends on the cause, it's important to get a prompt and accurate diagnosis. Surgery to remove tonsils, once a common procedure to treat tonsillitis, is usually performed only when tonsillitis occurs frequently, doesn't respond to other treatments or causes serious complications.



Symptoms

Tonsillitis most commonly affects children between preschool ages and the mid teenage years. Common signs and symptoms of tonsillitis include:

- Red, swollen tonsils
- White or yellow coating or patches on the tonsils
- Sore throat
- Difficult or painful swallowing
- Fever
- Enlarged, tender glands (lymph nodes) in the neck
- A scratchy, muffled or throaty voice
- Bad breath



- Stomachache
- Neck pain or stiff neck
- Headache

In young children who are unable to describe how they feel, signs of tonsillitis may include:

- Drooling due to difficult or painful swallowing
- Refusal to eat
- Unusual fussiness

When to see a doctor

It's important to get an accurate diagnosis if your child has symptoms that may indicate tonsillitis.



Call your doctor if your child is experiencing:

- A sore throat with fever
- A sore throat that doesn't go away within 24 to 48 hours
- Painful or difficult swallowing
- Extreme weakness, fatigue or fussiness

Get immediate care if your child has any of these signs:

- Difficulty breathing
- Extreme difficulty swallowing
- Excessive drooling Causes

Tonsillitis is most often caused by common viruses, but bacterial infections also can be the cause.

The most common bacterium causing tonsillitis is *Streptococcus pyogenes* (group A streptococcus), the bacterium that causes strep throat. Other strains of strep and other bacteria also may cause tonsillitis.

Why do tonsils get infected?

The tonsils are the immune system's first line of defense against bacteria and viruses that enter your mouth. This function may make the tonsils particularly vulnerable to infection and inflammation. However, the tonsil's immune system function declines after puberty — a factor that may account for the rare cases of tonsillitis in adults.

Risk factors

Risk factors for tonsillitis include:

- **Young age.** Tonsillitis most often affects children, and tonsillitis caused by bacteria is most common in children ages 5 to 15.
- Frequent exposure to germs. School-age children are in close contact with their peers and frequently exposed to viruses or bacteria that can cause tonsillitis.

Complications

Inflammation or swelling of the tonsils from frequent or ongoing (chronic) tonsillitis can cause complications such as:

- Disrupted breathing during sleep (obstructive sleep apnea)
- Infection that spreads deep into surrounding tissue (tonsillar cellulitis)
- Infection that results in a collection of pus behind a tonsil (per tonsillar abscess)

Strep infection

If tonsillitis caused by group A streptococcus or another strain of streptococcal bacteria isn't treated or if antibiotic treatment is incomplete, your child has an increased risk of rare disorders such as:

- Rheumatic fever, a serious inflammatory condition that can affect the heart, joints, nervous system and skin.

- Complications of scarlet fever, a streptococcal infection characterized by a prominent rash
 - Inflammation of the kidney (post streptococcal glomerulonephritis)
 - Poststreptococcal reactive arthritis, a condition that causes inflammation of the joints
- Prevention, The germs that cause viral and bacterial tonsillitis are contagious. Therefore, the best prevention is to practice good hygiene. Teach your child to:
- Wash his or her hands thoroughly and frequently, especially after using the toilet and before eating
 - Avoid sharing food, drinking glasses, water bottles or utensils

- Replace his or her toothbrush after being diagnosed with tonsillitis

To help your child prevent the spread of a bacterial or viral infection to others:

- Keep your child at home when he or she is ill
- Ask your doctor when it's all right for your child to return to school
- Teach your child to cough or sneeze into a tissue or, when necessary, into his or her elbow
- Teach your child to wash his or her hands after sneezing or coughing.

Road Safety is ours.

*Let us join Hands to
build it together*

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