



OXYGEN IN ZAMBIA

WHAT COMMUNITIES NEED TO KNOW

What is medical oxygen, and why is it important?

Everyone needs oxygen to survive. Medical oxygen helps people breathe when they are sick. It is used to treat:

- Babies with breathing problems.
- Mothers after difficult deliveries.
- Patients during and after surgery.
- Pneumonia, COVID-19, and other diseases.

Is medical oxygen available in Zambia?

Yes, medical oxygen is available in Zambia, but not everywhere:

- Some hospitals have good oxygen equipment, but many need more support.
- Most have oxygen cylinders, but not all have enough. And only a few have machines that make oxygen.
- Some don't have enough oxygen masks or pulse oximeters (a tool that tests a patient's oxygen level).

What is Zambia doing about it?

Zambia is working to make oxygen available in all health facilities.

- Zambia has a national plan (2022–2026) to improve oxygen access.
- The government is training health workers and buying more oxygen equipment.
- Civil society groups are helping spread awareness and advocate for better oxygen services.

WHO CAN HELP OR PROVIDE MORE INFORMATION?

To learn more, contact a member of Zambia's CSO Coalition for Medical Oxygen Access:

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Fiction vs. Fact: Common myths about medical oxygen

❌ FICTION (NOT TRUE)	★ FACT (TRUE)
"Oxygen is only for COVID-19."	Oxygen helps with many illnesses, not just COVID-19.
"Oxygen is dangerous or addictive."	Oxygen is safe and helps people recover.
"Only big hospitals have oxygen."	Oxygen should be available in all health centers, big or small.
"Oxygen is too expensive."	The government is working to make oxygen affordable.
"Oxygen means someone is dying."	Oxygen helps people get better. It is not a sign of death.
"Oxygen machines are always broken."	With proper care and support, equipment can work well.
"Oxygen cylinders are better than oxygen concentrators."	There are many ways to supply oxygen, and the right choice varies based on factors like hospital setup and patient needs.