

Embassy of the United States of America

Maputo · Mozambique



American Citizens eNewsletter

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CONSULAR OUTREACH TRAVEL TO NAMPULA

A Consular Officer will visit Nampula January 27th to provide consular services to U.S. citizens. If you require services, such as submitting passport or report of birth abroad applications, or notarial services, please contact the Consular Section at consularmaputo@state.gov for more information.

EMBASSY CLOSURES

The Embassy will be closed **Thursday, January 1st** for New Year's Day, **Monday, January 19th** for Martin Luther King Day, and **Tuesday, February 3rd** for Mozambican Heroes Day.



INSTITUTE FOR HIGHER EDUCATION AND TECHNOLOGY OPENS IN CHANGALANE

In late November, history was made in Mozambique. For the first time a university, the Institute for Higher Education and Technology (ISET), also known as One World University, officially opened. This university is unusual in that it is located not in a provincial or district capital, but in a rural administrative area, Changanane. The school was primarily financed by the U.S. Department of Agriculture (USDA).



Photo by U.S. Embassy's Public Affairs Section

Our partners in this project, Planet Aid and its local implementing agency, ADPP-Mozambique—both members of the Federation Humana People to People, strategically chose the location of One World University so students will learn about their rural surroundings.

The U.S. Government funding for One World university represents only one of four components in a \$23 million "Food for Progress" program which aims to create economic development in rural areas and includes implementing a model for HIV and AIDS prevention.

The U.S.-financed One World University shows the importance the U.S. places on educational development in Mozambique. And like many of our projects here, PEPFAR plays a role. USDA, Planet Aid and ADPP have established 50 soy canteens in rural areas where thousands of Mozambicans affected by HIV/AIDS receive free meals. The students' courses also incorporate learning about HIV and AIDS.

SOCIAL SECURITY CHANGES FOR 2009

Cost-of-Living Adjustment (COLA)

Based on the increase in the Consumer Price Index from the third quarter of 2007 through the third quarter of 2008, Social Security beneficiaries will receive a 5.8 percent COLA for 2009.

Tax Rate

The 2009 tax rate for employees remains unchanged at 7.65% and for self-employed at 15.30%.

NOTE: The 7.65% tax rate is the combined rate for Social Security and Medicare. The Social Security portion is 6.20% on earnings up to the applicable taxable maximum amount, which for 2009 is \$106,800. The Medicare portion is 1.45% on all earnings with no limits.

Quarter of Coverage

In 2009 you will need to earn \$1,090 to earn one Social Security credit. In 2009 the maximum Social Security benefit a worker can receive at full retirement age is \$2,323 per month, whereas the estimated average monthly Social Security benefits payable in January 2009 is \$1,153.

For more information on Social Security benefits visit www.socialsecurity.gov

RESSANO GARCIA HOLIDAY HOURS

The Ressano Garcia border between Mozambique and South Africa is open 24 hours from Friday, November 28 through Thursday, January 15.

REGISTER ONLINE

Please ensure you have registered online at <https://travelregistration.state.gov>. The online registration system allows you to update your contact information at your convenience and to delete your registration if you leave Mozambique. Registration with the Consular Section allows us to contact and assist you in the event of an emergency.

TIPS TO AVOID BECOMING A VICTIM OF CRIME WHILE TRAVELING

We all know vacations in Barcelona, Cancún or Las Vegas don't have a lot in common with traveling in Mozambique, but this article from cnn.com offers helpful advice no matter where you are headed.

<http://www.cnn.com/2008/TRAVEL/traveltips/06/24/security.tips/index.html>

If you are a victim of crime in Mozambique, please contact the Consular Section. We can help you file a police report, find information about crime victim's assistance and replace stolen federal documents, such as passports. We also track crime against U.S. citizens in Mozambique in conjunction with the U.S. Embassy's Regional Security Office.

FROM THE EMBASSY'S MEDICAL UNIT: DEHYDRATION

WHAT IS DEHYDRATION?

Dehydration can be defined as "the excessive loss of water from the body." Diseases of the gastrointestinal tract can lead to dehydration in various ways. Often, dehydration becomes the major problem in an otherwise minor illness. Fluid loss may even be severe enough to become life threatening. Our bodies require a certain amount of fluid intake on a daily basis to function; the minimum is equal to about four 8 ounce glasses (one liter). Requirements vary with activity and age, but most active persons need two to three times this basic amount - 2 to 3 liters/day especially in hot weather. Basic fluid intake serves to replace the fluids which are required to perform our normal bodily functions. If we take in less or lose more fluid than is needed, the end result is dehydration.

WHAT CAUSES DEHYDRATION?

Excessive loss of fluid through the intestinal tract can happen when the intestine is "inflamed" or damaged, or when bacteria or viruses cause the lining of the intestine to produce more fluid than can be absorbed. A decrease in oral liquid intake may be due to nausea or loss of appetite; this may be worsened by an inability to keep things down (vomiting). Excessive loss of fluid through the skin, especially when exercising in hot and or humid weather, can also lead to marked dehydration.

WHAT ARE SYMPTOMS AND SIGNS OF DEHYDRATION?

A reliable clue to indicate dehydration is a rapid drop in weight. This loss may equal a few pounds in a few days (or at times hours). Symptoms may be difficult to distinguish from those of the original illness, but in general, the following signs are suggestive of dehydration: increased thirst, dry mouth, no tears, sunken eyes, weakness or lightheadedness (particularly if it worsens upon standing), darkening of the urine, or a decrease in urination and skin that stays compressed when pinched. Severe dehydration can lead to changes in the body's chemistry, kidney failure and can even become life threatening.

WHAT IS THE TREATMENT AND WAYS OF PREVENTING DEHYDRATION?

The best way to treat dehydration is to prevent it from occurring. If you suspect excessive fluid loss during an illness, your physician should be notified. Intravenous or oral fluid replacement may be needed, depending on the severity of fluid loss. In the 1960's the World Health Organization (WHO) developed an oral solution containing sugar, which improved the absorption of salt/water preparations, saving the lives of many dehydrated persons in remote areas world wide. This solution can be prepared at home by carefully mixing the following:

1. Table Salt - 3/4 teaspoon
2. Baking Powder - 1 teaspoon
3. Sugar -4 tablespoons
4. Orange juice - 1 cup
5. Water (clean) - 1 quart/liter

This beverage should be taken in small, frequent sips, and is often tolerated even when nausea and/or vomiting is present. Several commercial preparations (ORS) are available – Gatorade should NOT be given to children. Care must be taken to avoid using and mixing these solutions improperly. Food intake should be continued if at all possible, except for high fiber fruits and vegetables. Any person, especially children, who has suspected dehydration should be seen by a physician immediately.

