**Care for Uganda emergency procedure in the event of political unrest and or regime change**

* Avoid political meetings
* Be aware of what is happening by listening to the radio and internet
* Check advice from British Foreign Office https://www.gov.uk/foreign-travel-advice
* Remain at Bbowa until advice is received
* Follow any advice given
* Remain calm

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| **Station** | **Frequency** |
| Radio Simba | 97.3 FM |
| CBS (Bugana kingdom) | 88.8 FM |
| Galaxy | 100.2 FM |
| Capital | 91.3 FM |
| BBC world service | Various |

Radio stations broadcast online. If the internet is blocked a radio is available in room 5

British High Commission, Uganda

If you’re in Uganda and you need urgent help, call 0312 312000 or +44 1908 516666.