Please structure your manuscript using the text and headings below for submission.

<Insert your article title>

Abstract
<insert your abstract here>

Keywords
<insert 3-5 keywords here>

African relevance
<insert 3-5 concise bullet points that convey the relevance of your work within the African context>

Dissemination of results
<Provide a brief statement on how findings of this research were disseminated to the community from, or within which it was collected>

Example: Results from this study (research/trail/etc.) was shared with staff members at the data collection site through an informal presentation. The results were also published in the service’s newsletter.

Authors’ contribution
<Use the text in the example below to describe the proportional author contribution as per your author statement>
Authors contributed as follow to the conception or design of the work; the acquisition, analysis, or interpretation of data for the work; and drafting the work or revising it critically for important intellectual content:

*GM contributed 50%; WM 25%; and JR, RAR, RV, KP and DC contributed 5% each.*

All authors approved the version to be published and agreed to be accountable for all aspects of the work.

**Declaration of Competing Interest**

<If no conflict, insert: “The authors declared no conflicts of interest.”>

<If conflict, insert: “[describe conflicts]. The authors declared no further conflict of interest.”>

References

<Insert all references in Vancouver style>