



UPDATE 3 ON CORONAVIRUS

17 March 2020

Dear Member

Our correspondence dated 06 March refers.

The spread of Coronavirus is continuing and as of today, 17 March 2020, there are 62 confirmed COVID-19 positive cases in South Africa.

The National Department of Health "NDoH" has created a WhatsApp Group where citizens can get up-to-the-minute updated information on this issue.

The WhatsApp Group number is: **060 012 3456** and you are encouraged to join the Group to receive direct updates from the NDoH.



The following information is readily available on this WhatsApp Group under the following headings:

- News
- Myths
- About
- Prevention
- Symptoms
- Treatment
- Risks
- Travel
- Testing - Anybody who has travelled to a high-risk country over the last 14 days should be tested for COVID-19.

The following are the steps that you need to take in the event that you have been exposed to COVID-19 and/or are showing symptoms:

- Self-isolate and avoid contact with other people.
- If your symptoms worsen, you need to contact your doctor and request to be tested.
- The treating doctor will follow certain steps in order to establish whether you should be tested in line with the guidelines as prescribed by the NDOH.
- The doctor will be required to complete a "Person under investigation form" that is provided by the National Institute of Communicable Diseases (NICD) in conjunction with a pathology request form highlighting that the test is for COVID-19.
- Dry swabs of the back of the throat and nose should be conducted and submitted for analysis.
- Test results will be available within 3-5 days of being tested.
- It is important to remain in self-isolation whilst the test results are not available yet.
- Your treating doctor will notify all authorities in the event that you test positive and also advise on treatment.
- Your treating doctor will also notify you in the event of your test result being negative.
- Polmed will reimburse COVID-19 pathology tests.

We encourage you to continue being vigilant all the time and help the nation to contain the spread of the virus as much as possible.

Yours faithfully,

Ms Neo Khaue
PRINCIPAL OFFICER