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Update 2 on Coronavirus

6 March 2020

Dear Member

As announced by the Minister of Health on 5 March 2020, the first case of Coronavirus (COVID-19) has been confirmed in South Africa.

We are confident that the authorities will do everything in their power to manage and contain the reported case to avoid further infections. Therefore, there is no need to panic.

However, we still encourage all members to adhere to good hygiene practices. Below are some of the steps that members can take to reduce their exposure to the virus:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser.
- Cover your mouth and nose with your flexed elbow or a tissue. Throw the tissue away immediately and wash hands.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Clean and disinfect objects and surfaces that are frequently touched.
- Avoid close contact with anyone who has a fever and cough.
- Seek medical care early and share your previous travel history with your healthcare provider, especially if you have a fever, cough and difficulty breathing.
- When visiting animal markets in areas currently experiencing cases of novel coronavirus, avoid direct unprotected contact with live animals and surfaces in contact with animals.
- Avoid the consumption of raw or undercooked animal products. Handle raw meat, milk or animal organs with care to avoid cross-contamination with uncooked foods.
- Avoid travel if you have a fever and cough. If you become sick while using public transport, inform the personnel and seek medical care early.

The situation is currently being monitored by the relevant authorities, including the National Institute for Communicable Diseases (NICD).

We encourage all members to regularly visit the NICD's website at <http://www.nicd.ac.za/> for recent updates and alerts.

Regards
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