

COVID-19 3rd WAVE INEVITABLE FOR SA

Be sure to protect yourself



PLATINUM
HEALTH

South Africa is being warned about the third COVID-19 wave which is expected to raise its head after the Easter break. The important factor here is NOT to let your guard down. Be aware of the risk of being exposed to COVID-19!

Patients who are HIV positive

If you are HIV positive and have not started treatment yet, you are at risk of COVID-19. One has to approach your healthcare professional urgently and request to be placed on treatment. Viral load suppression is the most important factor in reducing the risk and complications of COVID-19. Viral load suppression may be achieved between 6 weeks and 6 months of starting treatment. Platinum Health has always provided the best available treatment for HIV and will continue to do so in ensuring your health is prioritised.

Patients with chronic disease

Chronic diseases is also related to poor outcomes in COVID-19 infection. If you suffer from high blood pressure, Diabetes, Heart disease, asthma or any other chronic illness, please ensure that you consult your healthcare practitioner for treatment. Please take your medication as prescribed.

Control of your chronic disease will be a great factor preventing complications associated with COVID-19 infection.

Boost your immune system

Ensuring that you have optimal nutrients and vitamins is also vital to your immune system. You require vitamin C, vitamin D, Vitamin B and Zinc. Please ensure that you do take these. Platinum Health does provide this medication in a combination single pill. Please request this from your Platinum Health pharmacy or your healthcare provider. Also make sure that you spend some time in the sun. This is vital to active vitamin D in your system.

Protect yourself and those around you:

Mask up

Practice social distancing

Sanitise

Avoid crowded areas and clustered functions.

**It is also the time of the year where traffic is dense.
Please be careful on the roads.**

BE SAFE