

# COVID-19

## *RISK STILL VERY HIGH*



PLATINUM  
HEALTH

Over the past weeks we've seen a decrease in new daily COVID-19 cases in South Africa (SA). However, Platinum Health has not seen the same decrease in new daily cases. It is of utmost importance that Platinum Health members don't become complacent as the probability of a third wave is still high.

Be responsible, play your part and contribute to stop the pandemic

- Avoid crowded places such as Malls and Shopping Centres with many people nearby.
- Avoid close-contact settings such as restaurants especially where people have close-range conversations.
- Avoid gatherings e.g. functions/parties, funerals, taverns etc.
- Always wear your face mask in public and at the workplace.
- Wash/sanitise your hands frequently.
- Stick to the rules of social distancing.
- Disinfect frequently touched surfaces at home and at your workplace.
- Take your Anti-retroviral (ARV) treatment if you are HIV+.
- Report to a Platinum Health facility if you are HIV+ and not on treatment.
- Ensure your blood sugar levels are controlled if you have diabetes.
- Keep your immunity levels high by taking supplementary vitamins (vitamin C, D, and Zinc).
- Loose weight if you are obese.
- Take your chronic treatment as prescribed.
- Spend time outdoors and in the sun.

