

# COVID-19 RISK

## VERY HIGH



PLATINUM  
HEALTH

Over the past weeks we've seen an alarming increase in new daily COVID-19 cases in South Africa (SA). It is of utmost importance that Platinum Health members remain vigilant as it's evident that we're moving into a third wave.

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.

