

CORONAVIRUS Update



Three Coronavirus cases have been confirmed in South Africa. These patients contracted the Coronavirus whilst in Italy. At this point there is no need to panic. Platinum Health is constantly monitoring developments and will take the necessary steps to assist members.

To minimise the chances of getting infected the following basic steps should be adhered to:

PREVENTION MEASURES	ADDITIONAL PRECAUTIONS
Regularly wash your hands with soap and water or use an alcohol-based rub.	Get adequate sleep.
Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Immediately dispose of the tissue.	Eat a healthy diet with fresh fruits.
Don't touch eyes, nose and mouth as the virus can enter your body and make you sick.	Stop smoking.
Avoid handshakes and kisses.	Limit alcohol consumption.
Don't share cups and cutlery during meals.	Comply with your chronic disease treatment program.
Constantly sanitise common surfaces with disinfectant. The droplets with the virus can infect others.	Get your annual flu vaccine to reduce chances of getting ill. (Platinum Health will inform members as soon as the flu vaccine is available.)
Close the toilet lid before flushing to avoid splashes to face and mouth.	
Avoid/limit visitors and social gatherings.	