

SECOND WAVE

INEVITABLE IF WE DON'T REMAIN VIGILANT



PLATINUM
HEALTH

Since the move of the lockdown to level 1 on 21 September 2020, South African has recorded 47 148 new COVID-19 infections to date. It is vitally important that Platinum Health members remain vigilant and not become complacent.

STAY VIGILANT

- 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.
- Ensure you loose weight if you are obese.
- Ensure you take your chronic treatment as prescribed.
- Ensure you wash and sanitise your hands frequently.
- Ensure you always wear your face mask in public and at the workplace.
- Ensure you stick to the rules of social distancing.
- Ensure to disinfect frequently touched surfaces at home and at your workplace.
- Keep your immunity levels high by taking supplementary vitamins (vitamin C, Zinc and multivitamins).
- Spend time outdoors and in the sun.

COVID-19 is not going to go away,
take care of yourself.

