Stay vigilant in preventing the spread of COVID-19

PLATINUM HEALTH

Platinum Health members are urged to stay vigilant as the fight against the spread of COVID-19 continues.

STAY VIGILANT BY:

- Taking your Anti-retroviral (ARV) treatment if you are HIV+.

- Reporting to a Platinum Health facility if you are HIV+ and not on treatment.

- Ensuring your blood sugar levels are controlled if you have diabetes.

- Ensuring you loose weight if you are obese.

- Ensuring you take your chronic treatment as prescribed.

- Ensuring you wash and sanitise your hands frequently.

- Ensuring you always wear your face mask in public and in the workplace.

- Ensuring you stick to the rules of social distancing.

- Ensuring to disinfect frequently touched surfaces at home and at your workplace.

- Keeping 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.