



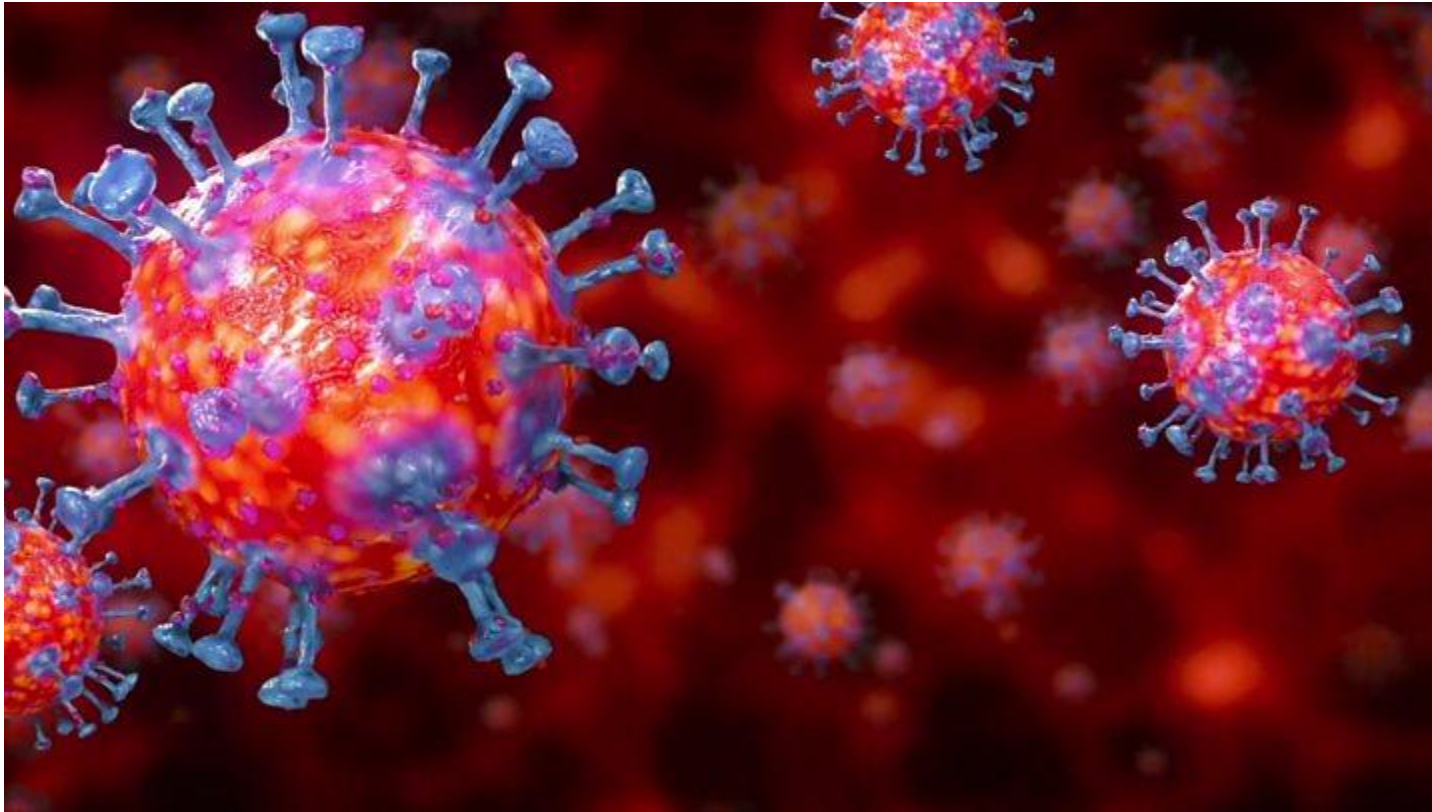
Virus update

17th March 2020

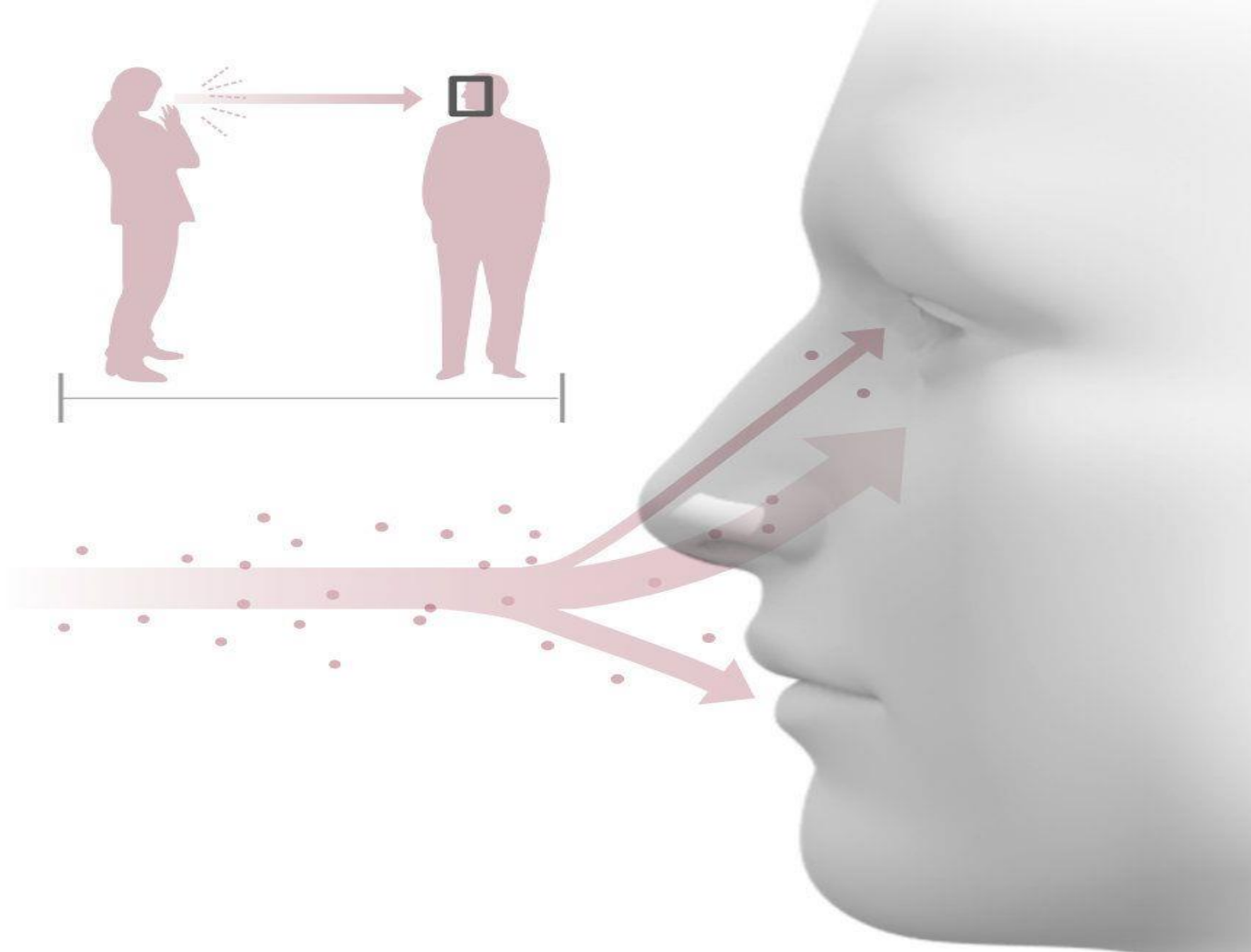


On the evening of the 15th March 2020 South Africa's president declared the Corona Virus a national state of disaster.

What is the virus and why did this happen ?



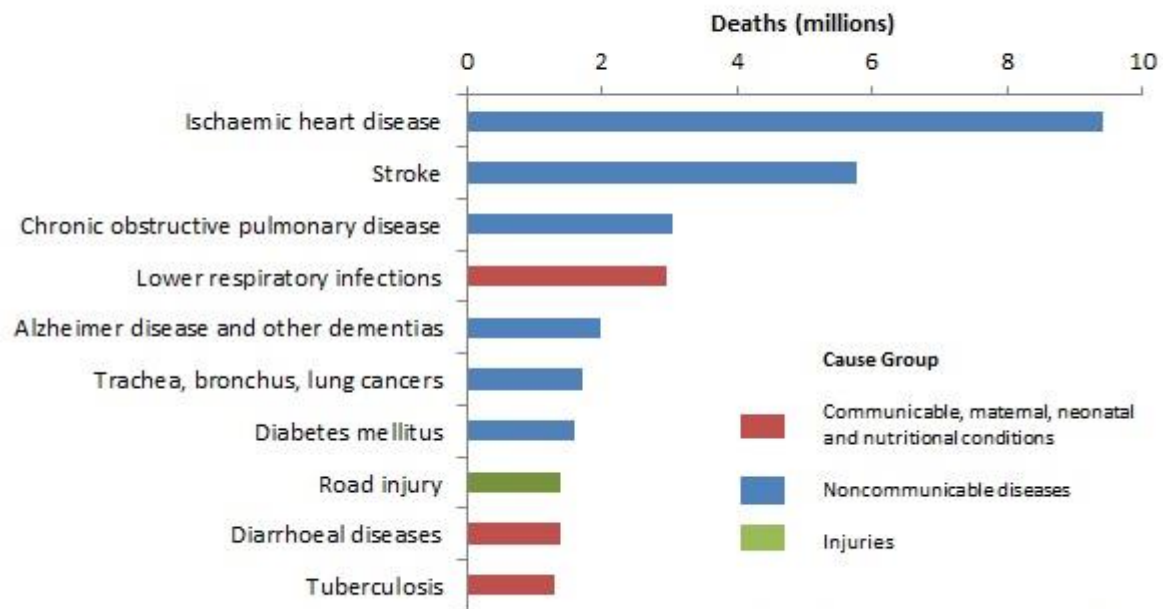
Coronavirus is a type of virus with a shape like above. A centre with club shaped protrusions. The first coronavirus was discovered in 1968. The current Coronavirus that the president is talking about is COVID-19, official virus name of SARS-Cov-2 from the world health organisation. Currently if people mention any of these 3 names they are talking about the same event and not 3 different events



The first case of COVID-19 was diagnosed in Wuhan China on 1st December 2019. The COVID-19 causes a respiratory illness. Respiratory illness means the virus enters the body through the mouth, nose or eyes.

In 2016 there were 57 million deaths on the planet, of those the top two causes were heart attacks (9.5mil) and strokes (6mil).

Top 10 global causes of deaths, 2016



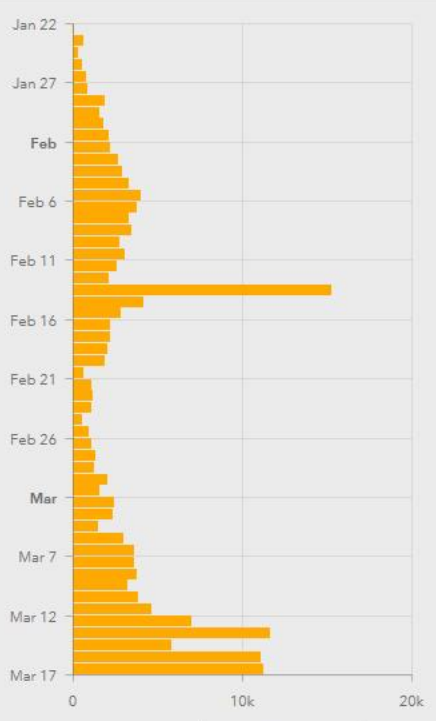
Source: Global Health Estimates 2016: Deaths by Cause, Age, Sex, by Country and by Region, 2000-2016. Geneva, World Health Organization, 2018.

Novel Coronavirus (COVID-19) Situation

164,837
confirmed cases

6,470
deaths

146
countries, areas or territories with cases



Countries, areas or territories with cases

- China :81077 cases
- Italy :24747 cases
- Iran (Islamic Republic of) :13983 cases
- Republic of Korea :8162 cases
- Spain :7753 cases
- France :5380 cases
- Germany :4838 cases
- Switzerland :2200 cases
- United States of America :1678 cases
- The United Kingdom :1376 cases
- Netherlands :1135 cases
- Norway :1077 cases
- Sweden :992 cases
- Belgium :886 cases
- Denmark :864 cases
- Austria :860 cases
- Japan :780 cases
- International conveyance (Diamond Princess) :712 cases
- Qatar :337 cases
- Canada :304 cases
- Australia :279 cases
- Czechia :253 cases
- Finland :241 cases
- Malaysia :238 cases
- Greece :228 cases
- Singapore :226 cases
- Slovenia :219 cases
- Bahrain :214 cases
- Israel :200 cases

CORONA VIRUS – PEOPLE AT RISK

Most people will not become seriously ill if they contract the virus. Some will not have any symptoms, but may unfortunately still be carriers of the virus.

High risk people are those whose immune system are not good.

The following people have a higher chance than most of developing a serious illness and possibly die from complications of being infected:

- *The elderly*
- *Heart condition*
- *Diabetics*
- *Kidney disease*
- *Cancer patients on chemotherapy*
- *Lung disease*
- *HIV positive people **who are not on antiretroviral treatment** and have high viral loads.*



The following steps should be taken to improve one's general health to strengthen the body's resistance to Corona virus and also other infections:

- *Find out your HIV status and get onto antiretroviral therapy if you test positive.*
- *Drink plenty of water to keep the lining of your throat moist.*
- *Eat a variety of vegetables and one fruit daily.*
- *Reduce or avoid sugar.*
- *Get enough sleep.*
- *Exercise regularly.*
- *Have the flu vaccine to prevent you getting that which could weaken your resistance.*

Precautionary measures include:

- *Regular and thorough washing of hands. If using soap and water, this should take 20 seconds. Make use of the alcohol based sanitisers at the workplace and elsewhere.*
- *Wash hands after going to the shop, riding in a taxi, touching a keyboard or touch pad. Clean computer keyboards, computer mouse and cell phones for example. Use elbows rather than hands where possible for opening doors and taps. Remember that whatever you touch may have the virus on it.*
- *Avoid shaking hands. Waving a hand or elbow taps are safer if you feel physical contact is necessary.*
- *Avoid touching your face without first washing your hands.*
- *Cough into a tissue and discard it, or else into your bent arm – not your hand.*
- *Maintain a distance of one metre between people when possible.*
- *Avoid attending large public gatherings – now gatherings of more than 100 people prohibited by law until further notice.*



A pedestrian passes a cosmetics shop advertising free hand washing facilities in store in Liverpool, England, on March 11, 2020. | Paul Ellis/AFP via Getty Images

As **Covid-19** cases in the US surge to more than 1,000 and fear sweeps the country, there's one consumer product critical to our great national battle to **"flatten the curve," or slow** the epidemic: soap. Humble, **ancient**, cheap, effective soap.

Respiratory viruses — like the novel coronavirus, the flu, and the common cold — can be spread via our hands. If someone is sick, a hand can touch some mucus and viral particles will stick to the hand. If someone is well, hands act like sticky traps for viruses. We can pick up droplets that contain the virus, and they'll stay on our hands, and perhaps enter our bodies if we touch our hands to our faces.

That's why our hands are the front lines in the war against Covid-19. The Centers for Disease Control and Prevention (CDC) **recommends** washing hands with soap and water as the top way to clean our hands. "But if soap and water are not available, using a hand sanitizer with at least 60% alcohol can help," the CDC **says**.

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Flattening the curve



"The good thing about COVID-19 is that it does not require any unique cleaning chemicals to disinfect hands and surfaces," says Andrew Janowski, an infectious disease expert at Washington University School of Medicine and St. Louis Children's Hospital. COVID-19 is the disease caused by the current coronavirus,

Good old-fashioned soap and water does the trick.

You can also use a wipe, but make sure you use an alcohol-based wipe, not baby wipes, which may not be effective, Janowski says.

And given that wipes are hard to come by at many stores at the moment, you can instead buy an EPA-registered disinfecting spray, such as one on this list from the Center for Biocide Chemistries, recommended by the Centers for Disease Control and Prevention and by Dr. David Warren, an infectious disease specialist at Washington University School of Medicine in St. Louis.

Or make a bleach-based spray yourself. You can make a DIY cleaning spray by mixing 4 teaspoons bleach per quart of water, according to the CDC.

Wash. Your. Hands. (Seriously!)

Yes, you've heard it a hundred times. So do it, already! Especially after you've been out in public, touching a lot of surfaces. Lather up with soap and scrub for 20 seconds. (Two times the "Happy Birthday" song, or sing "Baby Shark" — you'll get midway through Daddy Shark).

And be thorough. Spend some time rubbing the backs of your hands as well as the front, interlace your fingers and pull them through, soap up each thumb with the opposite hand and, finally, to keep your fingernails virus-free, lightly scratch them against your palm. (For more detail, listen to NPR Short Wave's Maddie Sofia give a lesson here.)

Hand-washing is so important that if everyone followed good hand-washing hygiene, it could prevent an estimated 1 in 5 respiratory infections, according to the CDC —

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As scientists scramble to understand more about the novel coronavirus, a new government-funded experiment shows that the virus can survive on surfaces such as plastic and stainless steel for up to three days.

Though preliminary, the experiment emphasizes the importance of diligently sanitizing cellphones, plastic and metal surfaces regularly to prevent the spread of SARS-COVID-2, the virus that causes COVID-19.

MORE: 'I'm scared': How coronavirus is delivering a double blow for older Americans

The study has not yet gone through the normal scientific peer review process, but outside experts nevertheless say it offers important new clues about the infectiousness of coronavirus.

The experiment was led by researchers from Princeton, UCLA and the National Institutes of Health. The researchers involved set out to learn how long the virus can survive when sprayed on different surfaces and in the air.

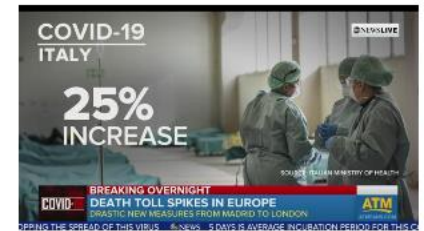
What to know about Coronavirus:

- *How it started and how to protect yourself:* [Coronavirus explained](#)
- *What to do if you have symptoms:* [Coronavirus symptoms](#)
- *Tracking the spread in the US and Worldwide:* [Coronavirus map](#)

They found that the virus can survive up to three days on plastic and stainless steel, and up to 24 hours on cardboard, and up to four hours on copper surfaces. In a second part of the experiment, the researchers used a spray can-like device to spritz the virus into the air and discovered that the virus can survive suspended in a fine mist for up to three hours, though longer times were not tested.



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Where to get good information

The world health organisation is the leading source of reliable information on the virus. The information is Updated constantly on their website. www.who.int

The South African government has released a whatsapp information app that is up to date and very informative. Add the cell number 060 012 3456 to your contacts and send the message “Hi” to that contact. A menu system will be returned to help you navigate.

PDC will be providing updates onto the PDC app as information becomes available that is relevant to staff, also under videos there will be one shortly explaining how to do hand washing properly and a video in Zulu on how the virus spreads designed for children to help explain it.

How long can we expect the virus to last? Best case scenario looking at the duration of other pandemics would be 2 years, if it is not contained it could last a lot longer.



What happens if you get infected?

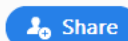
Stay calm and phone the **helpline 0800029999** if you have any suspicion that you may have contracted the Corona virus. Do not go to a clinic or doctor as you will only spread it further.

Educate your children on basic hygiene and try to allay their fears. Remember that if adults seem to be panicking that they will sense that and feel very insecure.

If you are tested positive for the virus and the government quarantines you for 14 days PDC will treat this as sick leave and pay accordingly.

If the government declares an area as quarantined, this might be a suburb or the entire Pietermaritzburg. It could last for a short period or extend to months.

The South African public has been told that the government is working on a stimulation plan that will be released soon. Other countries have responded with a variety of measures; in some cases supporting businesses and individuals affected, in other cases not.



Clinical and epidemiological criteria for person under investigation (PUI)

Criteria for Person Under Investigation (PUI)

- Persons with acute respiratory illness with sudden onset of at least one of the following: cough, sore throat, shortness of breath or fever [$\geq 38^{\circ}\text{C}$ (measured) or history of fever (subjective)] irrespective of admission status **AND**
- In the 14 days prior to onset of symptoms, met at least one of the following epidemiological criteria:
- Were in close contact¹ with a confirmed² or probable³ case of SARS-CoV-2 infection;
OR
- Had a history of travel to areas with presumed [ongoing community transmission of SARS-CoV-2](#); **OR**
- Worked in, or attended a health care facility where patients with SARS-CoV-2 infections were being treated.
OR
- Admitted with severe pneumonia of unknown aetiology

- ¹ Close contact: A person having had face-to-face contact or was in a closed environment with a COVID-19 case; this includes, amongst others, all persons living in the same household as a COVID-19 case and, people working closely in the same environment as a case. A healthcare worker or other person providing direct care for a COVID-19 case, while not wearing recommended personal protective equipment or PPE (e.g., gowns, gloves, NIOSH-certified disposable N95 respirator, eye protection). A contact in an aircraft sitting within two seats (in any direction) of the COVID-19 case, travel companions or persons providing care, and crew members serving in the section of the aircraft where the index case was seated. ² Confirmed case: A person with laboratory confirmation of SARS-CoV-2 infection, irrespective of clinical signs and symptoms. ³ Probable case: A PUI for whom testing for SARS-CoV-2 is inconclusive (the result of the test reported by the laboratory) or for whom testing was positive on a pan-coronavirus assay.

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