



Your Fund, Your Savings, Your Future

NJMPF

Lockdown Update

28/04/2020

LOCKDOWN EASING

As the President described, our nation-wide lockdown will soon end but the opening of the economy will be 'measured and incremental'. Keen notice should be taken of the measures behind the 5 coronavirus levels. On 1 May 2020, the country moves to Level 4 where some activity will be allowed but extreme precaution is required. We await confirmation from the KZN premier whether eThekweni stays in Level 5.

GOVERNMENT'S SUPPORT PACKAGE

President Cyril Ramaphosa announced a R500 billion economic and social support package last week – this being the stimulus for economic recovery which the coronavirus (Covid-19) pandemic has up-ended.

"Alongside this unprecedented public health effort are the measures we are taking to protect livelihoods, to stave off hunger and destitution and to set our economy on a path of recovery," Ramaphosa said.

Additional funds will also be set aside for the protection of jobs and the creation of jobs.

INFORMATION OVERLOAD – WE ARE LIVING IN TOUGH TIMES

A month of being in lockdown is not easy and the anxiety this pandemic creates makes the challenge even greater. Personal safety, financial issues, family health and the unknown future can cause fear and panic.

Finding ways to cope in these tough times is important, so

- Avoid information overload – turn your TV off for parts of the day,
- Keep active
- Find a good book
- Investigate a new hobby
- Is there someone you can help?
- Give a call to those living alone.

Symptoms

FEVER

COUGH

DIFFICULTY BREATHING

MUSCLE PAIN

TIREDDNESS



YOUR HEALTH DURING THE LOCKDOWN

How did you fare eating healthy or doing some exercise to music last week? Send in your stories or photos please.

This week we set you another challenge - Use our guide on page 2 to make a mask for yourself or a loved one. No sewing or special equipment is required to make these effective yet comfortable masks.

Take photos of your creation and send to us to stand a chance to win a smartphone!

STAY IN CONTACT WITH US

Members and Pensioners are invited to contact us to make enquiries about their benefits or to find out how the Fund is dealing with the impact of the COVID19 pandemic and the lockdown. Get hold of us via email at info@njmpf.co.za, by phone on 031-2795300 or 0861065673 or fax 0312666715.

We are unfortunately not able to accommodate walk-in visits at this stage.

Avoid contact
with sick people

Wash your hands
with soap and water

If you develop cough,
use a medical face mask



Make your own MASK & you could WIN a smartphone

To help keep you and your family safe when you leave the house for essentials, use these steps or get creative and design your own mask.

step 1



step 2



step 3



Step 4



Step 5



Step 6



Step 7



Step 8



Sep 9



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Using a bandana and two rubber bands, anyone can make a 'no sew' facemask.

Share it on our socials



: @NJMPF



: @njmpf



:info@njmpf.co.za



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PROTECT yourself from CORONAVIRUS



Cover your sneeze and cough with tissue



Wear a medical mask



Wash your hand often

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A critical element of curtailing the coronavirus disease is the use of face masks, however, there is a dire shortage of medical-grade face masks in the country (and the world).

To combat the shortage and to aid in the continued efforts to help 'flatten the curve' of Covid-19, all South Africans should make a mask.

The NJMPF has launched the 'When you wear the mask, the mask protects you' campaign.

This important awareness campaign has several important potentially lifesaving aims, among them:

Alleviating the shortage of medical masks required for healthcare workers by;

Encouraging everyone to wear masks when leaving the house

The added benefit of the human need to do something worthwhile, while on lockdown, and this could be a great family project, as well as practical education for younger children.

Once you have made your masks, take a picture of you and your family wearing your masks, post it on NJMPF's Facebook page and you could stand a chance to win a smart phone.

The NJMPF acknowledges that cloth masks are not of the same standard as medical masks. However, in accordance with now international best practices and guidelines, the wearing of cloth masks has been shown to have a positive effect in stopping the transmission of the Covid-19 virus.

The need for mask-wearing will increase as South Africa heads into winter and the traditional flu season. It is therefore critical to do as much as possible to interrupt the transmission of Covid-19 as soon as possible.