



Your Fund, Your Savings, Your Future

# NJMPF

## Lockdown Update

### 12/08/2020

#### STAY SAFE - SAVE SOUTH AFRICA



Don't become one of the statistics in South Africa:-

563,598 confirmed cases

10,621 deaths

417,200 recoveries

135,777 active cases.



#### TESTING AND RECOVERY PERIODS

Health Minister, Dr Zweli Mkhize provides clarity on the testing and recovery periods for South Africans who have tested positive for the coronavirus.

The regulations specifically provide for people who are experiencing symptoms such as fever and coughing (symptomatic) and people who have tested positive for the coronavirus with no noticeable symptoms (asymptomatic).

#### COVID-19 TERMINOLOGY

Every South African has a fundamental role to play in curbing the spread of COVID-19.

**A Symptomatic person** - A person who tests positive for Covid-19 and is symptomatic with mild disease (not requiring hospitalisation for Covid-19) must be isolated for a period of at least 10 days from the date when the symptoms set in;

A person may de-isolate 10 days after the onset of symptoms, provided that the person no longer has fever and his or her other symptoms have improved;

A symptomatic person with moderate-severe disease must be isolated for 10 days after recovery when the person no longer requires supplemental oxygen and is clinically stable.

**An asymptomatic person** - An asymptomatic person who tests positive for Covid-19 must be isolated for 10 days from the day of his or her positive test.

**Repeat testing** - The directive confirms that repeat testing is not required in order for a person to de-isolate.

#### HOTLINE NUMBERS AND WEBSITE ADDRESSES

Official Toll Free Call Center: 0800 029 999

Clinicians Hotline: 082 883 9920

Official WhatsApp Help Service

Send HI to 0600 123 456 on WhatsApp. or share this link: <https://wa.me/27600123456?text=Hi>

