

WEEKLY FACTSHEET #4

COVID-19: WEEK 11 - 17 MAY 2020

REGIONAL INDICATORS

SOUTH AFRICA

CONFIRMED 12074
RECOVERED 4745
DEATHS 219

ZAMBIA

CONFIRMED 654
RECOVERED 124
DEATHS 7

TANZANIA

CONFIRMED 509
RECOVERED 183
DEATHS 21

DRC

CONFIRMED 1242
RECOVERED 157
DEATHS 50

IVORY COAST

CONFIRMED 1912
RECOVERED 902
DEATHS 24

Source: app.powerbi.com

DID YOU KNOW?

During a global pandemic, one of the cheapest, easiest, and most important ways to prevent the spread of a virus is to wash your hands frequently with soap and water. In the context of COVID-19 prevention, did you know that you should make sure to wash your hands at the following times? :

- After blowing your nose, coughing or sneezing
- After visiting a public space, including public transportation, markets and places of worship
- After touching surfaces outside of the home, including money
- Before, during and after caring

for a sick person

- Before and after eating

In general, you should always wash your hands at the following times:

- After using the toilet
- Before and after eating
- After handling garbage
- After touching animals and pets
- After changing babies' diapers or helping children use the toilet
- When your hands are visibly

Source: [UNICEF Hand Hygiene](https://www.unicef.org/hand-hygiene)

YOUTH VOICES

This pandemic is affecting all of us and it helps to reach out and share ideas, stories and concerns with one another about all things COVID-19. Please keep sharing your questions with us weekly, and we'll do our best to find you the most accurate and relevant answers.

REFILOE MORAPEDI (AGANANG FM)

QUESTION: "Is it true that eating garlic can prevent one from being infected by COVID-19?"

RESPONSE: Garlic is a healthy food that may have some

antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

Source: [World Health](https://www.worldhealth.org)

PHUMZILE CYNTHIA MDLULI (DREAM ACHIEVERS QWAQWA)

QUESTION: "How does coronavirus affect pregnancy?"

RESPONSE: Based on ongoing studies and research about COVID-19, it is believed that pregnant people aren't at greater risk of contracting the virus than people who are not pregnant. What is known, is that pregnant people do have a higher risk of becoming severely ill when infected with viruses that are similar to COVID-19, this includes

other respiratory infections, such as influenza. Mother-to-child transmission of COVID-19 during pregnancy is unlikely. However, after birth, a newborn can be infected after being in close contact with an infected person, including the baby's mother or other caregivers. Therefore, pregnant people are advised to take extra precautions to try to and protect themselves from COVID-19.

Source: [Center For Disease Control](https://www.cdc.gov)

BUSISIWE MATLOU (GLFM)

QUESTION: Do vaccines against pneumonia protect you against COVID-19?

RESPONSE: Vaccines against pneumonia, such as the pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine that exist, do not provide protection against COVID-19. Although the above mentioned vaccines are not effective against COVID-19, vaccinating against any other respiratory illnesses is highly recommended to protect your health. COVID-19 is so new

and different that it needs its own vaccine. To rapidly develop, test and produce the vaccine at a large scale is a great challenge that requires much effort. Researchers are currently trying to develop a vaccine against the coronavirus disease (COVID-19), and the World Health Organisation is supporting these efforts. It is important that they evaluate as many vaccines as possible as we cannot predict how many will turn out to be usable.

Source: [World Health Organisation](https://www.who.int)

BOITSHEPO MAMOSEBO (GLFM)

QUESTION: "How are people with disabilities affected by COVID-19?"

RESPONSE: People living with disability may be at greater risk of contracting COVID-19 because of the challenges they may have in practicing basic hygiene measures such as hand washing (e.g. hand basins or sinks may be physically inaccessible, or a person may have physical difficulty rubbing their hands together thoroughly). They may also have difficulty in exercising the social distancing measures because they may need someone to support them at all times or because they may be institutionalized. In other cases, a person with disability

may need to touch things in order to read information from their physical environment. Some people with disabilities will be at high risk of developing severe cases of COVID-19 because of their underlying health conditions; such as respiratory function, immune system function, heart disease or diabetes. And lastly, people with disability may experience disruptions to the health services that they rely on in healthcare facilities, which will leave them at risk and vulnerable to contracting COVID-19.

Source: [World Health Organisation](https://www.who.int)

ZINTLE MAYABA, COSAT

QUESTION: "How long is the incubation period for COVID-19?"

RESPONSE: The time from exposure to when symptoms start to show is known as the incubation period, and is thought to be anywhere from 2 to 14 days. Typically, symptoms do appear within four to five days from when a person is exposed. So a person with COVID-19 may be contagious before they start to experience

symptoms. Emerging research suggests that people may actually be most likely to spread the virus to others during the 48 hours before they start to experience symptoms. Which is why wearing a face mask, physical distancing, and contact tracing, help reduce the risk for someone who is infected but not yet contagious to unknowingly infect others.

Source: [Harvard Medical School](https://www.harvard.edu)