**Regional Indicators**

<table>
<thead>
<tr>
<th>Country</th>
<th>Confirmed</th>
<th>Recovered</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Africa</td>
<td>12074</td>
<td>4745</td>
<td>219</td>
</tr>
<tr>
<td>DRC</td>
<td>1242</td>
<td>157</td>
<td>50</td>
</tr>
<tr>
<td>Zambia</td>
<td>654</td>
<td>124</td>
<td>7</td>
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<tr>
<td>Ivory Coast</td>
<td>1912</td>
<td>902</td>
<td>24</td>
</tr>
<tr>
<td>Tanzania</td>
<td>509</td>
<td>183</td>
<td>21</td>
</tr>
</tbody>
</table>

**Youth Voices**

**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 dirty

Source: UNICEF Hand Hygiene

**Youth Voices**

**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

**Phumzile Cynthia Mdluli (Dream Achievers Owagwa)**

**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

**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

**Boitshepo Mamosebo (GLFM)**

**Question:** “How does contact tracing work?”

**Response:** Contact tracing helps reduce the risk for others during the 48 hours 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