

# WEEKLY FACTSHEET #24

## COVID-19: WEEK 5 - 11 OCTOBER 2020

### REGIONAL INDICATORS

SOUTH AFRICA		DRC	
CONFIRMED	686,891	CONFIRMED	10,822
RECOVERED	618,771	RECOVERED	10,242
DEATHS	17,408	DEATHS	276
ZAMBIA		IVORY COAST	
CONFIRMED	15,301	CONFIRMED	19,982
RECOVERED	14,365	RECOVERED	19,626
DEATHS	335	DEATHS	120
TANZANIA		Source: <a href="http://strategix.co.za">strategix.co.za</a>	
CONFIRMED	509		
RECOVERED	183		
DEATHS	21		

### DID YOU KNOW?

Misinformation is being disseminated across social media platforms that plays on peoples' worries, exacerbates existing myths and could retrench years of progress in communicating the effectiveness of vaccines against ancient and modern killers. Across Africa, false claims and anti-vaccine sentiment are the enemies of an often already weak healthcare system. The situation

is further fuelled by a history of controversial drug trials and the specter of experimentation on the powerless. But it is still important for the global scientific and public health communities to keep working to develop, test and deliver a safe and effective vaccine for the novel coronavirus.

Source: [Public Services International \(PSI\)](http://Public Services International (PSI))

### YOUTH VOICES

In this week's factsheet, we share lessons learned by youth reporters over these past few months. We salute you all for how you have dealt with all the changes and challenges that you've all faced. We want to congratulate you for running with the remote reporting model and producing some amazing shows. You all have so much to share with the world! Keep shining, keep learning from each other, and teaching the world. Please feel free to share these testimonials in your weekly shows.

#### CANDICE RAKGANYA (EMALAHLENI FM) - SOUTH AFRICA

**LESSONS:** "I have learnt that it is very important to stay hygienic. Good hygiene lowers the risk for diseases and illnesses commonly spread through viruses and bacteria, and it is during the pandemic that I have learnt to take frequent washing of my hands seriously. I also learnt that every minute counts and one has to use their time productively.."

**RESPONSE:** We know how important it is to wash our hands frequently, but surprisingly many

people still struggle to incorporate this good habit. Just to recap on some important statistics:

1. Handwashing with soap (HWWWS) is an effective means of preventing infectious disease.
2. Research suggest that HWWWS can reduce the risk of diarrhoeal disease by 23%–48% and reduce risk of respiratory infections by 21%–23%

Source: [sciencedirect.com](http://sciencedirect.com)

#### TINYIKO MATHE (EMALAHLENI FM) - SOUTH AFRICA

**LESSONS:** "Nothing is guaranteed and we should live our lives to the fullest. Love hard. Forgive. Allow yourself to take risks and be you! The world might end tomorrow. I've also learned to keep quiet sometimes and apologize when you are wrong if you want to stay in a healthy environment with the people you love."

**RESPONSE:** This comment took us back to some good advice we shared earlier: It is natural

to feel stress, anxiety, grief, and worry during and after a disaster. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during an emergency will help your long-term healing.

Source: [Centers For Disease Control and Prevention \(CDC\)](http://Centers For Disease Control and Prevention (CDC))

#### THANDEKILE THUSINI (UMGUNGUNDLOVU FM) - SOUTH AFRICA

**LESSONS:** "Technology is the new Boss! It's clear that online learning and teaching is the future as it is now taking charge - looking at the speed at which knowledge and skills change."

**RESPONSE:** Technology is the new boss! And here are some key findings from African institutions wanting to keep up with the evolution in technology use that have resulted from COVID-19:

1. Time for faster, cheaper broadband, down to the last mile

2. Activate low the solutions (USSD/ SMS) to reach the masses now

3. Confinement is physical but digital/contactless business is soaring

4. Create platforms for selling African products on and off the continent

5. More conversations are needed to form African technological solutions against COVID-19

Source: [United Nations \(UN\)](http://United Nations (UN))

#### BOITSHEPO MAMOSEBO (GLFM) - SOUTH AFRICA

**LESSONS:** "The important thing I have learned is self-love. I have realised that it is important for one to love themselves so that they won't fall into depression and low self-esteem, which could affect their mind negatively, and they can find themselves blaming everything and everyone around them because of the rage they have inside them."

**RESPONSE:** Focusing on yourself and finding ways to use the time that is now available are great ways to take care of your mental

health. When it comes to having a painful feeling, the only way out is through. Go be sad, and if you allow yourself to do it, you will feel better soon. Everyone processes their feelings in a different way. Some people are going to make art, some are going to want to talk to their friends and use their shared sadness as a way to feel connected in a time when they can't be together in person. It's important to do what you feel is right and useful.

Source: [UNICEF](http://UNICEF)

#### AYESHA RALEKGETHO (AGANANG FM) - SOUTH AFRICA

**LESSONS:** "Right now I'm learning valuable lessons in resilience and human adaptability. I'm now reflecting on the "new respect" for the natural world and consider what enabled us to adjust to this challenging and unfamiliar new norm."

**RESPONSE:** Across the world, humans are living through a period of extraordinary change, with jobs lost, businesses closed, graduations canceled, and weddings, moves, and vacations postponed. Familiar

routines involving work, school, exercise and weekend recreation have been tossed out the window. Adaptability was an important survival skill even before the pandemic. Adaptability is the ability to be creative and flexible in the face of new situations. Accepting the uncertainty of the future means planning one step at a time, which is especially important when the landscape is changing so rapidly.

Source: [Washington Post](http://Washington Post)