

# WEEKLY FACTSHEET #25

## COVID-19: WEEK 12 - 18 OCTOBER 2020

### REGIONAL INDICATORS

SOUTH AFRICA		DRC	
CONFIRMED	698,184	CONFIRMED	10,935
RECOVERED	628,301	RECOVERED	10,306
DEATHS	18,309	DEATHS	281
ZAMBIA		IVORY COAST	
CONFIRMED	15,659	CONFIRMED	20,257
RECOVERED	14,899	RECOVERED	19,898
DEATHS	346	DEATHS	120
TANZANIA		Source: <a href="http://strategix.co.za">strategix.co.za</a>	
CONFIRMED	509		
RECOVERED	183		
DEATHS	21		

### DID YOU KNOW?

When it comes to stopping a pandemic – we are only as strong as the weakest link. And there is a clear weak link: the lack of water, sanitation, and hygiene (WASH) in healthcare facilities across the developing world. Perhaps no place is more critical than any given healthcare facility where there is the greatest density of pathogens and the greatest volume of sick people. The

unappreciated reality is that at a time when we are bombarded with the message to “wash your hands,” healthcare workers and patients in healthcare facilities often cannot perform that simple act. There are already worrying signs that healthcare facilities are hotbeds of COVID-19 transmission.

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.

#### LESHILO KENEILWE (GLFM) - SOUTH AFRICA

**LESSONS:** “The MOST important thing I have learned during the COVID-19 pandemic is self-discipline.”

**RESPONSE:** Self-control—the ability to manage your thoughts, feelings and actions to achieve a goal—is a necessary skill to master in the COVID-19 era. You can't overcome a challenge—big or small—without being

disciplined. Research shows that people who practice self-control reap a host of benefits, including fewer physical and mental health problems and a longer lifespan; more success in school and work; a greater popularity with others, fewer arguments and better relationships.

Source: [Wall Street Journal](http://Wall Street Journal)

#### SELULEKO MVAMBI (NKQUBELA FM) - SOUTH AFRICA

**LESSONS:** “Because of the pandemic we had to stay indoors and that gave me time to get to know more about my siblings and parents. This time made our bond stronger than before.”

**RESPONSE:** Living so closely for the last months may be a huge stressor on family bonds, but we can also take this time to strengthen those bonds between family members as we learn a new way to live. By taking the

time to recognize these important relationship building moments, we begin to live in the moment and also help ourselves deal in a stressful time. The most important thing to keep in mind is that you take care of yourself first. Keeping your own body and mind healthy during this time will help you stay positive, which will help maintain strong family relationships.

Source: [The Therapy Centre](http://The Therapy Centre)

#### MASETSHABA PRETTY MAMAILA (EMALAHLENI FM) - SOUTH AFRICA

**LESSONS:** “As humans we need to mitigate and adapt to climate change by looking for ways that lessen potential damage, we need to help the earth repair itself so that we don't face challenges in future.”

**RESPONSE:** Climate change and COVID-19 are two very different challenges, but they do have some key things in common. Both are global - they do not respect national boundaries - and both require countries to work together to find solutions. In a

crisis, we must protect the most vulnerable. The last few years have seen young people around the world raising their voices on an unprecedented scale, asking adults and leaders to protect them from climate change. Now, by staying inside and taking their climate marches online, young people are showing solidarity with the older members of society, who are more vulnerable to the virus, by helping to stop the spread.

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

#### SIZIPHIWE FESINI (BULUNGULA COMMUNITY RADIO) - SOUTH AFRICA

**LESSONS:** “During the COVID-19 pandemic I've learnt that we should give ourselves time to do a lot with our hands, for example plant vegetables instead of buying in shops.”

**RESPONSE:** Gardening burns calories, strengthens immunity, relieves stress and can have an uplifting effect on your mood. If you're looking for a way to stay positive during the pandemic, consider planting a resiliency garden. The concept of the

resiliency garden is inspired by campaigns launched in several countries during World War I and II. While soldiers fought on the frontlines, governments encouraged their citizens to plant victory gardens in their backyards and in public parks. Although the coronavirus pandemic is a very different kind of global crisis, planting a garden may prove to be just as empowering.

Source: [The Mountaineer](http://The Mountaineer)

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

**LESSONS:** “I think we should talk about society and culture. With improved learning, increased tolerance, and opportunities to come together with others, culture enhances our quality of life and increases overall well-being for both individuals and communities.”

**RESPONSE:** Cultural and creative sectors are important in terms of their economic footprint and employment. They contribute to numerous other channels for positive social impact (well-being and health, education, inclusion and urban regeneration). But they

are among the hardest hit by the pandemic. The venue-based sectors (such as museums, performing arts, live music, festivals, cinema, etc.) are the hardest hit by social distancing measures. With the lockdown, many public and private providers moved content on-line for free to keep audiences engaged and satisfy the sharply increased demand for cultural content. While the provision of free and digitally mediated cultural content is not sustainable over time, it has opened the door to many future innovations.

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