

WEEKLY FACTSHEET #26

COVID-19: WEEK 19 - 25 OCTOBER 2020

REGIONAL INDICATORS

SOUTH AFRICA		DRC	
CONFIRMED	708,359	CONFIRMED	11,066
RECOVERED	641,706	RECOVERED	10,362
DEATHS	18,741	DEATHS	303
ZAMBIA		IVORY COAST	
CONFIRMED	16,000	CONFIRMED	20,363
RECOVERED	15,168	RECOVERED	20,070
DEATHS	346	DEATHS	121
TANZANIA		Source: strategix.co.za	
CONFIRMED	509		
RECOVERED	183		
DEATHS	21		

DID YOU KNOW?

While everyone is at the same risk of being infected with COVID-19 if exposed to the virus, there are people who are more vulnerable or more at risk to have serious health complications if they do become infected. Pre-existing health conditions that could make COVID-19 more severe are called comorbidities. The most common comorbidities that have been reported as leading to more serious complications with COVID-19 are diabetes, heart disease, asthma and hypertension, or what is called high

blood pressure. Many of us know, love, and live in community with people with comorbidities, and it is important to continue to take the precautions we can to prevent the spread of COVID-19, which include wearing a mask, washing hands regularly, and social distancing when possible. When communities can take up responsibility in helping stop the spread of the virus, lives and families can be saved.

Source: Lenmed South Africa

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.

MMAKUBU PHOKWANE (MCRS) - SOUTH AFRICA

QUESTION: "Can people who smoke get infected by coronavirus?"

RESPONSE: At this time, scientists have said that anyone who comes into contact with COVID-19 has a risk of being infected. People who smoke can be infected by the coronavirus definitely, but they are not necessarily more prone to it medically speaking. There are however certain actions that could increase one's chance of contracting

COVID-19 like touching one's hands to the mouth without properly sanitizing. Overall, the World Health Organization says that since COVID-19 is a virus that primarily attacks the lungs, it can make people who smoke more at risk of developing severe complications if infected with coronavirus as smoking affects and reduces lung capacity.

Source: World Health Organization

OLWETHU (FORTE FM) - SOUTH AFRICA

QUESTION: "How long does the coronavirus live on different surfaces?"

RESPONSE: It is unclear how long COVID-19 can live on surfaces. Scientists are still learning and studying this specific strand of virus, but most conclude that it does behave like other coronaviruses and that means it can live on surfaces from a few hours to a few days, all depending on the

kind of surface and temperature. What scientists do know is that the most common spread of coronavirus is through person to person contact. So the good news is that simple disinfectants can kill the coronavirus on surfaces, so if transport, schools, business, and other public places sanitize their spaces, it can reduce the risk of contracting the virus from surfaces.

Source: UNICEF

BUSISIWE MATLOU (GLFM) - SOUTH AFRICA

QUESTION: "How do I get tested for COVID-19, and how much does it cost?"

RESPONSE: Every city, community, municipality, and province has different resources and accessibility to COVID-19 testing. For example in the Western Cape, the government has decided not to test people under the age of 55 in the public sector unless they are showing

symptoms and are admitted to hospital. Outside of this, some schools may sponsor tests for students and some medical aid schemes will cover a COVID-19 test which usually costs between R800-900. Also, Dischem offers tests for R850 as well as free tests for South Africans that are both unemployed and without medical aid.

Source: Business Insider

JORDY (KINSHASA) - DEMOCRATIC REPUBLIC OF THE CONGO

QUESTION: "I would like to know if the coronavirus can also infect young adolescents?"

RESPONSE: Coronavirus can indeed infect young people. One of the biggest misconceptions or misunderstandings about the coronavirus is that it only affects and can kill older people or people with preexisting

conditions/comorbidities. While these groups of people may have more compromised immune systems and therefore have a harder time fighting the virus off, young people can be affected and become ill as well.

Source: World Health Organization

SITHEMBILE DAZA (ALEX FM) - SOUTH AFRICA

REFLECTION: "I don't know how I feel really about COVID-19, but I've been following the precautions. I've been treating myself as if I have the virus so I can stay home and avoid being infected or infecting others. And the saddest thing is that people are not taking this seriously. They are just living their lives normally. I don't know if maybe it's a good thing - so they don't panic. Otherwise I'm not thinking too much about it anymore. I'm not as scared as before and I'm just trying to adjust to this new normal."

RESPONSE: It is hard to find ways to take the virus and the new normal seriously and be on

the same page as family, friends, and peers. Sometimes, it can help to have a conversation about where you are coming from. Start off by saying, "This is my perspective on this and why I am concerned." You can also ask people about where they get their information from. If they don't seem to take it seriously, share an article with them with some facts about the virus. It's very important to take the pandemic seriously because it is deeply affecting lives and we as a collective people have the chance to help by stopping the spread and adjusting our lives.

Source: Johns Hopkins