

COVID-19 POSITIVE CASES RISING AGAIN

Please protect yourself



PLATINUM
HEALTH

South Africa has seen a gradual increase in COVID-19 cases over the past week. On 15 November 2021, **262** new cases were recorded with a positivity rate of **1.1%**.

On 21 November, **687** new COVID-19 cases were recorded with a positivity rate of **3.4%**. Please do NOT let your guard down. Be aware of the risk of being exposed to COVID-19!

Patients who are HIV positive

If you are HIV positive and have not started treatment yet, you are at risk of COVID-19. One has to approach your healthcare professional urgently and request to be placed on treatment. Viral load suppression is the most important factor in reducing the risk and complications of COVID-19. Viral load suppression may be achieved between 6 weeks and 6 months of starting treatment. Platinum Health has always provided the best available treatment for HIV and will continue to do so in ensuring your health is prioritised.

Patients with chronic disease

Chronic diseases is also related to poor outcomes in COVID-19 infection. If you suffer from high blood pressure, Diabetes, Heart disease, asthma or any other chronic illness, please ensure that you consult your healthcare practitioner for treatment. Please take your medication as prescribed.

Control of your chronic disease will be a great factor preventing complications associated with COVID-19 infection.

Boost your immune system

Ensuring that you have optimal nutrients and vitamins is also vital to your immune system. You require vitamin C, vitamin D, Vitamin B and Zinc. Please ensure that you do take these. Platinum Health does provide this medication in a combination single pill. Please request this from your Platinum Health pharmacy or your healthcare provider. Also make sure that you spend some time in the sun. This is vital to active vitamin D in your system.

Protect yourself and those around you:

- Get vaccinated with the COVID-19 vaccine
 - Always wear a mask when in public.
 - Practice social distancing
- Wash or Sanitise your hands regularly
- Avoid crowded areas and clustered functions.