

New COVID-19 **Omicron** variant in South Africa



South Africa (and other parts of the world), have been placed in a very precarious position with the identification of the Omicron variant of SARS Corona Virus-2.

In the past two weeks the numbers of this particular variant has grown exponentially. Our scientists must be lauded for the intelligence, efficiency and transparency in reporting their findings of the Omicron variant to the World Health Organisation (WHO) promptly.

The extent of the severity of the disease the Omicron variant causes is still being assessed, and while scientist are decoding it, it is of utmost importance that our focus remains on staying safe and protected. Key to this is to remain calm and not to create panic.

Let us approach the Omicron variant exactly as we did during the first three waves:

- Always wear a mask when out in public or at work.
- Wash or sanitise your hands frequently.
- Always keep a safe social distance from others.
- Avoid crowded and clustered environments (parties, weddings, funerals, etc.)

The most significant tool of combating Omicron at this stage is vaccination.

Get your jab, its available, its free and its for your safety and protection against severe disease.

Control your comorbidities

(e.g. HIV, Diabetes, Hypertension, Cancer, TB, Asthma, Autoimmune conditions, etc.)

by continuing with your usual treatment and make sure you never miss a day of medication.

Let's all work together and protect each other.