

THIRD COVID-19 WAVE IMMINENT

as 3 provinces show upward trend



PLATINUM
HEALTH

The Platinum Health daily COVID-19 infections remains low. It is nevertheless very concerning that in North West; Free State and Northern Cape there is a significant upward trend, which could be the start of the “third wave” of COVID-19 if not managed.

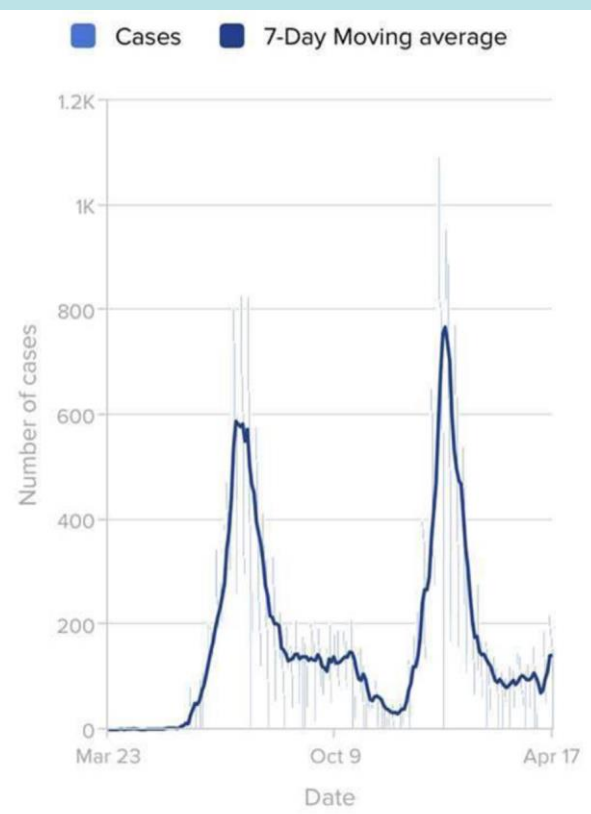
These three provinces have a combined population of 8.1 million according to Statistics South Africa; which is 13.9% of the total population.

In the graphs below you will note that in the past 24 hours:

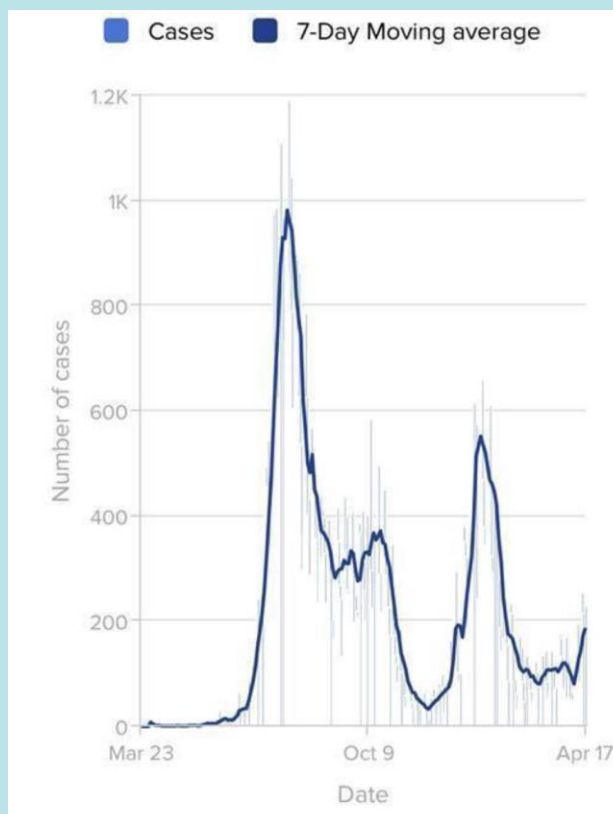
- North West has recorded 157 COVID-19 cases.
- Free State 231 has recorded 231 COVID-19 cases.
- Northern Cape has recorded 126 COVID-19 cases.

This gives a total of **514** new COVID-19 cases compared to the total for South Africa of **1 325**. Therefore, whilst these three provinces make up **13.9%** of the population, their COVID-19 infections make up **38.8%**.

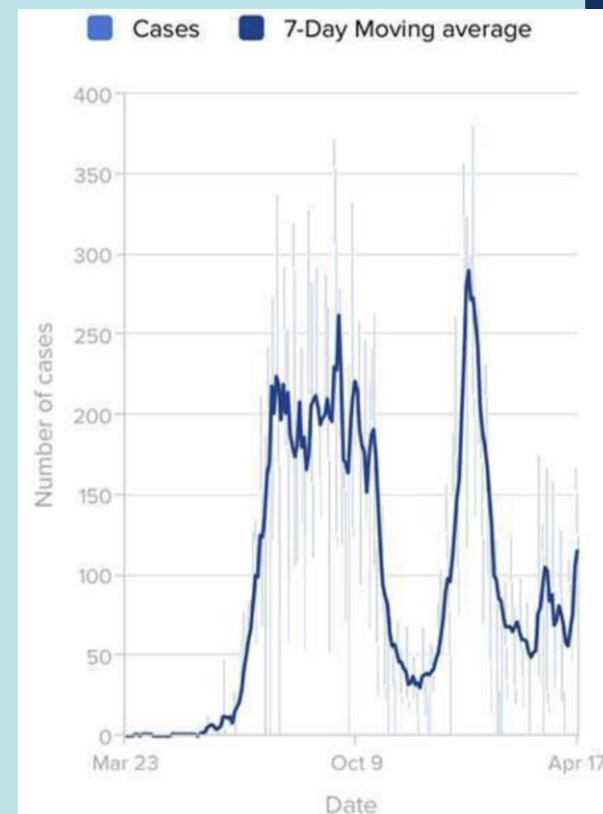
NORTH WEST



FREE STATE



NORTHERN CAPE



HOW TO PROTECT YOURSELF

- If you are HIV+ and not yet on treatment, see a doctor as soon as possible to go on treatment.
- If you are HIV+ and you are on treatment, but not yet viral load suppressed, continue taking your medication as prescribed by your doctor. *It takes between 6 weeks to 6 months to become viral load suppressed. So, the sooner you consult at a Platinum Health facility, the better!*
- Ensure your blood sugar levels are controlled if you have diabetes.
- Ensure you loose weight if you are obese.
- Ensure you take your chronic treatment as prescribed.
- Wash and sanitise your hands frequently.
- Always wear your face mask in public and at the workplace.
- Stick to the rules of social distancing.
- Keep your immunity levels high by taking supplementary vitamins (vitamin C, Zinc and multivitamins).