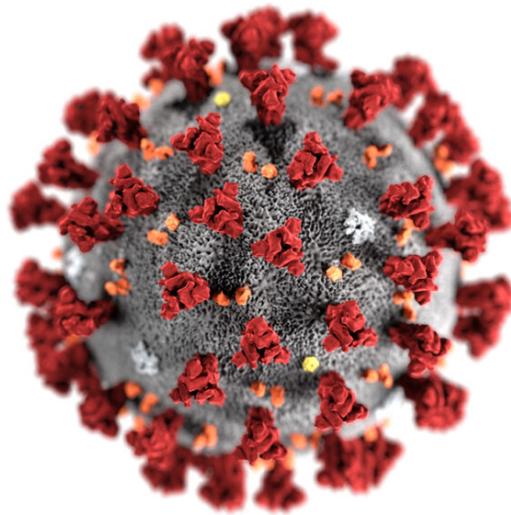


Coronavirus update: what you need to know

The Third Wave

Amidst the emergence of the Third Wave of COVID-19, and setbacks in vaccine delivery allocated to South Africa, we are undoubtedly in a complex phase of the pandemic and the vaccine rollout. People are anxious. On a whole though, the pace of progress is largely in line with the stated goals of the Mass Vaccination Programme.



- The Third Wave is here: Without population-level immunity, and sufficient shifts in individual behaviour, a third wave was always anticipated. It is now here, and well established in multiple provinces.
- Given the escalation in daily new cases in certain provinces, you must therefore remain highly vigilant and adhere strictly to mask and social distancing protocols.
- The current snapshot is promising: we are currently vaccinating 90,000 per day; and vaccine supply is sufficient to vaccinate the elderly and vulnerable by end of August.



Frequently clean hands by using alcohol-based hand rub or soap and water.



WEAR A MASK

It is now an offence to not wear a mask in public spaces.



SOCIAL DISTANCE

Ensure you are at least 1.5 meters apart from other people.



AVOID THE SICK

If you have any covid symptoms do not enter the workplace.

Mass Vaccination Programme

Over 60 – 1 st dose	Over 60 – 2 nd dose	Under 60
<p>If you are registered on the Discovery Vaccination Portal/EVDS you will be scheduled for your vaccination.</p> <p>Visit your local public vaccination site, some allow walk-ins but queues can be long so best to register with EVDS.</p>	<p>The interval between the 1st dose and 2nd dose of the Pfizer-BioNTech vaccine is now 42 days (six weeks).</p> <p>You will automatically be registered for your 2nd dose and do not need to register again. When it's your time, you will receive an appointment via SMS from EVDS for a particular site.</p>	<p>Those under 60 are not yet eligible for vaccination. Once there has been sufficient coverage of Phase 2, Phase 3 will involve vaccinating the remaining adult population.</p> <p>The National Department of Health will announce when registrations will open.</p>

Covid update continued: signs and symptoms



Symptoms

SERIOUS COVID-19 SYMPTOMS REQUIRING IMMEDIATE MEDICAL CARE

- If you develop any of these symptoms, call your healthcare provider or health facility and seek medical care immediately.
- This is not an exhaustive list. These are the most common symptoms of serious illness, but you could get very sick with other symptoms – if you have any questions, call for help immediately.



Shortness of breath/ Difficulty breathing



Loss of speech or mobility or confusion



Chest pain

MOST COMMON SYMPTOMS



Fever



Cough



Tiredness



Loss of taste or smell

LESS COMMON SYMPTOMS



Sore throat



Headache



Aches and pains



Diarrhea



A rash on the skin or discoloration of fingers or toes

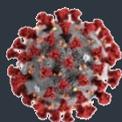


Red or irritated eyes

Source: World Health Organisation (WHO)

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POINTS TO NOTE

Vaccine

WearCheck remains committed to supporting our staff. We will help staff register for the vaccine and also assist them getting to vaccination sites.

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Please familiarise yourself with the Covid Process Flow chart for the actions to take should you be exposed to the virus.

STAY INFORMED

- Read local news sources
- Follow the WHO website
- Speak to your HR representative



Link: World Health Organisation ([WHO](https://www.who.int))