

## Supporting you during COVID-19

There is no more important time than now for us to be involved in your care during the current COVID-19 pandemic. We understand that members with specific conditions who are considered to be at higher risk of complications for COVID-19, need to take extra preventive measures and precautions during this time to avoid contracting this illness.

### How to stay healthy?

Following the latest government measures to combat the spread of the COVID-19 virus, you are most likely already staying at home. It is however still important to follow social distancing and preventive measures such as:

- Working from home or any other suitable working environment
- Avoiding unnecessary person-to-person contact especially with people who are sick, including close family members
- Following basic hygiene measures, such as proper handwashing for at least 20 seconds with soap and water, especially after going to the bathroom; before eating; after blowing your nose, coughing, or sneezing; and before and after coming in contact with others
- Get your flu vaccine ahead of the flu season. The vaccine is available, and pharmacy clinics will remain open during this upcoming period.

### Who is at higher risk?

Global data shows that some people are at higher risk of getting a more serious illness from COVID-19, such as:

- Older adults: 60 years and older
- People who have serious chronic medical conditions like, heart disease, diabetes and lung disease.
- Oncology patients

We also advise extra care for those who may be:

- Pregnant
- Immunocompromised (have lower immunity)
- HIV positive
- Oncology patients
- Chronic renal patients
- Registered for additional chronic conditions
- Transplant patients.

### What you should do if you have a chronic illness, fall ill or develop symptoms of COVID-19?

If you are living with a chronic illness, make sure you have made all the necessary arrangements with your treating doctor for the ongoing management of your condition. Pharmacies will continue to provide a service to you and have provided assurance that the supply of medicines will be maintained.



**ANGLOVAAL**  
GROUP MEDICAL SCHEME



Seek medical advice should you develop symptoms of COVID-19 disease. Symptoms of COVID-19 may include a fever  $>38^{\circ}\text{C}$ , dry cough, sore throat and shortness of breath.

For more information, visit our dedicated [COVID-19 information page](#).

Stay informed and stay healthy! Let's all do our part to prevent the spread of COVID-19.