

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.

Seek medical advice by first calling your doctor, should you develop symptoms of COVID-19 disease. This will prevent medical facilities from becoming overcrowded with people, possibly spreading the infection to others. 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:
<https://www.engenmed.co.za/portal/embf/engen-novel-coronavirus-covid-19>.

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