

CORONAVIRUS UPDATE

17 March 2020

Dear Patient, as a health professional your health is my top priority. Whilst we are dealing with the Coronavirus pandemic, here are some guidelines: If you have been in contact with someone who has been diagnosed, who has been travelling, or if you yourself are unwell with symptoms of fever, cough or difficulty breathing, it is advised to get tested for CoVid-19.

Step 1: The NICD Helpline is 0800029999.

Step 2: Fill in the forms on the website: : http://www.nicd.ac.za/wp-content/uploads/2020/02/COVID_19_PUI_Form_v3_Contact_list_v5_Elect.pdf

Step 3: Inform the lab of your intention to be tested

Step 4: After testing, self-isolate until results are finalized.

Lancet and Ampath labs are also testing, however it is necessary to speak to us on how to go about this.

If you suspect you are infected, it is **STRONGLY** advised to stay at home, contacting your health professional by phone. Before you book a medical appointment, please call ahead, informing us of your symptoms or your contact with infected persons. This is to ensure that we can quickly guide you to the correct healthcare facility, to also limit any further spread of infections, and so that doctors can continue to treat patients and not get infected accidentally.

Please follow the guidelines from WHO:

1. Wash your hands regularly with soap and water for a minimum of 20 seconds. If this is not possible, use an alcohol-based hand sanitizer.
2. Avoid handshakes and touching common surfaces.
3. Maintain social distancing of more than 1 metre from people, especially those who are coughing and sneezing
4. Avoid touching eyes, nose and mouth
5. Follow good respiratory hygiene. Cough or sneeze into your bent elbow or tissue. Discard the tissue immediately.

The main treatment for the virus is to support the immune system. For most cases, symptoms are mild and can be managed at home. We can support the immune system with homeopathic & supportive medicines such as appropriate immune boosters, and this can all be arranged telephonically as the need arises. The most important part of recovery is rest and self-isolation for at least 14 days. This means staying at home at all times. If you are presenting with shortness of breath, it is important to contact your doctor, hospital or the NICD helpline for adequate management. The Department of Health also has a dedicated WhatsApp number: 0600123456. Send a message "Hi" and they will send updated info.





For all day to day, chronic illnesses or other medical needs, we are always available to you and will do so through many channels, including normal consultations, calls and skype as need be. We are taking the utmost care of hygiene practices, sterilizing our offices and making sure linen is changed after each patient.

Yours in good health,

Dr Leanne Scott