

**Discover News-sheet  
for colleagues in Africa  
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**Prepare for the Coronavirus!**

Dear Friends,

Be prepared. The new coronavirus, now known as Covid-19, was first encountered in December 2019 in Wuhan, China. The first case in Sub-Saharan Africa was reported today – in Nigeria. The virus has already affected over 80,000 people around the globe, causing over 2,700 deaths.

We need to take it seriously.

The virus can cause pneumonia. Those who have fallen ill suffer coughs, fever and breathing difficulties. In severe cases there can be organ failure. As this is viral pneumonia, antibiotics are of no use. The antiviral drugs we have against flu will not work. If people are admitted to hospital, they may get support for their lungs and other organs, as well as fluids. Recovery will depend on the strength of their immune system. Many of those who have died were already in poor health.

So what can we do?

**1. Make sure we have a strong immune system.**

Discover members know all about that, eat plenty fruit and vegetables, include raw garlic in your diet, and drink artemisia tea. Garlic and artemisia are known to limit the effect of viruses. Also take plenty exercise. Avoid polluted air and drink only clean water.

Read more on the Discover website here:

<https://tinyurl.com/sk58v6c>

**2. Be very diligent with hygiene.**

The World Health Organisation recommends the following.

Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

**Wash your hands frequently**

Wash your hands regularly with soap and water. If possible, every time you arrive home. Always before preparing food or eating and after using the toilet.

**Why?** Washing your hands with soap and water kills viruses that may be on your hands.

Read more on the Discover website here: <https://tinyurl.com/uzrjdel>



## **Keep some distance from others**

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

**Why?** When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

## **Avoid touching eyes, nose and mouth**

**Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

## **Practice respiratory hygiene**

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

**Why?** Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

## **If you have fever, cough and difficulty breathing, seek medical care early**

Stay at home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

**Why?** District health authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

WHO source: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

If you are found to be infected with the virus, you will probably be required to stay away from other people for two weeks. Take care!

Is this information helpful? I would be happy to receive further advice and comments on this topic.

Best wishes – and stay healthy!

Keith

