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*Chartered 6<sup>th</sup> October 1992*



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**Meeting Venue**  
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Pinelands

**Meeting Time**  
17h45 for 18h15

**Face book page**  
Pinelands Rotary, Cape  
Town Facebook

**19<sup>th</sup> MARCH  
2020**

**Message from:**

Tanya Stone

**Paparazzi**

*Editor*

*Pinelands Rotary Club*



**Thursday 19<sup>th</sup> March 2020**

**Dear Fellow Rotarians**

As promised, updated news on the COVID-19 is below.

There is a lot of panic amongst people, which is totally understandable, but we can be proactive and follow the "rules" for ensuring safety.

Most importantly is to have a positive mindset, which means making positive thinking a habit, continually searching for the silver lining and making the best out of any situation you find yourself in. Yes, hard work, effort, and persistence are all important, but not as important as having that underlying belief that you are in control of your own destiny.

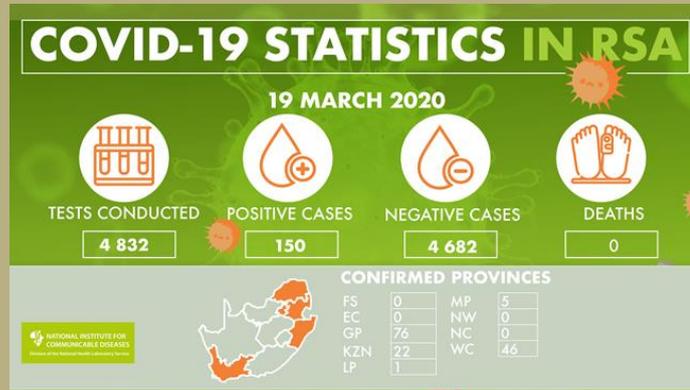
In my bulletins, I will also be inserting advice which includes effective 'working from home' action plans, ideas to survive the 'cabin fever' and some humour to lighten the mood in this global crisis.

**STAY SAFE AND TAKE CARE**

# COVID-19 VIRUS STATISTICS UPDATE

Today's latest news in South Africa, Thursday 19 March  
South African coronavirus cases at 150

This new figure is up 30% from the previous overnight tally of 116 infected, with 34 new cases



## Stay Informed

Stay informed on #COVID19  
Join the WhatsApp support for South Africans

Say "Hi" to  
**0600 123 456**

or go to [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)



#coronavirus



## HOTLINE

**Coronavirus**  
Hotline: 0800 029 999



## Second staff member at UCT tests positive for coronavirus

The University of Cape Town (UCT) confirmed on Thursday 19 March that a second staff member has also tested positive for coronavirus.

The staff member is currently in self-isolation for the next two weeks under the supervision of the Health Department.

Contact tracing has already begun to identify the people who were in close contact with the staff member and they are all asymptomatic at present. They are currently in quarantine at home and are being monitored.



## South African cricketers in self-isolation

Joining the likes of the Blue Bulls and Lions, members of the South African cricket team have been told to undergo a 14-day period of self-isolation and social distancing to prevent the spread of coronavirus following their return from an aborted tour of India.

The players arrived back in South Africa on Wednesday — 10 days after departing on a tour during which they played no cricket.

The first of three scheduled one-day internationals was abandoned without a ball bowled because of rain and the remaining two were cancelled. Cricket South Africa's medical officer, Dr Shuaib Manjra, said the team had effectively been in isolation in India and had travelled on chartered flights and coaches in a sanitised environment.



## COVID-19 cuts SAA, SA Express's wings

South African Airways (SAA) — the country's debt-ridden national carrier under business rescue — cancelled 162 flights scheduled to depart in March in response to low demand for air travel amid the travel bans effective from Wednesday due to the spread of the coronavirus

Its subsidiary and budget airline, SA Express, announced overnight that it was suspending operations starting Wednesday until further notice.

## ***New coronavirus laws: You can now be jailed for these offences.***



*There are now laws put in place for those who spread fake coronavirus news, those who refuse to be quarantined once suspected of carrying the virus or testing positive, and for those who are purposefully spreading the coronavirus — yes, it's possible.*

## ***Here are the new coronavirus laws one should be aware of:***

### **1. Spreading fake coronavirus news**

According to the Department of Cooperative Governance and Traditional Affairs (Cogta), a person who spreads fake news regarding the coronavirus, will be held liable.

### **2. Convening Gatherings**

Any person who convenes a gathering, permits more than 50 people at premises where liquor is sold and consumed or hinders, interferes with, or obstructs an enforcement officer in the exercise of his or her powers, is guilty of an offence and, on conviction, liable to a fine or to imprisonment for a period not exceeding six months or to both a fine and imprisonment.

### **3. Purposefully spreading the virus**

If you intentionally misinterpret that you or anyone else has the coronavirus, it is considered a breach of the law.

If you don't think this is a big deal, think again. Falsely accusing a person of having the coronavirus could, unfortunately, attach an unwanted stigma to them which is never a good idea.

### **4. Refusing to be examined, quarantined or treated for the coronavirus**

If it has been confirmed that you have the coronavirus, you've been suspected of having it or you've been in contact with someone who has it, you cannot — by law refuse treatment or isolation.



## **Batten down the hatches: Mbalula bans cruise ships from entering ports**

The Transport Department imposed a blanket ban on cruise ships entering its ports, its latest step to curb the spread of coronavirus.

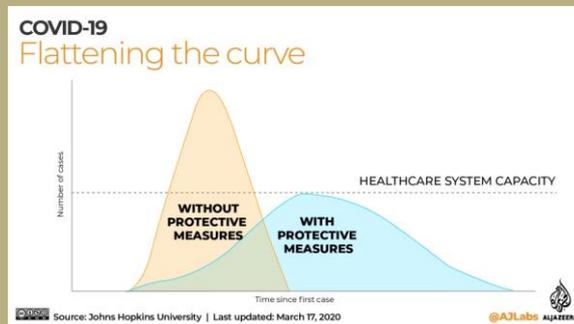
Transport Minister Fikile Mbalula spoke as more than 1 700 people were stranded on a ship off the coast of Cape Town owing to fears that some might be carrying the virus.

"With effect from today, no cruise ships will be permitted to call into South African ports or will any be allowed to leave our shores," Mbalula told a news conference in Cape Town.

Unveiling new regulations, Mbalula also declared that "no passenger vessels will be allowed in our ports". This follows after the MSC Orchestra left for Mozambique without heeding regulations. According to Mbalula, the vessel will be quarantined when it returns.

## How to 'flatten the curve' through social distancing

It is essential to maintain social distancing - including staying at least 1.8 metres (six feet) away from anyone around you. The aim of social distancing is to slow the spread of the virus, giving global health systems more time to care for patients who need help, which is also known as "flattening the curve".



Social distancing is most effective when the infection can be transmitted via droplet contact (coughing or sneezing), which is the case with the coronavirus.

Cancellations of public events that draw large crowds, such as sports events or music festivals, are an essential part of social distancing, but avoiding smaller gatherings is equally important, according to Johns Hopkins University. Social distancing techniques that allow you to avoid crowds or crowded spaces are working from home instead of at the office, closing schools or switching to online classes, and visiting loved ones via electronic devices instead of in person.

## How to prepare for self-quarantine or lockdown



At least 14 days are recommended for a self-quarantine, while the duration of a lockdown depends on the decision of a local government.

Given the likelihood that more and more people around the world will be house-bound, preparing one's home for that eventuality is an increasing concern.

### ***Stock up on:***

Non-perishable foods, including shelf-stable beverages (including long-life), sauces, pasta, pulses, rice, cereal, crackers, tinned vegetables and dry goods, including tea, sugar, and coffee. Bread, rolls and meat can last weeks when frozen. Why not start baking bread???

Basic medical supplies, including over-the-counter medications to alleviate possible symptoms - which, in mild cases, have a lot in common with the symptoms of the common cold.

Medicines for fever, congestion, and cough are recommended. It is also important to keep a one-month supply of prescription medication on hand as well in case getting to a pharmacy for a refill becomes difficult.

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Cleaning and hygiene supplies needed would include soaps for handwashing, bathing, laundry, and cleaning, as well as disinfectants to keep surfaces clean.

Also important is preparing some activities that can be undertaken within the home, whether a list of books to read or an entertainment or exercise routine without going out.

Communicate with colleagues, family and friends by phoning, via skype, WhatsApp, or email.

## **Keep in virtual touch!**

**Those who miss the gym,  
try this novel trick at home in the kitchen**

<https://twitter.com/i/status/1240282344893960200>



**One way of doing it!**

*Until tomorrow for updated news*

*Tanya*

