

**PRESIDENT**

*Frank Matose*  
*fmatoase@gmail.com*

**SECRETARY**

*Peter Sharples*  
*petershrpls@gmail.com*

**TREASURER**

*Dez Jansen*  
*dez@vuyainvest.co.za*

**EDITOR**

*Tanya Stone*

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



**Address**

PO Box 428  
Howard Place  
Pinelands  
7405

**Meeting Venue**  
Helen Keller Society  
Pinelands

**Meeting Time**  
17h45 for 18h15

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

**Friday**  
**26<sup>th</sup> MARCH**  
**2020**

**Message from:**  
Tanya Stone

**Paparazzi**  
*Editor*  
Pinelands Rotary Club

**Thursday 26<sup>th</sup> March 2020**



Dear Fellow Rotarians

## **Coronavirus: SA to go on lockdown**

On Monday Evening 23rd March, in a televised address to the nation, the President announced that lockdown is necessary in order to save lives in light of the Coronavirus.

I personally think this is the best decision made to combat this pervasive pandemic. It was impending.

South Africans will be required to stay at home from midnight on Thursday 26th March 2020 until midnight on Thursday 16th April.

It is important for all of us to support one another in this time of isolation. We are all in this together. We need to stay level-headed.

There is fear and trepidation amongst us as to what the future holds. Let's endeavour vigorously to win this battle.

Updated news and articles are below.

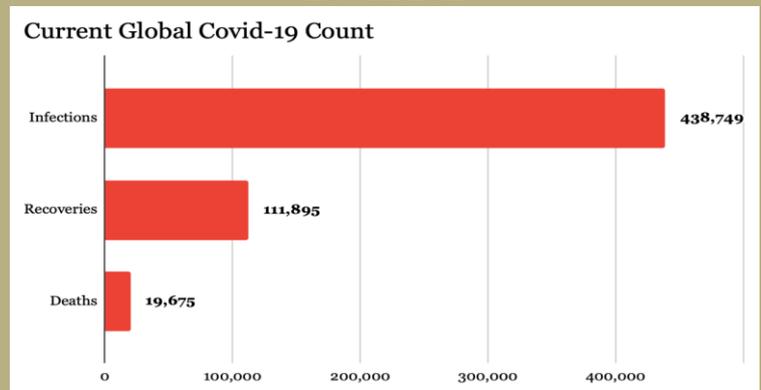
**Take care and stay safe**  
*Tanya*

# COVID-19 CORONAVIRUS PANDEMIC NEWS UPDATE GLOBAL

Today  
26<sup>th</sup> March

Coronavirus Cases:  
473,682  
Deaths:  
21,344  
Recovered:  
114,787

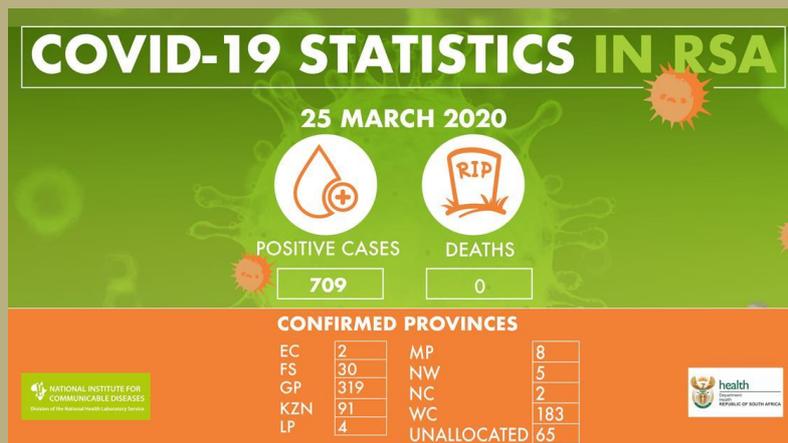
Yesterday  
25<sup>th</sup> March



## UPDATE SOUTH AFRICA

Thursday 27<sup>th</sup> March

Latest statistics in South Africa.  
South Africa now has **709** confirmed cases.  
This is the single largest jump since the virus was first reported in the country.  
An update will be posted for today  
Visit: [www.businessinsider.co.za](http://www.businessinsider.co.za)



# LOCKDOWN!

## South Africans brace for 21-day lockdown as virus cases rise.

### *Midnight Thursday 26 March*

President Cyril Ramaphosa announces sweeping measures in a bid to stem outbreak.

"From midnight on Thursday, March 26 until midnight on Thursday, April 16, all South Africans will have to stay at home," President Cyril Ramaphosa said late on Monday in a televised address to the nation.

Ramaphosa stressed that people will still be able to leave their homes to seek medical care, buy food or collect a social grant.

All shops and businesses are to close, with the exemption of pharmacies, laboratories, banks, the Johannesburg Stock Exchange, supermarkets, petrol stations and healthcare providers.

Health workers, emergency personnel and security services will be allowed to work, while soldiers will be deployed to patrol the streets in support of the police.

South Africa's courts will remain open, once the national lockdown comes into effect on Friday.

Physical entry into courts has already been limited after the call for social distancing



## Frequently asked questions about the lockdown

**To stop the spread of coronavirus COVID-19, the National Government have announced a lockdown across South Africa which will begin at midnight on Thursday 26 March, and will continue for 21 days until midnight on Thursday, 16 April. Please stay at home during this time.**

### **What is a lockdown?**

A lockdown is an emergency protocol that requires all South Africans to stay at home except for essential purposes. Grocery stores, pharmacies, banks and other essential industries will remain open.

All non-essential activities are suspended.

### **How long will be lockdown be in place for?**

The full national lockdown will begin at midnight on Thursday 26 March, and will continue for 21 days until midnight on Thursday, 16 April.

### **What is the purpose of a lockdown?**

The nation-wide lockdown is necessary to fundamentally stop the spread of the coronavirus (COVID-19) in South Africa, but disrupting the chain of transmission.

It will prevent the spread of the virus and save the lives of South Africans.

### **What will I be able to do under lockdown?**

You will be able to:

- Seek medical care
- Buy groceries
- Visit the pharmacy
- Access banking services
- Get petrol
- Collect a social grant

### **What if I have an emergency?**

Emergency services including doctors, clinics, hospitals and pharmacies will continue to operate as usual.

### **Can I go to work?**

Only those who are doing jobs that are essential services will be allowed to go to work. If your job is not an essential service then you must stay at home. Companies that are essential to the production and transportation of food, basic goods and medical supplies will remain open.

### **Who will remain at work?**

All those whose job is an essential service will remain at work. A list of essential services will be published, including pharmacies, banks, supermarkets, petrol stations and healthcare providers. Companies that are essential to the production and transportation of food, basic goods and medical supplies will remain open.

### **Should I stock up now?**

Grocery stores and banking services will remain open throughout the lockdown period.

# COVID-19 testing stations in SA

**'Gift of the Givers'** is setting up Covid-19 testing stations across SA at discounted cost of R750, reports Cape Times (IOL)

The organisation is also providing medical professionals with protective gear and medical consumables to institutions that have run out.

## Who funds Gift of the Givers?

"South Africans! We don't have international funders! 99.9% of the money is from ordinary South Africans... South Africa is one of the most generous nations on Earth... People still dig into their pockets... Even for international projects... In 2011 when we responded to the famine in Somalia... A poor school in Orange Farm – the kids don't have shoes, they don't have lunch, they don't have a jersey in winter – gave us R41 000"

*Dr Imtiaz Sooliman, founder - Gift of the Givers*



For more detail, read  
**"Gift of Givers setting up testing stations across SA at a discounted cost of R750"** (Cape Times, IOL).

**or General Enquiries:**

E-mail: [support@backabuddy.co.za](mailto:support@backabuddy.co.za)

Phone: +27 62 163 2276

## CAN DOG OWNERS WALK THEIR DOGS OR NOT?



Health Minister, Dr Zweli Mkhize, has confirmed that **no** jogging or dog-walking will be allowed during the 21-day lockdown.

This follows his announcement on Wednesday morning that people would be allowed to jog and walk dogs responsibly.

I was thrilled to hear that we can walk our furry friends, but then he changed his mind on Wednesday. Dang...

"I hope we are now all clear. Your dogs will be walked around the house, not beyond that", Cele said at the briefing.

My suggestion is to play with them often with their "toys", balls and ropes (tug-of-war). Keep them entertained. Buy raw bones and hides to reduce boredom. Create a game for them to keep them active. Mind you, it will keep you busy as well!!!

# WORLD NEWS

## **The Prince of Wales has tested positive for coronavirus, Clarence House has announced.**



Prince Charles, 71, is displaying mild symptoms "but otherwise remains in good health", a spokesman said, adding that the Duchess of Cornwall, 72, has been tested but does not have the virus.

Charles and Camilla are now self-isolating at Balmoral.

Buckingham Palace said the Queen last saw her son, the heir to the throne, on 12 March, but was "in good health".

The palace added that the Duke of Edinburgh was not present at that meeting, and that the Queen was now "following all the appropriate advice with regard to her welfare".

A Clarence House statement read: "In accordance with government and medical advice, the prince and the duchess are now self-isolating at home in Scotland.

"The tests were carried out by the NHS in Aberdeenshire, where they met the criteria required for testing.

"It is not possible to ascertain from whom the prince caught the virus owing to the high number of engagements he carried out in his public role during recent weeks."

## **NEW YORK**

### ***The New York Times editorial board says "It's time for a national lockdown" in the US.***

In an op-ed titled "Coronavirus Is Advancing. All Americans Need to Shelter in Place,"

The board – made up of opinion journalists – write:

"We are not suggesting that Mr. Trump has the authority to order a national lockdown, much less advocating that he attempt to enforce one. Instead, we are urging him to use the bully pulpit to put pressure on, and provide political cover for governors to take the hard steps that are needed."

As the president's own health advisers warn, the worst of the coronavirus pandemic is yet to come. The nation's slow and spotty response has allowed the virus to spread to every state.

Modelling by researchers at the Imperial College London indicates that upward of two million lives could be lost to the pandemic unless America somehow manages to "flatten the curve."

## **HAITI**

### **Haiti president declares state of emergency over coronavirus**

The poorest country in the Americas is under lockdown, with airports, seaports, schools and factories closed.

Haiti has announced its first two cases of coronavirus. The president declared a state of emergency in a country with an already fragile healthcare system.

## **NEW ZEALAND**

### **New Zealand declares national state of emergency**

New Zealand has declared a national state of emergency.

Covid-19 coronavirus lockdown.

The whole of New Zealand is in self-isolation in battle against the virus.

## **UK**

### **We don't know UK-wide infection rate**

Dr Patrick Vallance, the UK government's chief scientific adviser, is asked about a recent Oxford University study which said as much as 50% of the UK population may have been exposed to the virus.

He says that they "don't know" yet how many people in the UK have had the virus, which is why more testing is vital.

## **Spain**

### **Spain overtakes China Coronavirus death toll**

Spain records 738 deaths in the past 24 hours.

Spain's coronavirus death toll has overtaken China's, climbing to 3,434, while a slowdown in the rate of new infections in Italy has raised hopes that the peak of its outbreak could be within sight.

## Climate change activist Greta Thunberg has revealed that she's likely had Covid-19, warning other people to stay safe.



Swedish climate activist Greta Thunberg said Tuesday that it was "extremely likely" that she had contracted Covid-19, after experiencing several symptoms following a trip to central Europe.

"Around ten days ago I started feeling some symptoms... I was feeling tired, had shivers, a sore throat and coughed," the teenage climate champion said in an Instagram post. Thunberg said the symptoms emerged after she returned from a trip around central Europe, and that she and her father had isolated themselves as a precaution.

As of Tuesday, Sweden had reported 2,272 confirmed cases, but only those with severe symptoms in need of hospital care and staff working with at risk groups are tested.

Therefore, Thunberg said she had not been tested, but said "it's extremely likely" that she had it, "given the combined symptoms and circumstances."

The 17-year-old also said she had now "basically recovered," but cautioned others, saying she "almost didn't feel ill."

She warned that others, especially young people, only experiencing mild symptoms might not know "they have the virus and can pass it on to people in risk groups."

"We who don't belong to a risk group have an enormous responsibility, our actions can be the difference between life and death for many others," she said.

In early March, Thunberg, who spearheaded the "school strike for climate" movement, called for a digital protest so as to avoid large gatherings that could exacerbate the spread of the new coronavirus.

She had invited activists to post photos of themselves with the word #ClimateStrikeOnline every Friday instead of attending demonstrations in the streets.

## Coronavirus: How to protect your mental health



Coronavirus has plunged the world into uncertainty and the constant news about the pandemic can feel relentless. All of this is taking its toll on people's mental health, particularly those already living with conditions like anxiety and OCD. So how can we protect our mental health?

Being concerned about the news is understandable, but for many people it can make existing mental health problems worse.

When the World Health Organization released advice on protecting your mental health during the coronavirus outbreak, it was welcomed on social media.

The fear of being out of control and unable to tolerate uncertainty are common characteristics of many anxiety disorders. So it's understandable that many individuals with pre-existing anxiety are facing challenges at the moment.

"A lot of anxiety is rooted in worrying about the unknown and waiting for something to happen - coronavirus is that on a macro scale," agrees Rosie Weatherley, spokesperson for mental health charity Mind.

## So how can we protect our mental health?

### *Limit the news and be careful what you read*

Reading lots of news about coronavirus can lead to panic.

Feeling anxious can make your thoughts spiral out of control and you start thinking about catastrophic outcomes. You are worried about your family, parents and other older people you know.

Usually you can walk away from a situation. This is out of our control now in lockdown.

Having long periods away from news websites and social media can help manage your anxiety. Limit the amount of time you spend reading or watching things which aren't making you feel better.

Perhaps decide on a specific time to check in with the news.

There is a lot of misinformation swirling around - stay informed by sticking to trusted sources of information.

### *Avoid burnout*

With months of the coronavirus pandemic ahead, it is important to have down time.

Continuing to access nature and sunlight wherever possible. Do exercise, eat well and stay hydrated.

Anxiety UK suggests practising the "**Apple**" technique to deal with anxiety and worries.

**A**cknowledge: Notice and acknowledge the uncertainty as it comes to mind.

**P**ause: Don't react as you normally do. Don't react at all. Pause and breathe.

**P**ull back: Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.

**L**et go: Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.

**E**xplore: Explore the present moment. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now. Then shift your focus of attention to something else - on what you need to do, on what you were doing before you noticed the worry, or do something else - mindfully with your full attention.

### *Have breaks from social media and mute things which are triggering*

Social media can be a trigger to anxiety if you feel compelled to stay informed and research the subject.

Be careful about which accounts you tune into and avoid clicking on coronavirus hashtags. Also try to have time away from social media, watching TV or reading books instead.

Mute key words which might be triggering on Twitter and unfollow or mute accounts

Mute WhatsApp groups and hide Facebook posts and feeds if you find them too overwhelming.

### *Stay connected with people*

Increasing numbers will join those already in self-isolation so now might be a good time to make sure you have the right phone numbers and email addresses of the people you care about.

Agree regular check-in times and feel connected to the people around you.

If you're self-isolating, strike a balance between having a routine and making sure each day has some variety.

It might end up actually feeling like quite a productive three weeks.

You could work through your to-do list or read a book you'd been meaning to get to. Spend time in the garden. Grow vegetables and watch them flourish!



## Free online courses from edx



### Prevent boredom!!

Those of you who are keen to study free online, there is a variety of courses that may take your interest and it is free of charge.

Use those brain cells to keep busy and learn.

Visit: <https://www.edx.org/school/edx>

*Recommended by Derek Watts, Carte Blanche, who has taken up studying a few courses.*

EdX is a non-profit created by founding partners Harvard and MIT. We're bringing the best of higher education to students around the world. EdX offers MOOCs and interactive online classes in subjects including law, history, science, engineering, business, social sciences, computer science, public health, and artificial intelligence (AI).



## ***PUBLIC HOTLINE***

**National hotline: 0800 029 999**  
**Provincial hotline: 021 928 4102**  
**Email: doh.dismed@westerncape.gov.za**  
**WhatsApp "Hi" to 0600 123 456**

All lines are operational 24/7

**COVID-19**

Online Resource & News Portal  
[SAcoronavirus.co.za](http://SAcoronavirus.co.za)



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

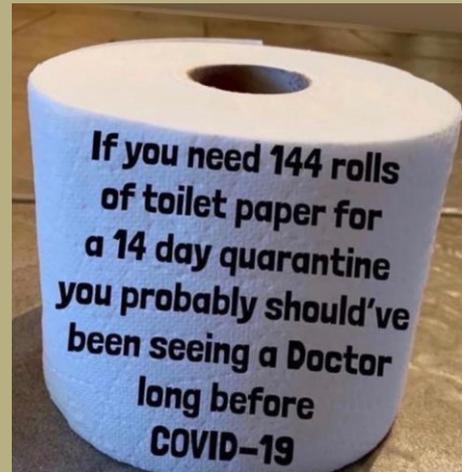
# ***LOCKDOWN boredom or progress***

## ***Things to brighten your mood***

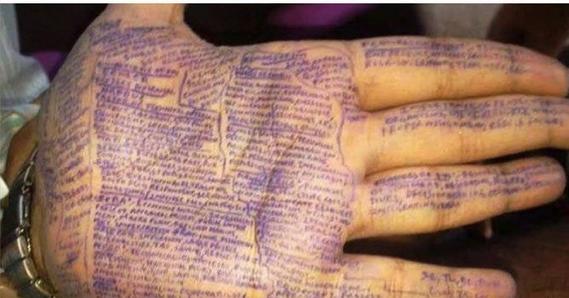
Day 3. I've learned to fold a fitted sheet



**YAY!!**



I washed my hands so much due to CODVID19, that my exam notes from 1995 resurfaced



**We are  
travelling !  
Today we visit the  
kitchen again - the  
Capital of our House :)**

Please take care every one, look after yourselves and your loved ones.

I will be in touch.

*Tanya*