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



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**Meeting Venue**  
Helen Keller Society  
Pinelands

**Meeting Time**  
17h45 for 18h15

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

**SUNDAY**  
**19 APRIL**  
**2020**  
**8<sup>th</sup> Edition**

**Message from:**  
Tanya Stone

**Paparazzi**  
Editor  
Pinelands Rotary Club



## Dear Fellow Rotarians

I hope you all enjoyed your weekend, if you are still counting track of time.  
I have friends and families asking "what day is it again?"

No doubt, you have Thursday 30th April etched into your memory for the proposed end of lockdown.  
I say proposed as we are not sure what Cyril will decide. I think restrictions will still take place, but to a lesser degree.

Cape Town had beautiful weather on the weekend, a little bit of rain and a gorgeous day on Saturday reaching 31<sup>o</sup> degrees.  
Unfortunately, beaches could not be visited, BUT let's be thankful that the weather is kind and we are not cooped up in our homes with rain, snow and bitter cold winds. A little bit of Vitamin D is necessary!

I am still amazed at what people are up to during the lockdown all over the world. One person was so bored they separated granules of coffee from the milk powder from a cappuccino sachet. Seriously??

Anyway, at least I feel good by not stooping that low. I have more important things to do...

Your news, articles and funnies are below.

Enjoy!



**Coronavirus disease (COVID-19) outbreak situation  
SUNDAY 19 APRIL 2020**

**PLEASE NOTE:** Figures are time of publish and fluctuate constantly

**2,345,331**

**Confirmed cases**  
Updated: 19 April

**161,191**

**Confirmed deaths**  
Updated: 19 April

**604,596**

**Recovered**  
Updated: 19 April

**211**

**Countries, areas or  
territories with cases**  
Updated : 19 April

# UPDATE



## SOUTH AFRICA Sunday 19 April 2020

**3,034**

**Positive Cases Identified**

Updated: 19 April

**903**

**Recovered**

Updated: 19 April

**52**

**Deaths**

Updated: 19 April

**108,021**

**Tests conducted**

Updated: 19 April

# NEWS SOUTH AFRICA



## Should alcohol, tobacco and outdoor exercise be banned?

By Daniel Steyn  
DM/MC



*A child waits to be served at a spaza shop in Ga-Mothapo near Polokwane, Limpopo province. Spaza shops remain the closest points where rural communities can buy daily provisions such as bread during the lockdown.*

The already fraught relationship between the public and state is being challenged by the imposition of regulations that limit our personal freedoms. Most of these regulations have been welcomed as necessary to fight Covid-19. But others, such as the bans on alcohol, tobacco and outdoor exercise, have been less celebrated. As the state decides whether or not to proceed with these regulations, there is a lot at stake.

South Africans across the board are experiencing unprecedented trauma. As clinical psychologist Liezl van Rooyen explains, “the effect of the Covid-19 pandemic filters through to the core fabric of our social and psychological selves – the nature and extent of its effect being determined by social class and privilege.”

For middle and-upper class South Africans, the threat is mostly existential and psychological. For working class and unemployed South Africans, the lockdown threatens their livelihoods. But in all cases, the psychological impact is severe, says van Rooyen.

Beyond the limitations on movement and economic activity, the banning of alcohol, tobacco and outdoor exercise, has greatly impacted South Africans’ lifestyles. The ability to deal with these limitations has mostly depended on income level – as those with the means to do so have stockpiled alcohol and tobacco, while those with enough space in their houses have been able to exercise.

The ban on tobacco is therefore “compounding a very difficult situation” and is “driving the divide between the haves and the have-nots”. Moreover, addicts may be likely to start smoking other, intoxicating substances. Horn believes the ban on tobacco was overall a bad idea.

Dr Hermann Reuter, a health activist working in George, is less critical of the ban on tobacco that kills 50% of those that use it, noting that “there are no physical harms involved when one stops smoking”.

The ban on alcohol is more complicated, says Horn. Alcohol-related incidents usually account for the majority of emergency room admissions, which have dropped drastically since the ban.

Reuter says that the “benefit of the ban is remarkable at society level”, noting that George Hospital has seen minimal alcohol-related admissions – “opening up many doctors and beds for potential Covid-19 admissions”.

It is probable that for those South Africans who depend on either alcohol, tobacco or outdoor exercise as a psychological coping mechanism, have found the bans severely challenging at this traumatic time.

Weighing up the pros and cons of the ban on tobacco and alcohol is complex. South Africa remains one of few countries that have opted to ban substances in response to Covid-19. In fact, it could seem like a rash decision that disregards both the daily contribution of the alcohol and tobacco industries to the fiscus – the estimated loss for 2020 is R14.4-billion, as well as the inability of the state to stop illegal trade and the looting of shops.

Since the ban was implemented, many South Africans have continued to drink and smoke during the lockdown, either by stockpiling, engaging in illegal trade, or preparing homebrewed alcoholic beverages. Even members of the police have engaged in the illegal trade of alcohol.

Dr Neil Horn, a private psychiatrist at an addiction treatment centre in Cape Town, says it is important to distinguish between tobacco and alcohol. Tobacco is not intoxicating, but is more addictive than alcohol and it leads to severe irritability and agitation on withdrawal.

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Reuter says that the “benefit of the ban is remarkable at society level”, noting that George Hospital has seen minimal alcohol-related admissions – “opening up many doctors and beds for potential Covid-19 admissions”.

While the alcohol and tobacco bans have certainly been unpopular, it seems that they have the potential to have long lasting positive effects. However, this would require careful and thoughtful implementation, with a consideration for both the psychological and medical effects.

The ban on outdoor exercise seems to be less complex, having caused heated discussion and speculation about the rationale, albeit mostly in privileged circles. But it is important to remember that outdoor exercise plays a crucial part in the socio-psycho-biological health of all South Africans.

Thembisile Gamzana, chairperson of the Khayelitsha sports council, says that overall, residents have been adhering to the lockdown regulations and there are fewer joggers on the roads. But he explains that many who used to depend on physical exercise as a pastime, are now forced to make do with their small living quarters, which are mostly shared with upwards of six people.

Most countries have not banned outdoor exercise: the UK has classified it an “essential activity”, while Paris has restricted exercise to morning and evening hours. The risk of transmission while exercising outdoors and practising social distancing is very low. But Health Minister Zwele Mkhize has said that permitting outdoor exercise “does not add any value in implementing the lockdown”.

According to Dr Andrew Lewis, an educational psychologist specialising in sport psychology, “physical exercise allows us to develop a healthy way of living, both physically and mentally ... [creating] ‘feel-good’ emotion in the brain which alleviates, amongst others, negative anxiety and depression.”

Exercising during lockdown is vital and all South Africans should be allowed to do so. Liezl van Rooyen explains that “incorporating a form of exercise during lockdown, even in a very basic form, may serve to build a sense of continuity and healthy routing, which in turn could foster a sense of mastery, goal-directedness and degree of stability ... in this time.”

The state is in a tricky position, not only as it balances economic impact with its Covid-19 response, but also as it increasingly becomes the custodian of our country’s mental and physical health.

As we continue in a time of isolation and limitation, a focus on universal, bottom-up and evidence-based interventions, rather than the indifferent imposition of state power, is imperative.

## Lockdown saves lives, on the empty roads

By Suné Payne  
DM



Minister of transport Fikile Mbalula.

A total of 28 road deaths were recorded during the Easter long weekend. This is a sharp drop from 2019's 162 deaths — but entirely to be expected in the middle of lockdown.

Transport Minister Fikile Mbalula announced a sharp drop in Easter weekend road fatalities — from 162 in 2019 to just 28 this year.

"This year's Easter holidays came against the backdrop of the Covid-19 pandemic, which led to a nationwide lockdown announced by the President," said Mbalula at a media briefing.

There had been a 70% reduction in traffic on roads due to the lockdown which started on March 27, he revealed.

His department has strict transport directives for the lockdown — rail services are cancelled, taxis and e-hailing services are only allowed to carry essential workers and members of the public needing health services and essential groceries. Also, public transport can only operate during peak hours.

"Our traffic law enforcement authorities had done extensive preparations for this period, which is ordinarily characterised by high traffic volumes to places of pilgrimage and holidays," said Mbalula.

"However, these plans were disrupted by the outbreak of the Covid-19 pandemic on our shores. This meant that schools had to close early, Easter pilgrimages cancelled and a ban imposed on travelling between metros, districts and provinces.

"Because of these measures, the number of vehicles dropped significantly over the Easter period, as the majority of people stayed at home in compliance with the lockdown regulations."

However, traffic official did report the following:

- 11 people arrested for drunk driving
- 1 driver caught speeding
- 184 vehicles stopped for breaching lockdown laws and forced to return home
- 719 arrests for violation of road traffic laws

The majority of the 28 people that died on the roads were largely pedestrians or passengers in overturned vehicles, said Mbalula.

Mbalula reiterated that most of the rules for transportation would remain in place for the 14 extra days of lockdown announced recently by the President.

"The Disaster Management Regulations published by the Minister of Co-operative Governance and Traditional Affairs, Minister Nkosazana Dlamini-Zuma, remain in force and have been extended for the duration of the extended lockdown period" said Mbalula.

Some amendments include the transportation of essential goods from ports to warehouse sites and the reopening of hardware stores under strict guidelines.

"In relation to movement of minibus taxis ... our law enforcement counterparts flagged a critical challenge that once taxis complete their morning run between 5am and 10am, these taxis park at the rank, resulting in a mass gathering of drivers at these ranks, which is prohibited.

"These taxis should be parked at places where they ordinarily park overnight and drivers should return to their homes to avoid indirect gatherings," said Mbalula. **DM**

## Coronavirus patients 'served maggots' at Durban hospital

By Sne Masuku  
Daily News



**Durban - The Health Department is investigating allegations that patients in isolation at Durban's Clairwood Hospital were being served stale food containing maggots.**

Patients, some of whom have been in isolation for more than 14 days after being diagnosed with the coronavirus, took to social media to complain about the food they were being served.

One of the patients, who would not be named for fear of victimisation, said: "The food was brought later than expected in the afternoon and while eating, we spotted maggots in the food. We have not been fed fresh food since we arrived here, but we have no other choice; hospital food is all we have.

"Life here in isolation is hard. We miss our children and families at home. We spend a lot of time thinking about whether we will see them again.

"We have to focus on getting better, but how can we do that when the hospital feeds us stale food with maggots? We had to expose this," a patient said.

Health Department spokesperson Ntokozo Maphisa said the department was "extremely disturbed and concerned" about the matter, which was now under investigation by management of the eThekweni health district, which oversees the functioning of Clairwood Hospital.

## Bank of China donates Personal Protective Equipment to Gauteng Health Department

By Staff Reporter  
IOL



Dr. Li Tao donated anti-pandemic materials to the Health Department of Gauteng on behalf of BOCJHB.

Covid-19 has spread across the world and the outbreak in South Africa has become increasingly severe. South African government departments, police and medical personnel are facing a shortage of protective equipment.

Recognising the severe challenges the epidemic presents, Bank of China Limited Johannesburg branch (BOCJHB) has actively promoted the anti-pandemic and anti-pandemic support work being done in South Africa.

On April 14, BOCJHB donated 30 000 face masks to the Gauteng Provincial Department of Health for medical workers on the frontline. The Vice Governor of Gauteng, the Deputy Director of the Health Department of Gauteng, Mr. Tang Zhongdong, Consul General of the Chinese Consulate General in Johannesburg, and the Dr. Li Tao, CEO of BOCJHB attended the handover ceremony.



## Confirmed: Comrades Marathon postponed

By ANA (African News Agency)

**JOHANNESBURG** – The Comrades Marathon has been postponed, Athletics SA (ASA) confirmed on Friday. With the lockdown in South Africa extended until April 30, ASA took the decision to postpone the ultramarathon which was scheduled to be held on June 14.

“In compliance, the suspension of all athletics activities is therefore also extended,” said Aleck Skhosana, president of ASA.

“This will remain in place until it is deemed safe for us to resume by the national government. This affects all fixtures and programmes from March 26 until April 30. We will review our position when the government issues new measures to be followed.

“The Comrades Marathon is therefore postponed from 14 June to a suitable date that will be determined between ASA, KZN Athletics and the Comrades Marathon Association as soon as conditions around the management of the virus allow us to under the guidance of the Government.”

## The Pick n Pay outlet, located in the Liberty Promenade Mall in Mitchells Plain, has been closed for failing to meet Covid-19 safety regulations

by Qama Qukula



The Labour Department has confirmed in a media statement that Western Cape inspectors closed the doors of the major retailer on Friday.

The store has been temporarily shut down after inspectors found the store to be “unsafe and in contravention of the Occupational Health and Safety Act no. 85 of 1993.”

Some of the contraventions included that:

- there was a high influx of people in the store
- the number of people in the store was not adequately managed
- the store could not manage the sanitising of patrons on entry
- social-distancing was not observed
- the store did not have the proper risk assessment in place

Department officials and police ensured that both workers and patrons were escorted from the premises.

The Labour Department issued the store with a prohibition notice, preventing any trading or operations from taking place at the Pick n Pay.

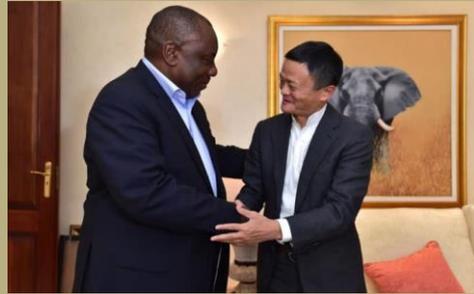
The notice will stand until the employer addresses all the matters as set out in the prohibition notice.

“The intention is not to permanently close businesses, but to get businesses to adhere to the Covid-19 regulations as set out in the law” says Provincial Chief Inspector David Esau.

## Does your business solve society’s problems? Enter this R28 million competition, says Jason Pau of the Jack Ma Foundation.

by *Kabous le Roux*  
Cape Talk

**Alibaba** co-founder Jack Ma is calling on small business owners in South Africa to enter the second edition of his **Africa’s Business Heroes** (ABH) competition.



President Cyril Ramaphosa greets Chinese internet giant Jack Ma.

ABH aims to identify and support African entrepreneurs of all ages and industries who are making a difference in their communities and economies.

The **Jack Ma Foundation** will pick 10 finalists to pitch their business for a share of about R28 million (US\$1.5 million).

Jack Ma is the richest person in China.

Alibaba is the world’s largest retailer and e-commerce company. Ma founded the Jack Ma Foundation in 2018 when he retired from Alibaba to pursue philanthropy.

### Who may enter the competition?

Business owners of all ages and industries from all 54 African countries may enter.

**Applicant must be the founder or co-founder of the company. Must hold African citizenship.** Alternatively, must be the child or grandchild an African citizen.

**The company must be registered and based in an African country.** It must operate primarily in Africa.

**The business must be three years old** or more and must have earned some revenue for the last three years.

[Click here to enter the competition.](#)

## Ryan Sandes runs 100 miles around his house during lockdown

### CAPE TALK:

JOHN MATHEM INTERVIEWS RYAN SANDES



LISTEN HERE

<https://omny.fm/shows/the-john-maytham-show/ryan-sandes-runs-100-miles-around-his-house>

## Department of Basic Education postpones May/June matric rewrite exams

By ANA Reporter  
Apr 18, 2020



**PRETORIA** - The basic education department has postponed the May/June amended senior certificate (old matric) and national senior certificate examinations.

This is the matric examination which was to be written by more than 350,000 part-time candidates and includes those who did not meet the pass requirements in the 2019 final exams, as well as those who sought to rewrite to improve their marks, the department said in a statement.

Basic education department director general Mathanzima Mweli had written a letter to the heads of provincial education departments confirming the changes in the plan for the examinations.

"The advent of the Covid-19 virus has led to the early closure of schools during the first term and the declaration of a 21-day lockdown by the President of the Republic of South Africa, commencing from 26 March and concluding on 16 April 2020. The lockdown has since been extended until Thursday, 30 April 2020. This has resulted in a disruption to schooling and hence the writing of May/June 2020 examinations has to be re-scheduled," said Mweli.

The May/June 2020 examination was scheduled to start on Monday, May 4 and conclude on Friday, June 26.

"At the Hedcom [heads of education departments council] meeting of 10 April 2020, it was agreed that the May/June examination should be merged with the November 2020 examination."

"The details regarding the merged June and November examination will be communicated to you in due course. Candidates will be informed regarding registration, examination centers and time-tables," he said.

The department urged all candidates to continue their preparations. Learning and revision material had been made available on the department's website.

The second chance matric support programme link on the website was still available to assist especially those who had been studying independently as part-time candidates, the statement said.

*African News Agency*

## Tshwane Disaster Fund set up to help those in greatest need

By GOITSEMANG TLHABYE  
IOL



*City spokesperson, Selby Bokaba*

**Pretoria** - Charity begins at home. And with those living hand-to-mouth being hard hit by restrictive movement imposed by the general national lockdown, city residents are being urged to donate to the newly formed Tshwane Disaster Fund.

This as city authorities continue to work with NGOs and other spheres of government to respond to Covid-19, especially when it comes to protecting the most vulnerable sectors of our community, such as the homeless and those living in informal settlements.

The city has reached out to businesses and individuals to contribute in any way they can to assist with efforts to provide food and other basic necessities to these communities on our doorstep.

City spokesperson Selby Bokaba said there had already been a positive response from residents. This was welcome, he said, as the crisis was stretching the city's financial resources.

With ABSA Bank Limited coming on board, they had launched the Tshwane Disaster Fund, which would allow for those wishing to make deposits, to do so, knowing their contributions would go to those within their own city.

"We would like to intensify our call to others who have not yet contributed, to pledge their support and offer donations in any form." Sheree Bega writes that Gift of the Givers has described the level of desperation there is for food.

"The callers are from every corner of the country," Africa's largest disaster response NGO said. "The pleading is incessant. They (the callers) have to feed a hungry child, a baby or someone ill. They don't have income, won't be getting paid, are not collecting UIF and probably don't have a job to go back to."

For its staff at the other end of the line, "the desperation, the deep sobbing cry, the insurmountable grief, is heart-rendering." Yesterday it distributed 100 000 food parcels nationwide, made possible through generous contributions of selected corporates and the public.

**DONATE:**

**TSHWANE DISASTER FUND**  
**Absa**  
**Account 4087207847**

# WHAT'S HAPPENING AROUND THE WORLD



## SPAIN

### Spain sees lowest coronavirus death count rise in a month, global death toll tops 160,000

Articles by *Natasha Turak* and *Joanna Tan*  
CNBC

18<sup>th</sup> APRIL 2020

New deaths from the coronavirus in Spain increased by 410 on Sunday, the lowest rise in deaths in around a month for the country with the third-highest coronavirus death count in the world. The daily death increase on Saturday was 565, and the total has reached 20,453, according to the Spanish.

Sunday's daily increase in deaths is the lowest since March 22. The peak in daily deaths thus far was 950 fatalities on April 2. The country's health ministry also reported an increase in cases to 195,944 from 191,726 on Saturday.

Spain is likely to extend its lockdown until at least May 9, but the government is considering easing some restrictions.

"We have left behind the most extreme moments," Spanish Prime Minister Pedro Sanchez said at a press briefing on Saturday, adding, "These achievements are still insufficient and above all fragile. We cannot put them at risk with hasty solutions."

—*Natasha Turak*

## MALAYSIA

### Malaysia confirms 84 new cases, 1 new death

Malaysian health authorities on Sunday confirmed 84 new coronavirus cases and one new death since Saturday, bringing the country's total confirmed cases and deaths to 5,389 and 89, respectively. —*Natasha Turak*

## PHILIPPINES

### Philippines reports 12 new deaths, 172 more cases

The Philippines' health ministry reported 12 new deaths from the coronavirus on Sunday, bringing the country's total death toll to 409. Its cases rose by 172 in the preceding 24 hours to a new total of 6,259, and reported 56 patients having recovered, bringing its total confirmed recoveries to 572, the ministry said. —*Natasha Turak*

## SINGAPORE

### Singapore reports 596 new cases

Singapore's ministry of health reported 596 new coronavirus cases on Sunday, taking its total cases to 6,588. The majority of the new cases come from dormitories that house migrant workers, as well as 25 permanent residents, the ministry said.

—*Natasha Turak*

## INDIA

### India sends 5.5 million hydroxychloroquine tablets to UAE

After placing a ban on exports of hydroxychloroquine last month, India has agreed to send a shipment of the medicine to the United Arab Emirates to treat coronavirus patients, the UAE's embassy in India said late Saturday. "The first shipment of medicine, currently on its way to the UAE, includes 5.5 million pills for treatment of patients with COVID-19," the embassy said in a statement late Saturday. Sales of the medicine have skyrocketed since Trump endorsed it as potentially effective for treating Covid-19. —*Natasha Turak*

## RUSSIA

### Russia sees biggest daily case rise yet at 6,060

Russia added another 6,060 new cases on Sunday — its highest daily rise yet, according to the Russian coronavirus crisis response center. The country's total cases have reached 42,853 in a month that's seen cases spike compared to previous months. —*Natasha Turak*

## UNITED KINGDOM

### UK not thinking of lifting lockdown measures yet



An empty Westminster Bridge is pictured in front of Britain's Houses of Parliament in central London.

The U.K.'s coronavirus lockdown, enacted nearly a month ago, will not be eased just yet, Cabinet Office minister Michael Gove said on Sunday.

"The facts and the advice are clear at the moment that we should not be thinking of lifting of these restrictions yet," Gove told Sky

News in an interview. The country has more than 115,300 confirmed cases of Covid-19 and more than 15,400 people in the U.K. have died from it, according to Johns Hopkins University. —

*Natasha Turak*

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*Turak*

## GERMANY

### Germany adds another 2,400 cases bringing total close to 140,000

Germany added another 2,458 new cases which brought its total number of infections to 139,897, the latest data from the country's public health institute showed on Sunday. The latest number of new cases reported was much lower than the 3,609 infections announced on Saturday and 3,380 announced on Friday.

According to the Robert Koch Institute for infectious diseases, the death toll now stands at 4,294 after 184 more people died.

Germany has the fifth largest number of reported infections world-wide, but its death toll stands relatively low compared to Italy, Spain and France which have reported at least 19,000 fatalities each, data from Johns Hopkins University showed.

— *Joanna Tan*

## UNITED KINGDOM

### UK's 'Captain Tom' Moore, 99-year-old war veteran, raises \$31 million for NHS



*World War II veteran Tom Moore is raising money for the NHS, by aiming to complete 100 laps of his garden by his 100th birthday at the end of April.*

The U.K.'s Captain Tom Moore, a 99-year-old World War Two veteran raising money for the country's frontline National Health Service workers, raised a whopping £25 million (\$31.3 million) on Sunday by walking 100 loops of his garden in a feat that has attracted worldwide media attention and praise from celebrities, government officials and royals alike.

"Congratulations to Tom. What he's done is utterly amazing. It's not just what he's done but it's the reaction that people have had as well. Just wonderfully British," Prince Harry told *Declassified*, a podcast for veterans, this weekend.

Moore had initially set out to raise £1,000 for the NHS by completing 100 rounds of 25 meters (82 feet) of his garden in Bedfordshire, central England before turning 100 on April 30. Using a walker with wheels, which he has used since breaking his hip, the retired army officer completed his goal on Thursday.

"I am still amazed by the amount of kindness and generosity from the U.K. public who continue to give despite it being an uncertain time for many," Moore said in a statement Saturday. — *Natasha Turak*

## SOUTH KOREA

### South Korea reports first single digit increase in new cases for the first time in 2 months

South Korea reported 8 new cases of Covid-19 on Sunday, data from the Korea Centers for Disease Control and Prevention showed. It was the first single digit daily increase for the first time in two months, according to Reuters. That brings the total number of reported cases in the country to 10,661. There were 2 additional deaths reported, bringing the total fatalities in the country to 234. — *Joanna Tan*

## SPAIN

### Spanish prime minister to call for longer but less restrictive lockdown



*A couple dancing on their balcony on April 18, 2020 in Madrid, Spain. Spain is beginning to ease strict lockdown measures to ease its economy,*

Prime Minister Pedro Sanchez is set to ask the parliament to extend Spain's lockdown until May 9, extending restrictions for another 15 days, Reuters reported. "We have left behind the most extreme moments," Sanchez said at a press briefing, the news agency said. These achievements are still insufficient and above all fragile. We cannot put them at risk with hasty solutions."

Spain has reported 194,416 cases of infection and 20,639 deaths so far, according to the latest data from Johns Hopkins University. It has the second highest number of deaths in Europe, after Italy — the number of fatalities in Spain surpassed the 20,000 mark for the first time on Saturday. The government imposed lockdown measures on March 14 and the nation started easing some of those restrictions earlier this week by allowing some sectors like manufacturing to reopen, Reuters said. — *Joanna Tan*

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*An empty Westminster Bridge is pictured in front of Britain's Houses of Parliament in central London.*

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## UNITED STATES

### Beaches in Jacksonville, Florida, reopen with restrictions amid coronavirus pandemic.

by Victoria Albert  
CBS

Some beaches in Florida reopened Friday night, after Governor Ron DeSantis gave the green light as long as social distancing is put in place.

Beaches in the north Florida counties of Duval, which includes Jacksonville, and St. John's County opened beaches at 5 p.m. Friday, CBS Jacksonville affiliate WJAX reports.

Beaches in Jacksonville Beach, Neptune Beach and Atlantic beach will now be open from 6 a.m. to 11 a.m. and 5 p.m. to 8 p.m.

#### **Allowed under the guidelines are:**

Walking and running  
Biking  
Fishing  
Dog walking, which is allowed during all hours the beaches are open  
Swimming  
Surfing  
Participating in recreational activities consistent with social guidelines

"This can be the beginning of the pathway back to normal life," said Jacksonville Mayor Lenny Curry. "Please respect and follow these limitations. Stay within the guidelines for your safety as well as for the safety of your neighbours."

[Read more here.](#)

### Passengers sue cruise lines, alleging COVID-19 negligence

By Khristopher J. Brooks  
CBS



Former passengers are suing Carnival-owned cruise lines and accusing company management and crew members of knowingly exposing them to coronavirus. In one case, the decision to continue boarding passengers caused a customer's death, lawyers representing a family said.

The most recent case, [filed this week](#), involves Susan and Michael Dorety of Texas, who boarded a Princess Cruise Line ship on February 21. Michael Dorety became ill while on board, according to court documents. He later died from coronavirus complications and Susan contracted the disease COVID-19, said Rusty Hardin, a Houston lawyer representing the couple.

"It is shocking to me that a cruise line that had just discharged coronavirus-infected passengers took on board a new group of passengers to then mingle with others who had been exposed," Hardin said in a statement, referencing the February [COVID-19 outbreak on a cruise ship](#) in Japan. "Princess had notice of the dangers. The Doretys did not."

[Read more here](#)

## U.S. hits 700,000 confirmed cases

By Victoria Albert  
CBS

More than 700,000 people have been diagnosed with coronavirus in the U.S., according to Johns Hopkins University. More than 36,000 people in the U.S. have died of the virus.



Medical workers work a night shift outside of a special coronavirus intake area at Maimonides Medical Center in New York City

### Doctors study possible virus treatment touted by Trump

By Jonathan Lapook  
CBS

Hydroxychloroquine, which is usually used to treat malaria, has been championed by President Trump for the treatment of COVID-19. But doctors say it's too early to be sure, and small studies have had mixed results.

Dr. Wesley Self at Vanderbilt University Medical Center is leading a clinical trial to see if it really works. "Hydroxychloroquine may help prevent the virus from entering cells in the body and therefore prevent it from replicating more or growing within the body," Self explained.

Tisha Holt, 42, is one of the first people who enrolled. She's been in the Vanderbilt ICU for four days. She told Self that she feels "weak," and that she has a lot of chest tightness and is "very sick." "I want it to work," Self said. "I see that it has promise but I also understand most promising drugs that are at this stage of research do not ultimately work."

The drug may raise the risk of an irregular heartbeat, but it has generally been a safe medication. Doctors and patients like Holt don't know who is receiving the drug and who is getting a placebo, the gold standard in research.

[Read more here.](#)

### Coronavirus claims life of 28th NYPD Officer

By Victoria Albert

The NYPD announced Friday that School Safety Agent Suzette Facey died Friday of complications related to the coronavirus. Facey had been with the department for nearly 15 years, the NYPD said.

Facey is the 28th NYPD officer to die of the virus, the NYPD added.

More than 5,900 uniformed members — 16.3% — of the NYPD called in sick on Friday, the department said, down from a high of 19.8%. More than 4,200 members of the NYPD have tested positive for the virus, and more than 1,600 have recovered and returned to work.

## FRANCE



### COVID-19 figures continue to decline

#### Daily infections, fatalities, hospitalizations, patients under intensive care decrease for 10th consecutive day in France

By Cindi Cook – AA (Anadolu Agency)  
19.04.2020

**PARIS** –France on Sunday reported 395 additional deaths related to the novel coronavirus for a toll of 19,718.

Total infections stood at 112,606 -- a rise of 784 -- Prime Minister Edouard Philippe and Minister of Health Olivier Veran said in a joint press conference on Sunday evening as infections and fatalities, as well as patient numbers under hospital treatment and intensive care fell for the 10th day in a row.

Some 231 deaths occurred in the hospital with 12,069 since the beginning of the outbreak, while 164 have been reported in nursing homes for a total of 7,649.

Hospitalizations went from 30,639 to 30,610, a drop of 29 people. The number of those in intensive care also fell from 5,833 on Saturday to 5,744 on Sunday, a drop of 89 patients.

"The situation is gradually improving, slowly but surely," said Philippe. Overall, 19,718 people in France have died due to the pandemic since it began in March, while 36,578 people have recovered from the disease.

Confinement and social distancing measures will remain in place until the current lockdown ends on May 11. Philippe and Veran emphasized that extreme care must still be taken.

"To imagine that the epidemic is behind us would be a mistake," cautioned Philippe.

In the capital, Mayor Anne Hidalgo began outlining post-confinement plans.

Hidalgo said that until mid-May, every Parisian would be required to carry a mask, adding that up to 1,000 tests would be conducted daily at the Hotel Dieu and the Rothschild Hospitals.

She also noted that vending machines distributing hand sanitizer would be placed at public transit stations and that disinfectants would be distributed for free at stadiums, schools and swimming pools.

After originating in China last December, COVID-19, the disease caused by the novel coronavirus, has spread to at least 185 countries and regions across the world. Europe and the U.S. are currently the worst-hit regions.

## TURKEY

### Turkish Spiderman helping elderly amid virus lockdown

By Suleyman Elcin /  
19.04.2020



Burak Soylu from Antalya does grocery shopping for people restricted to stay indoors

**ANTALYA**, Turkey Spiderman has hit the streets of Turkey's southern resort city of Antalya, helping people living under the coronavirus lockdown.

With his superhero costume on, Burak Soylu helps the elderly with their groceries since they have to stay indoors as part of Ankara's measures against COVID-19.



In this way, he says, he not only helps those in need but boosts their morale too.

"I sometimes drive, sometimes climb, I'm very happy that I could help people and draw attention to the call to stay at home," Soylu told Anadolu Agency.

"Everyone has a superpower called 'goodness,' they should use it more often," he said, adding that he will continue to do his best to help and amuse older people.

Locals in the southern province have appreciated their new superhero's virtuousness.

"Spiderman delivers our vegetables and fruits. It is really motivating on these boring days," an elderly woman said.

## Tracking coronavirus' global spread

Since December, the virus has spread to nearly every continent and case numbers continue to rise

By Henrik Pettersson, Byron Manley and Sergio Hernandez, CNN  
Last updated: April 19, 2020 at 12:00 p.m. ET

**TRACK HERE**

<https://edition.cnn.com/interactive/2020/health/coronavirus-maps-and-cases/>

# LOCAL SUPPORT



## PHA Family Foodbasket

*By Nazeer Sunday PHA Campaign*

The Covid-19 crisis will also be a hunger crisis. We are deeply concerned about the impact the Lockdown will have on our farmland communities. We must act today.

The PHA Food & Farming Campaign is initiating a drive to support 1550 vulnerable families in the Philippi Horticultural Area with foodbaskets during the Covid-19 Lockdown. These families are labour tenants or live in one of the 10 informal settlements of the PHA.

We aim to support these families via the PHA Family Foodbasket drive, at R500 per basket. People can also donate R250 for half a basket. One foodbasket will feed a family of four for one week.

Please do your part by donating and consider passing this information onto your family, friends and networks.

### **Donate here:**

PHA Food & Farming Campaign  
FNB Cheque Account 62605690199  
Branch 25065

<https://www.vegkopfarm.com/foodsecurity>

### **More about the Initiative:**

After extensive consultation, the PHA Food & Farming Campaign, who have been active in the Philippi area for 12 years, have estimated that approximately 1550 families will go hungry during the Covid-19 lockdown. Spaza shops have closed, piecemeal work opportunities are scarce, school feeding systems have closed and the food distribution systems in the informal settlements have been decimated by the lockdown regulations.

Unemployment, already a problem in informal settlements, will become even more entrenched.

Farm labour tenants, although exempt from lockdown, are facing a grim struggle as the numbers of people they support on low wages has now grown. One black worker supports four other people including her/himself.

The PHA informal settlement and labour tenant communities has a 70% unemployment rate and in one informal settlement alone, 900 children are no longer benefiting from the school feeding schemes.

Most of the PHA communities depend on temporary work, such as domestic or construction work, and they will be without money. People who depend on farm workers will be most affected.

These farmworkers are the same people who are ensuring that despite this virus, everyone in the Western Cape will be able to continue to put food on the table in the future. This is an essential service. Let us support them!

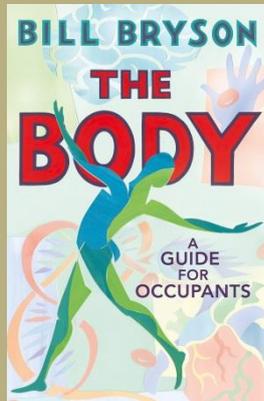
We are in a unique position to provide this service to these families because we are part of the local community, following years of struggle to protect the area. We know the situation of the households, local leadership and organising structures.

All donations will be going straight into the Campaign account. The PHA Campaign is a Public Benefit Organisation and we are able to issue an 18A exemption receipt on request.

We will be purchasing the supplies from a wholesaler and distributing these foodbaskets with the necessary caution to ensure that the virus is not spread through contact with the baskets.

*Protect the Philippi Horticultural Area...  
Cape Town's food security, water security & soil  
security depends on it!*

**An Excerpt from American-British writer  
and author Bill Bryson  
“The Body”**



For years, Britain operated a research facility in Wiltshire called the Common Cold Unit, but it closed in 1989 without ever finding a cure. It did, however, conduct some interesting experiments. In one, a volunteer was fitted with a device that leaked a thin fluid at his nostrils at the same rate that a runny nose would. The volunteer then socialized with other volunteers, as if at a cocktail party. Unknown to any of them, the fluid contained a dye visible only under ultraviolet light. When that was switched on after they had been mingling for a while, the participants were astounded to discover that the dye was everywhere – on the hands, head and upper body of every participant, and on glasses, doorknobs, sofa cushions, bowl of nuts, you name it.

The average adult touches his face sixteen times an hour, and each of those touches transferred the pretend pathogen from nose to snack bowl to innocent third party to doorknob to innocent fourth party and so on until pretty much everyone and everything bore a festive glow of imaginary snot.

In a similar study at the University of Arizona researchers infected the metal door handle to an office building and found it took only about four hours for the ‘virus’ to spread through the entire building, infecting over half of employees and turning up on virtually every shared device like photocopiers and coffee machines.

In the real world, such infestations can stay active for up to three days. Surprisingly, the least effective way to spread germs (according to yet another study) is kissing. It proved almost wholly ineffective among volunteers at the University of Wisconsin who had been successfully infected with cold virus. Sneezes and coughs weren’t much better. The only really reliable way to transfer cold germs is physically by touch.

A survey of subway trains in Boston found that metal poles are a fairly hostile environment for microbes. Where microbes thrive is in the fabrics on seats and on plastic handgrips. The most efficient method of transfer for germs, it seems, is a combination of paper money and nasal mucus.

A study in Switzerland found that the flu virus can survive on a banknote for two and a half weeks if it is accompanied by a microdot of snot. Without snot, most cold viruses could survive on folding money for no more than a few hours.’



**THE NUMBER ONE SUNDAY TIMES BESTSELLER -  
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Very interesting excerpt - hmmm – makes one think...

Tanya

## UK broadcaster Andrew Cotter has wowed the internet with his clever and hilarious commentary about his two Labrador dogs

BBC sports broadcaster Andrew Cotter and better known for his podcasts, The Pepper Pod, has found a creative way to continue his craft while on lockdown—by calling games between his two adorable labradors, Olive and Mabel.

He recorded the most adorable 'sports commentary of his two beloved labbies Olive eating their dinner and playing with their toys.

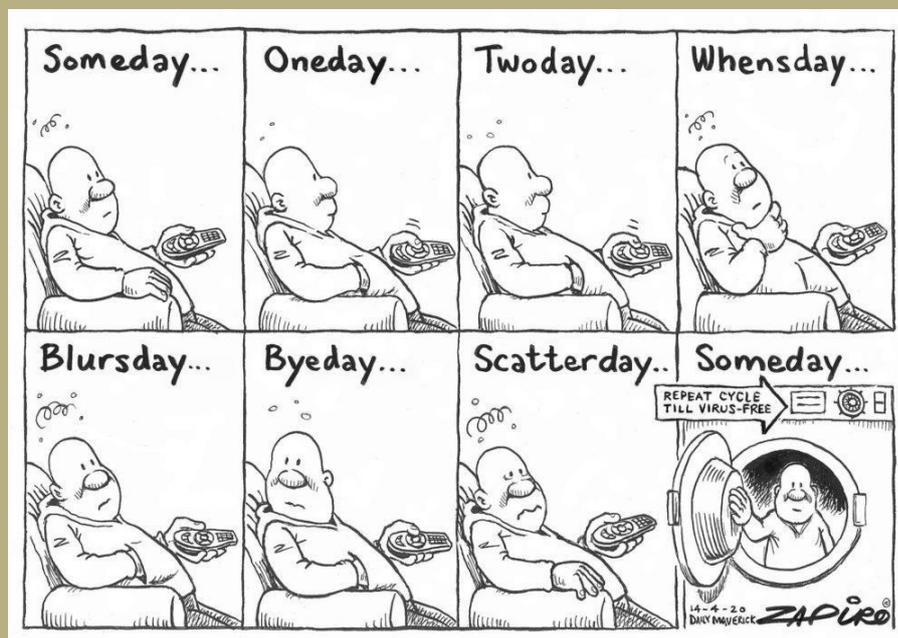
**The one video has had over 17 million views!**

**Watch these two brilliant bits of lockdown cleverness below:**

<https://twitter.com/i/status/1243539675031232519>

AND

<https://youtu.be/f2BZNowCXws>



Stay safe, healthy and take care.

**Till next time ....**

*Tanya*