

13 March 2020

To: All Randjes Residents From: Gail Kruger – General Manager

CORONAVIRUS UPDATE

With winter approaching and the Coronavirus having raised its head in South Africa, we thought it a good time to put together some facts and allay any fears you may have. Now is a time to work together as a community and have a common sense approach rather than allowing yourself to be caught up in the panic and fear-mongering.

Having said this, we do need to be realistic about the fact that as a community, Randjes Residents fall into a high-risk category – particularly those in our frail care, mid care and Resthaven facilities. In the past 10 days, our Medical Team have instituted the following precautionary measures:

- We have ordered whatever supplies of masks, aprons, gloves and hand sanitiser solutions we have been able to source. These items are for the use of our nursing and medical staff and where necessary, Fleming or Resthaven.
- Hand sanitiser dispensers will be placed at various strategic locations in Fleming House and Resthaven. All nursing staff will also carry a small bottle of sanitiser in their pockets at all times which they will use frequently.
- Nursing staff have been given additional training on hygiene measures including the correct way to wash their hands. This has been extended to all our cleaning and catering staff as they come into contact with Residents. All other staff will also be briefed on proper healthcare protocols. This includes our Security staff who will wipe down the biometric/keypad equipment at the main gate at regular intervals on a daily basis.
- With all these protocols in place, we are still reliant on each and **every** Estate Resident to play their part and avoid possible spread. What that means is regular handwashing, wiping down of frequently touched surfaces, avoiding large groups of people in confined spaces. In addition, please self isolate if you are showing any flu/cold like symptoms and advise our medical staff **immediately**.
- Please remember to share this information and apply the same protocols with your domestic staff, including carers and gardeners.
- Another precautionary measure for Estate Residents is to advise family or friends who have recently travelled outside South Africa (and may not be showing any symptoms as yet) to maintain telephone contact rather than physical visits for the short to medium term.
- If you are considering global or local travel to any destination, and in particular to a region affected by the virus, please find out if it is safe to do so by contacting the Department of Health and your travel agent.
- **Annual Flu Shots** - Supplies of the flu vaccine are on order and we will advise Residents as soon as we receive the vaccine. In light of the Coronavirus situation, all our nursing and medical staff will receive the vaccine at Randjes' expense this year.

We ask that Residents who are responsible for the various groups/committees/activities at Randjes stay abreast of the Coronavirus situation at all times and if you believe that it is in the best interests of everyone to postpone your activities/meetings for a period of time, please liaise with Management so that we can maintain a co-ordinated effort and voice when communicating with our Residents.

Please be assured that our Management and Medical Teams remain vigilant and on standby to implement whatever additional measures may become necessary to keep our Randjes Community safe and healthy.

To assist our Residents, here are some facts provided by the WHO
(World Health Organisation)



CORONAVIRUS – What you need to know

Coronavirus is a large group of viruses which can infect both humans and animals with cold-related diseases. The intensity of the infection ranges from common colds to acute respiratory syndrome.

However, the new strain of Coronavirus, called 2019-nCoV, is a new strain of the virus. So the information related to the disease, including symptoms and means of treatment, is limited.

The Centre for Disease Control, in cooperation with the World Health Organization and international experts, are working to combat the virus.

Symptoms of the Coronavirus

- **Fever**
- **Cough**
- **Pneumonia**
- **Shortness of Breath, or difficulty breathing**
- **Vomiting**
- **Diarrhoea**

Symptoms of Flu

- Fever
- Cough & sore throat
- Muscle aches
- Fatigue and weakness
- Chills & sweats
- Congestion

Symptoms of Allergies

- Sneezing
- Runny, stuffy nose
- Itchy nose, eyes or roof of the mouth
- Watery, red or swollen eyes

How it Spreads?

Human Coronaviruses most commonly spread from an infected person to others through:



Coughing and sneezing



Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands



Rarely, fecal contamination



Close personal contact, such as touching or shaking hands



Risk Reduction

There are currently no vaccines available to protect you against the coronavirus infection.

Transmission is reduced through:

- Avoiding close contact with people suffering from acute respiratory infections
- Frequent handwashing, especially after direct contact with ill people or their environment
- Avoiding unprotected contact with farm or wild animals
- People with symptoms of acute respiratory infection should practice cough etiquette, e.g. cover coughs and sneezes with a tissue and then discard the tissue immediately in a closed bin or flush away in a toilet

If you are mildly sick, keep yourself hydrated, monitor your symptoms and inform the nursing staff immediately.