



## ATLANTIC BEACH ESTATE

### COVID-19

Dear Residents,

With the first cases of COVID-19 confirmed in South Africa (seven patients as of Monday, 9 March 2020, from the same travel group that recently returned from Italy) some of you may be concerned about the potential impact on you and your family.

As the Atlantic Beach Homeowners' Association (ABHOA) we are not qualified to offer any advice on the situation. We are, however, monitoring developments and sourcing information from medical professionals in our community who are qualified to provide advice on COVID-19 and who have assured us that the worst possible reaction to this is one of panic. Since nothing spreads panic like rumours and misinformation, we have compiled the following useful information and guidelines obtained from reputable sources:

#### Prevention

According to medical experts and in line with [recent medical research](#), your best defence against contracting the COVID-19 or any other disease is maintaining clean hands. The Centers for Disease Control and Prevention (CDC) strongly advise the use of alcohol-based hand sanitisers (at least 70% alcohol) if you do not have access to soap and water.

**Even before the COVID-19 outbreak we installed Betaspray alcohol-based hand sanitisers next to all our fingerprint readers. The alcohol content exceeds 75%. We urge you to make use of these hand sanitisers every time after you have used the fingerprint reader. Please be assured that we clean these readers several times a day.**

Please consult the Centers for Disease Control and Prevention (CDC) [guidelines](#) for washing your hands correctly. In addition, doctors also urge us to adopt the following practices:

- Cover your mouth and nose when you cough and sneeze by using a tissue (discard the tissue immediately). Sanitise hands immediately afterwards. If you do not have a tissue handy, sneeze or cough into your elbow.
- Avoid close contact with people who are sick by maintaining a distance of around 2 metres.
- Avoid touching your eyes, mouth, nose and hair.
- Wash your hands properly before consuming food or beverages.
- Regularly disinfect surfaces that are touched frequently (your phone, door handles and table tops) with an alcohol-based wipe.
- Consider the flu vaccine to reduce the risk of influenza in winter. While this will not prevent a Corona virus infection, it may protect you from contracting both at the same time.

## **Medical help**

If you have good reason to believe that you may have contracted COVID-19, please call your doctor's rooms and explain your concerns. Expect to be asked a number of screening questions that will determine how your case will be handled when you arrive for your appointment.

Please note that testing is performed by the National Institute for Communicable Diseases (NICD) and you cannot demand to be tested. Your doctor will decide whether you qualify to be tested for COVID-19. Criteria that your doctor will consider are outlined here:

<http://www.nicd.ac.za/diseases-a-z-index/covid-19/>

## **Stay informed**

Avoid news media and social media prone to sensationalist reporting and fear mongering. For your own peace of mind consult reputable news sources. The following are two examples of reputable sources:

- In South Africa the National Institute for Communicable Diseases (<http://www.nicd.ac.za/>) provides regular updates on the COVID-19 situation in South Africa.
- For updates on the international situation, please consult the World Health Organisation website. There is a comprehensive myth-buster as well as advice section: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

## **Our commitment**

The Association and the Board remain committed to complete transparency and we undertake to keep you informed of any COVID-19 developments that may impact on the residents of the Estate within the realms of the law and without compromising residents' rights to privacy. For updates on the national and international situations please consult the sources that we have suggested or any other reputable news sources that you trust.

Kind regards

Harry and the Board