

WEEKLY FACTSHEET #18

COVID-19: WEEK 17 - 22 AUGUST 2020

REGIONAL INDICATORS

SOUTH AFRICA

CONFIRMED 599,940
RECOVERED 497,169
DEATHS 12,618

ZAMBIA

CONFIRMED 10,372
RECOVERED 9,126
DEATHS 274

TANZANIA

CONFIRMED 509
RECOVERED 183
DEATHS 21

DRC

CONFIRMED 9,802
RECOVERED 8,920
DEATHS 248

IVORY COAST

CONFIRMED 17,249
RECOVERED 14,611
DEATHS 112

Source: strategix.co.za

DID YOU KNOW?

That a comparison was made between HIV and COVID-19, and it was concluded that they share some similarities. Please read the insightful comparisons below:

1. You can be infected and not know it: in the case of COVID-19, some people who get the virus and transmit may never know they had it.
2. You share the virus through bodily fluids: condoms can protect the wearer from spreading or getting infected with HIV as they create a barrier that stops transmission. Face masks also create a barrier that

prevents droplets that are exhaled, sneezed or coughed by an infected person from being expelled as far into the air as they would be without a face mask.

3. Neither condoms nor face masks are perfect, but both make risky behaviors safer.

Face masks could be the key to preventing thousands of COVID-19 infections and deaths in countries whose fragile health systems need protection. [PSI: Public Services Internation](http://PSI:PublicServices.Internation)

YOUTH VOICES

This pandemic is affecting all of us and it helps to reach out and share ideas, stories and concerns with one another about all things COVID-19. Please keep sharing your questions with us weekly, and we'll do our best to find you the most accurate and relevant answers.

CARELLE KOFFY (YOPOUGON) - IVORY COAST

QUESTION: "Can we drink or eat cold foods such as ice cream, since COVID-19 comes in the form of a flu and when we have the flu doctors tell us not to take cold things?"

RESPONSE: There is no scientific evidence that eating frozen food and ice-cream spreads the new coronavirus.

Source: World Health Organization

HAJI KHAMIS KHERI (ZANZIBAR) - TANZANIA

COMMENT: "Tanzania has reopened schools and the government of Zanzibar has set 10 days quarantine time after student arrivals at school to test for the infection, is 10 days enough to identify a coronavirus victim?"

RESPONSE: Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick

or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department. It is recommended that you should stay home for 14 days after your last contact with a person who has COVID-19.

Source: [CDC: Centers For Disease Control and Protection](http://CDC:Centers For Disease Control and Protection)

REFILOE MORAPEDI, AGANANG FM - SOUTH AFRICA

COMMENT: "Are people with other illnesses or have diseases at high risk of dying if infected by coronavirus?"

RESPONSE: Certain people are at a high risk for a serious infection if they catch COVID-19, with heart disease, lung disease and diabetes. Although COVID-19 most often affects the airway and lungs, the organs work together with the heart to drive oxygen to the body's tissues. When the lungs are overtaxed due to illness, the heart has to work harder, which creates challenges for people who are already living with

heart disease. When people have lung disease, this can set the stage for a more severe infection with the new coronavirus because of scarring, inflammation or lung damage. And then Diabetes type 1 and type 2 both cause an increase in blood sugar. Which means that poorly controlled blood sugar can make viral diseases, including COVID-19, more dangerous, possibly because higher blood sugar can create an environment where viruses are likely to thrive.

Source: John Hopkins Medicine

MPHAHLELE BOHLALE GLFM - SOUTH AFRICA

QUESTION: "Can the virus spread through mosquito bites?"

RESPONSE: The COVID-19 virus cannot be spread through mosquito bites. To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes. The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected

person coughs or sneezes, or through droplets of saliva or discharge from the nose. To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

Source: World Health Organization

JOHN MANDOMBA (MBANDAKA) - DEMOCRATIC REPUBLIC OF CONGO

QUESTION: "Can COVID-19 be treated with traditional medicine?"

RESPONSE: The World Health Organisation (WHO) welcomes innovations around the world including repurposing drugs, traditional medicines and developing new therapies in the search for potential treatments for COVID-19. WHO recognises that traditional and alternative medicine has many benefits and Africa has a long history of traditional medicine and practitioners that play an important role in providing care to populations. As efforts are being made to find treatment for

COVID-19, caution must be taken against misinformation, especially on social media, about the effectiveness of certain remedies. Many plants and substances are being proposed without the minimum requirements and evidence of quality, safety and efficacy. The use of products to treat COVID-19, which have not been investigated can put people in danger, giving a false sense of security and distracting them from hand washing and physical distancing which are the most important part of COVID-19 prevention.

Source: Medical Brief/ World Health Organization