

# WEEKLY FACTSHEET #2

## COVID-19: WEEK 27 APRIL - 1 MAY

### REGIONAL INDICATORS

#### SOUTH AFRICA

**CONFIRMED** 5350  
**RECOVERED** 2073  
**DEATHS** 103

#### ZAMBIA

**CONFIRMED** 97  
**RECOVERED** 54  
**DEATHS** 3

#### TANZANIA

**CONFIRMED** 480  
**RECOVERED** 167  
**DEATHS** 16

#### DRC

**CONFIRMED** 500  
**RECOVERED** 65  
**DEATHS** 31

#### IVORY COAST

**CONFIRMED** 1238  
**RECOVERED** 557  
**DEATHS** 14

Source: [app.powerbi.com](http://app.powerbi.com)

### DEFINITIONS

Reporting responsibility on COVID-19 involves understanding some of the important and most commonly used terms. Below is a list of definitions that you will need to familiarise yourself with when reporting on COVID-19.

People are put in **quarantine** when they are not currently sick, but have been or may have been exposed to a contagious disease, such as COVID-19. This can help stop the spread of the disease. People have limited contact with others for the duration of the COVID-19 incubation period (time from infection to showing symptoms) which ranges from 2 to 14 days ([Centers for Disease Control and Prevention, National Institute for Communicable Diseases](https://www.cdc.gov/media/releases/2020/s0415-quarantine.html)).

**Self-quarantine** is another preventative measure for people who have been to high-risk COVID-19 countries such as China, Spain, USA or Italy or who have been in contact with someone who has travelled to these countries. Staying at home, instead of going to school or work and only leaving when it's absolutely necessary, for instance,

to get groceries ([Centers for Disease Control and Prevention, World Health Organization](https://www.cdc.gov/media/releases/2020/s0415-quarantine.html)).

**Isolation** happens when a person is infected with an infectious disease and is separated from people who are healthy. This also helps to stop the spread of the disease ([Centers for Disease Control and Prevention](https://www.cdc.gov/media/releases/2020/s0415-quarantine.html)).

**Self-isolating** is similar to self-quarantine. A person goes into self-isolation when they are exhibiting flu-like symptoms and can confirm to have been in contact with someone infected with COVID-19. During this time, people must limit contact with others and contact a medical professional ([World Health Organisation, South African Department of Health & Centers for Disease Control and Prevention](https://www.who.int/news-room/q-answers-detail/20200415-self-isolation)).

### 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.

#### REFILOE MORAPEDI (AGANANG FM)

**QUESTION:** "What will happen to the school learners, especially the matrics [matriculants] if the lockdown were to be extended again?"

**RESPONSE:** The Department of Basic Education made an announcement of the postponement of the May/June Senior Certificate (Matric) and National Senior Certificate Examination. The May/June 2020 examination was scheduled to start on Monday, 4 May 2020 and conclude on Friday, 26 June 2020. "At the HEDCOM meeting of 10 April 2020, it was

agreed that the May/June examination should be merged with the November 2020 examination", Director-General of the Department of Basic Education Mr. Mathanzima Mveli said. 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. The Department urges all candidates to continue their preparations.

Source: [education.gov.za](http://education.gov.za)

#### WANDA NDONGENI (UCR-FM)

**QUESTION:** "I would like to know how we as young people can assist our parents and our community during COVID-19?"

**RESPONSE:** Older adults are at higher risk for severe illness from COVID-19, according to the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov/media/releases/2020/s0415-quarantine.html). Yet many older adults aren't taking social distancing and hygiene directives seriously. If your parent or grandparent is resisting the CDC's advice on coronavirus precautions, here are some tips that can help you:

- **Make sure you're the right person for this conversation:** Think about people your parents are comfortable with and trust, such as a family friend, sibling, or pastor.
- **Ask a lot of questions:** Ask your parents or older persons questions to really understand what's driving their behavior — and listen to their answers. Once you

hear where your parent is coming from, mirror it back to them verbally to show them that you understand where they're coming from. Oftentimes we can help people change their behavior if we figure out what's driving them. Then you can help the parent identify and find ways to change their own behavior.

• **Share information from trustworthy sources:** Find out where your parents are getting their information from. In many families, the older generation watches sources that have downplayed the pandemic and stated that measures like mandated closures and social distancing are overblown or unnecessary. Make sure parents are getting correct, science-based information from direct, trustworthy sources like the [CDC](https://www.cdc.gov/), [UNICEF](https://www.unicef.org/) and [WHO](https://www.who.int/).

Source: [Healthline.com](https://www.healthline.com/)

#### SITHEMBILE DAZA, ALEX FM

**QUESTION:** "What is mental health and how is it associated with the pandemic? Because I've heard a lot of people online and on TV saying the pandemic is affecting their mental health and I fail to understand how."

**RESPONSE:** The COVID-19 pandemic has brought about many unexpected changes for all of our lives. We are receiving information daily, teaching us about COVID-19 symptoms, new definitions and safety measures to help us manage our health. In as much as keeping up to date on COVID-19 is empowering, it can also become overwhelming for our mental

health.

**Mental Health:** is an essential part of all of us which includes our thoughts and feelings, how we are getting on with other people and how we are managing day-to-day life. Having good mental health is about feeling positive about ourselves, or sometimes just feeling good enough. Just as everyone has physical health, everyone also has mental health. The state of our mental health doesn't stay constant but changes, often in response to things that are happening in our life.

Source: [jigsawonline.ie](https://www.jigsawonline.ie/)

#### MANDE TJARO, MAMS RADIO

**QUESTION:** "COVID-19 has a psychological impact on everyone with the uncertainty of the future, be it academic or employment. How can one not be at breaking point, avoiding anxiety and being positive about the present and the future, without the help of a psychologist since not everyone can afford, especially the poor?"

**RESPONSE:** It's important to strike a balance between staying in touch with the relevant information and making time to focus on you. Finding ways to connect with your friends without meeting face-to-face,

doing some of your favorite activities, keeping your mind active and looking out for positive stories are some of the things that you could do. It's also important to not judge your feelings and communicate with people you trust if you are struggling. Having a tough day or feeling anxiety at this time is completely normal. It also helps to make sure that you use reliable sources of information like UNICEF and the World Health Organisation sites, in order to avoid fake news and rumors that cause fear and panic.

Source: [voicesofyouth.org](https://www.voicesofyouth.org/)

#### THAMSANQA "MIKE" GWALA, VIBE FM

**QUESTION:** "How long does coronavirus survive on surfaces such as woods, steel, plastic, etc.?"

**RESPONSE:** The most important thing to know about coronavirus on surfaces is that they can easily be cleaned with common household disinfectants that will kill the virus. Studies have shown that the

COVID-19 virus can survive for up to 72 hours on plastic and stainless steel, less than 4 hours on copper and less than 24 hours on cardboard. As, always clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

Source: [World Health Organisation](https://www.who.int/)