

## **SO WHAT DO WE KNOW?**

We are almost certain that the virus is spread through droplets and not aerosol. What this means is that if we practice social distancing, keeping up to one-and-a-half metres from a person who may have cough symptoms of Covid-19, we will not be infected. Droplets, after being coughed or sneezed, fall to the ground. They do not remain in the air. This is also why following other recommendations for infection control is so important.

## **WHAT IS THE BEST ADVICE TO LIMIT SPREAD?**

- We can't shake hands anymore. Use the elbow bump instead.
- Thoroughly wash your hands up until your elbows, including the back of your hands and under your nails for at least 20 seconds at least before you eat and after you have been out in public
- Avoid touching our faces.
- Thoroughly wash surfaces and items with soap, as the virus can last up to 24 hour
- If it comes to a point where you are urged to wear a mask, ensure that you don't use it for more than a day, so germs don't spread inside it
- Don't share food, cups utensils and towels (even with the rest of the family)
- When coughing and sneezing, do so inside the elbow, and not into your hands.
- It is also important that people adhere to public health messages.
- Those with symptoms need to come forward for testing.
- Those who have been in contact with confirmed cases need to do all they can to isolate themselves and self-quarantine. If that's impossible because of the overcrowded conditions in which you live, practice infection control and make sure all your family members do the same.
- Avoid large gatherings
- Those with symptoms need to come forward for testing.
- Those who have been in contact with confirmed cases need to do all they can to isolate themselves.
- Lastly to all my well-travelled patients and friends: STOP travelling. By deciding to travel to a foreign destination you are putting the whole #rainbownation at risk. Yes, you will possibly only have mild symptoms and be able to self-isolate in your comfortable home but what about others that you may pass this Virus too? Think of your children and their friends, your domestic worker, your elderly parents or your Uber driver from the airport. What will happen when you infect someone living in our more densely populated areas who do not have access to the medical care that you do? Our best hope is to #flattenthecurve so that our heavily burdened medical system will be able to serve everyone with dignity and safety.

Believe it or not – until we have a vaccine or treatment – these simple instructions if followed by millions of people, could prevent millions of infections and save thousands of lives.

## **TOGETHER LETS RISE TO IT #flattenthecurve**

Lastly, this is truly a test of our social values, this a time to challenge our solidarity "me, me" values. We do have a choice: With countries facing shutdowns like Italy and China, humanity is about to face serious adversity - and that can either split us apart in fear or unite us in common purpose and love. Such social isolation could be the perfect breeding ground for fear and hatred to take hold of us. Or, if we choose to meet this adversity with love and determination, we could make it an unprecedented moment for humanity to come together as one. To care for each other, to be there for each other. We now have a common purpose, a common cause. Let's come together to help flatten the curve of the epidemic, and bring humanity together like never before. Let's rise to it! #flattenthecurve