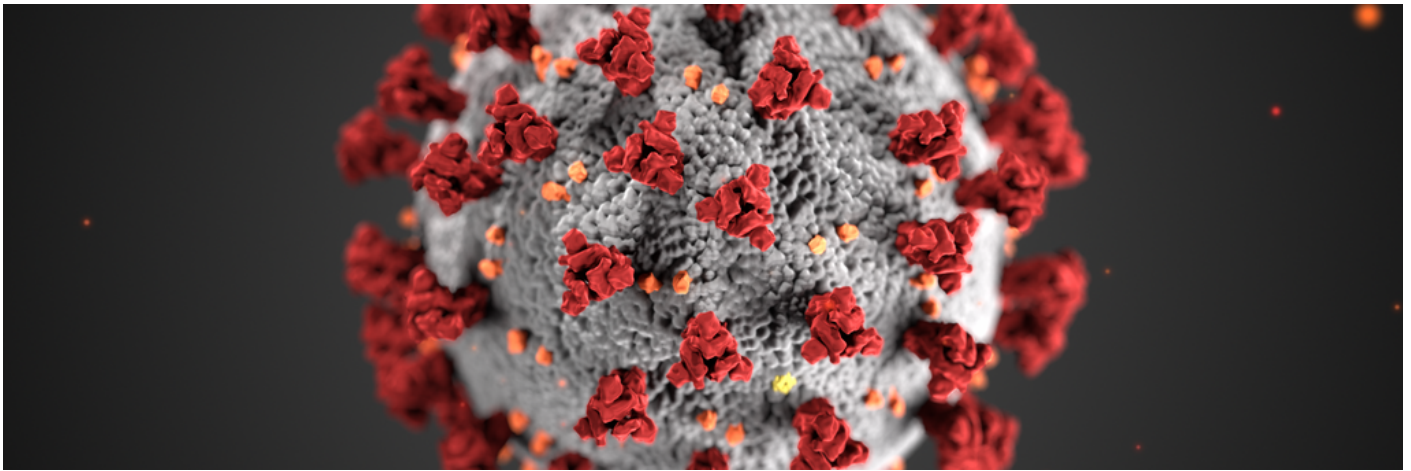




NAMDEB

Medical Aid Scheme

◆ DEBMARINE NAMIBIA | ◆ NDTC | ◆ NAMDEB



CORONAVIRUS (COVID-19)

Facts & Information

Coronavirus is a group of viruses commonly found in many animal species. The viruses cause illnesses that range from the common cold to more serious illnesses such as Bronchitis and Pneumonia.

The Coronavirus Outbreak

The first cases of the Coronavirus were recorded in December 2019, in Wuhan, China. It is believed that the virus started from animal to human transmission, and it has since spread via human to human transmission. On 30 January 2020, the World Health Organisation declared the outbreak a "public health emergency of international concern".

Namdeb Medical Aid Scheme would like to ensure you that should the Coronavirus come to Namibia and you get infected, you will be covered as a Namdeb member.

Speak To Us

Should you have any questions regarding the Coronavirus, please contact:

Tel: +264 83 299 9736

Email:

clientservices@prosperitynam.com

How is the virus spread?

The virus is spread through water vapour that is expelled when an infected person coughs or sneezes. These minuscule droplets can be suspended in the air for a short while, and contaminate surfaces such as door handles and railings for a longer period of time. The virus is also spread through direct contact with bodily fluids of an infected person.

Who is most at risk?

- Individuals who have been in contact with Coronavirus-infected patients
- Those with a recent travel history
- Individuals with compromised immune systems
- People who work unprotected with wild/farm animals
- Individuals above 50 years
- Children
- Smokers

Signs & Symptoms

The period of time between exposure to the virus and showing symptoms is 10 to 15 days. Symptoms include fever and coughing, shortness of breath or difficulty breathing. In more severe cases, symptoms can lead to Bronchitis or Pneumonia. Unfortunately, there have been cases where infected patients have been asymptomatic (have not shown symptoms).

How to avoid being infected:

- Avoid close contact with people who are ill and suffering respiratory infections
- Wash hands frequently and diligently with soap
- Avoid touching your own face, eyes, mouth and nose
- Avoid crowded markets or places with wild/farm animals
- Observe coughing and sneezing etiquette, such as covering your mouth
- Avoid travelling to affected countries

Even though there is is no reason to fear or panic, it is always best to be aware and to practise caution to avoid becoming ill or spreading infection to others.



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