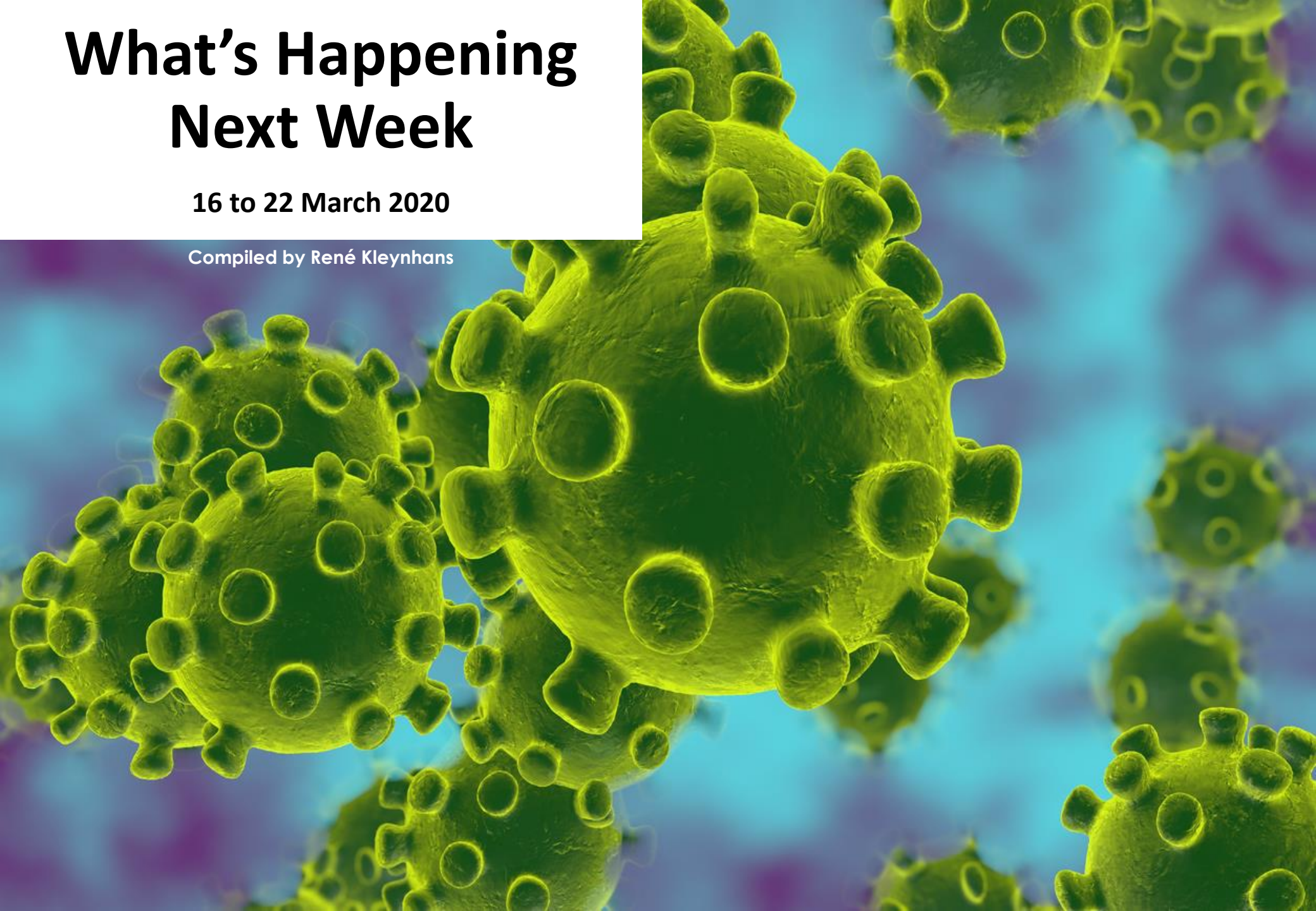


# What's Happening Next Week

16 to 22 March 2020

Compiled by René Kleynhans





### **What Is the Coronavirus and COVID-19?**

Coronaviruses (CoV) are a group of zoonotic viruses (they are transmitted between animals and people) responsible for several illnesses, ranging from the common cold to Severe Acute Respiratory Syndrome (SARS-CoV) and Middle East Respiratory Syndrome (MERS-CoV).

The World Health Organisation describes the coronavirus as “a large family of viruses that cause illness ranging from the common cold to more severe diseases... a novel coronavirus is a new strain that has not been previously identified in humans.”

Just this week, South Africa’s first case of the coronavirus was confirmed by the National Institute of Communicable Disease (NICD) and the Department of Health. According to BBC, this has brought the total number of coronavirus cases reported in Africa to 27 with Algeria being the most affected country on the continent (17 cases).

Within South Africa, there are 13 confirmed cases thus far. Those cases are in KZN, Gauteng and today one in the Western Cape. This will continue to spread across the Country. Here’s a look at what you can do to protect yourself and our Residents from this fast-spreading disease.

### **Is a Face Mask Necessary?**

Using a face mask is not necessary for asymptomatic and well individuals. Face masks have not been proven to prevent one from contracting the virus. Instead, it helps decrease the risk of transmitting the virus from an affected individual to a non-affected individual.

### **How Exactly is the Disease Transmitted?**

One of the biggest myths around this is that you can contract the virus from getting a letter or package from China, or other highly affected areas – But WHO says that this won’t put you at risk for contracting the virus.

So how exactly can one contract it? The virus is transmitted via respiratory droplets as well as direct contact – respiratory droplets being aerosolised particles from sneezes and coughs. Direct contact refers to droplets being on surfaces with which you come into direct contact, such as tables or door handles. There are ongoing studies which seem to suggest that it could be transmitted in stool, however more research is being done on the matter.

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### **Is the Coronavirus Similar to Flu?**

One of the biggest questions around the virus is whether it’s similar to flu or not and the answer is yes, but they are not the same thing. The virus is similar to flu in that they are both viruses and they present in a similar way. The symptoms for both include fever, sore throat, coughing and difficulty breathing. This is why we’re advising that people should get the flu vaccine in the meantime.

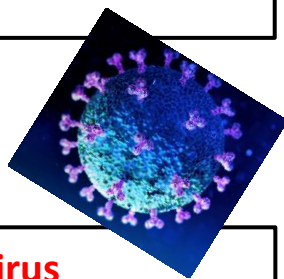
## Can Pets Potentially be Infected or Transmit the Virus?

The simple answer to this is a steady and firm no. Currently there is no evidence that companion animals or pets such as cats and dogs have been infected or could spread the virus that causes the coronavirus. An article on the WHO's website does, however, add that it's always a good idea to wash your hands with soap and water after contact with pets. This protects you against various common bacteria such as E.coli and Salmonella that can pass between pets and humans.

## Can the Flu Vaccine Protect You from the Coronavirus?

The NICD is currently recommending that people get the flu vaccine as they protect communities from the flu virus. It can't protect you from the coronavirus, but a vaccine is currently in production and is expected to be available some time next year. The WHO is also advocating for people to get the flu vaccine to protect their health on a general level.

# MYTH



## Myths About the Coronavirus

- 1) Taking a hot bath will protect me from catching the virus: **FALSE.**
- 2) The Coronavirus can be transmitted through mosquito bites: **FALSE.**
- 3) Spraying alcohol or chlorine all over my body will kill the coronavirus: **FALSE.**
- 4) Regularly rinsing my nose with saline will protect me from contracting the coronavirus: **FALSE.**
- 5) Eating garlic can help protect me against coronavirus: **FALSE.**
- 6) Antibiotics are effective in preventing and treating the Coronavirus: **FALSE.**

## The Common Signs of Infection, According to the WHO:

Symptoms include fever, cough, shortness of breath, and, in extreme cases, death. However, people who contract the virus may not start exhibiting symptoms for up to two weeks after exposure.



## How to Protect Yourself Against the Virus:

- 1) Wash your hands regularly.
- 2) Cover your mouth and nose when cough and sneezing.
- 3) Cook meat and eggs thoroughly.
- 4) Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.
- 5) Remember to wipe down all gym equipment before and after using it. You can't catch the coronavirus through sweat, but sneeze particles can travel long distances.
- 6) Maintain at least 1 meter distance between yourself and anyone who is coughing or sneezing.
- 7) Avoid touching eyes, nose and mouth.
- 8) Limit travel plans; avoid planes, trains, busses, etc.
- 9) Avoid functions or large gatherings of people.
- 10) Refrain from handshaking or any personal touching when greeting people.

# PROTECTING YOURSELF AGAINST CORONAVIRUS



1. Avoid close contact with anyone showing symptoms of respiratory illness



2. Wear gloves, wash or change them daily



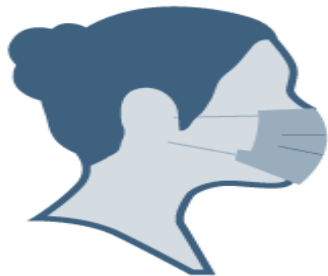
3. Wash your hands

4. Wash your towels if they have touched your hands



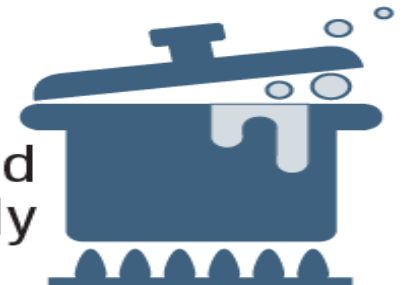
5. Avoid touching doorknobs and banisters

6. Cover your mouth and nose when you cough or sneeze



7. Wear a surgical mask. They are, however, not that effective and must be changed daily

8. Cook food thoroughly





Hey now



go play

You're an allstar



hey now

get your game on



you're a rockstar



get the show on



get paid



all that glitters



is gold



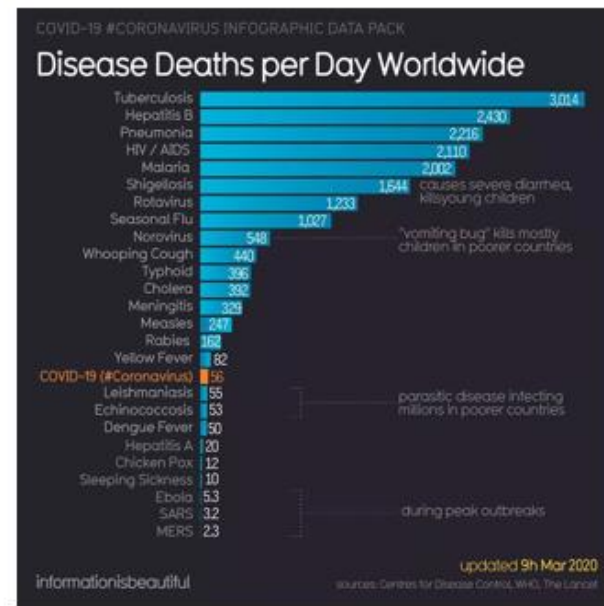
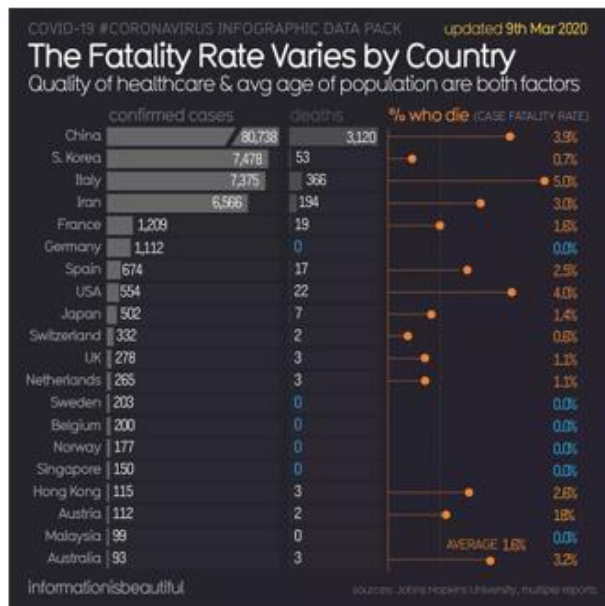
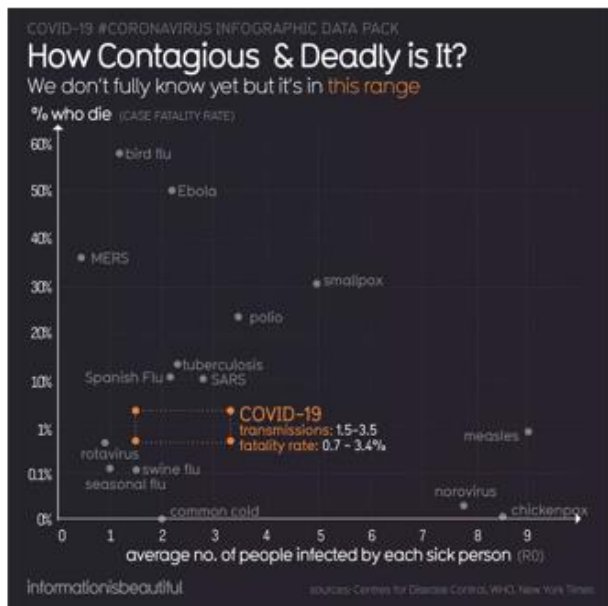
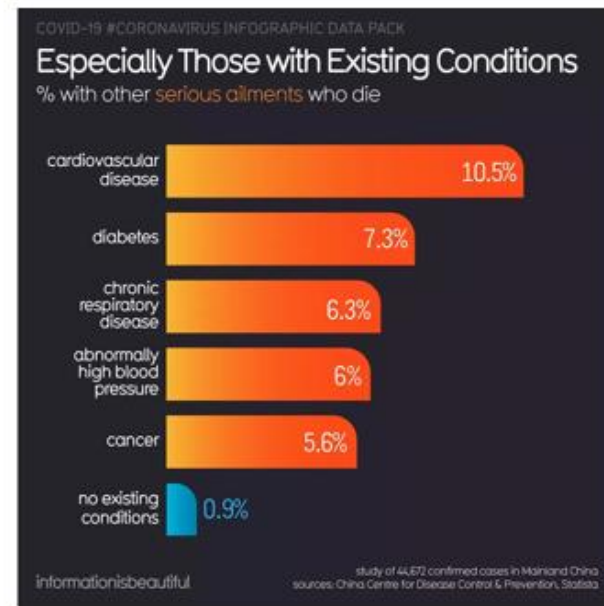
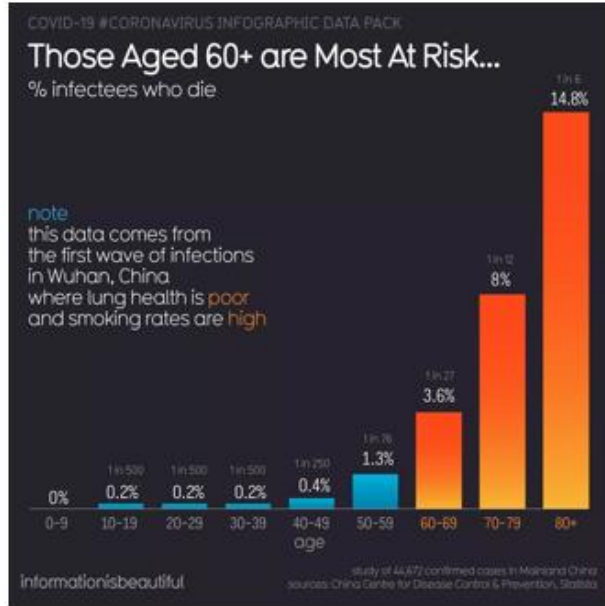
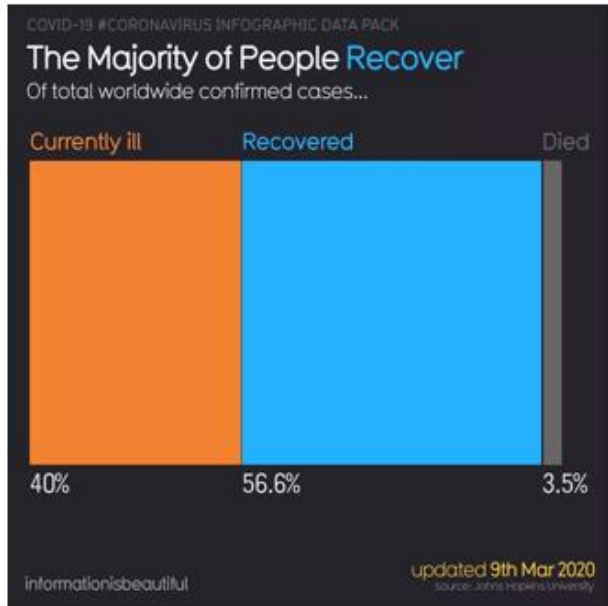
only shooting stars



break the mold

# Lock-Down

We need to keep ourselves well-informed and educated on the current global status. Below are a series of infographics to help you interpret the information. Furthermore, aggressive and proactive steps have been implemented in our Villages and on our Constructions Sites as listed below.



## Preventative Measures

When entering the Lifestyle Centre, please stop at the Reception desk to have your temperature taken. All temperatures are recorded on the sheet provided. Please make sure that this gets completed and signed. We have also placed Sanitizers at the entrance for you to sanitize your hands upon entering, as well as leaving our Lifestyle Centre.

# BODY TEMPERATURE CHART



Age

Normal

°C to °F Temperature Conversion Chart

**Body Temperature for a Baby**

A normal temperature in babies and children is about **36.4C (97.5F)**, but this can vary slightly. A **fever** is usually considered to be a temperature of **38C (100.4F) or above**.

36.4 °C = 97.6 °F

36.5 °C = 97.7 °F

37.0 °C = 98.6 °F

37.4 °C = 99.4 °F

**Body Temperature for Children**

The average normal body temperature for children is about **37°C (98.6°F)**.

37.6 °C = 99.6 °F

38.1 °C = 100.6 °F

39.0 °C = 102.2 °F

**Body Temperature for Adults**

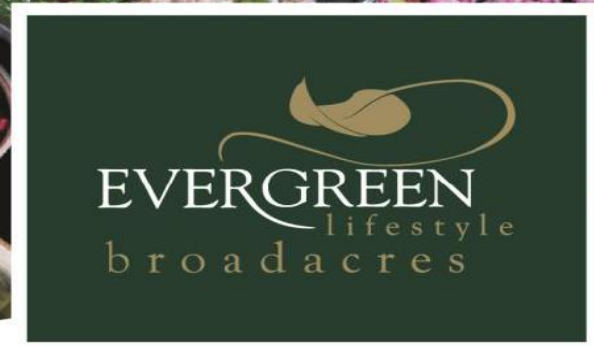
Normal body Temperature under the arm (**axillary**) is about **36.5°C (97.7°F)**

40.0 °C = 104.0 °F

41.0 °C = 105.8 °F



# Broadacres Bistro



16 – 20 March 2020

**Place your order with The  
Bistro on ext. 1209 and food  
will be delivered to your  
house**

## Weekly Menu

R48.00 per person

Monday,  
16 March 2020

Rocket, Marinated Chicken  
or Haloumi, Red Pepper,  
Red Onion, Smoked Paprika  
Tagliatelle

Tuesday,  
17 March 2020

Roast Butternut Soup, Toasted  
Ciabatta  
  
or  
  
Beef Stir Fry and Noodles

Wednesday,  
18 March 2020

Corn Fritters & Tuna Salad  
  
or  
  
Feta & Spinach Stuffed  
Chicken, Cooked Polenta &  
Bacon Velouté

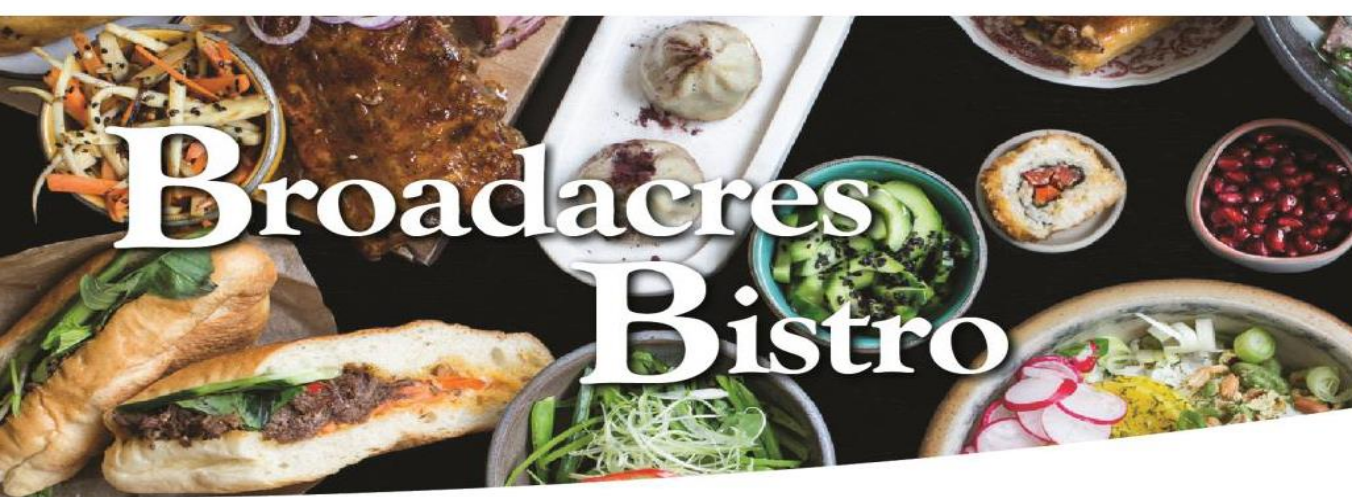
Thursday,  
19 March 2020

Eggplant Boats, stuffed with  
Pork, Apple, Spinach, Crumbs &  
Spice, Topped with Melted  
Mozzarella, Served with  
Sourdough Bread  
  
(Vegetarian Option Available)

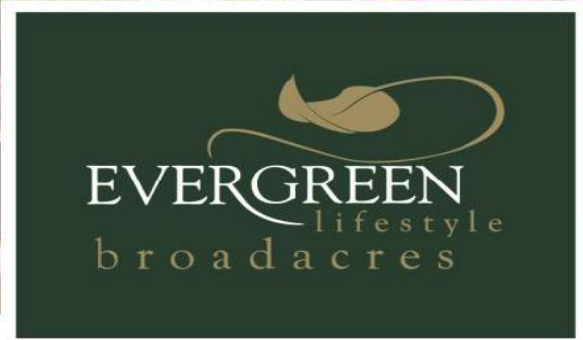
Friday,  
20 March 2020

Fried or Grilled Fish, served with  
Tartar Sauce, Chips & Coleslaw  
  
or  
  
Chicken Nuggets with Peppadew  
Mayonnaise, Chips and Green  
Salad





# Broadacres Bistro



22 March 2020

## Sunday Lunch

R76 per person

From 12.30pm onwards

**Place your order with The  
Bistro on ext. 1209 and food  
will be delivered to your  
house – no sit down dinner in  
the Bistro**

### Starter

Green Salad

### Main

Roast Gammon  
Apple Sauce & Gravy  
Roast Potato  
Cauliflower & Broccoli Bake  
Sautéed Mixed Vegetable  
Balsamic Roasted Red Cabbage

### Dessert

Chocolate Brownie &  
Vanilla Custard  
  
Sugar Free Option:  
Fruit Salad & Unsweetened  
Cream



# Happy Birthday

17<sup>th</sup> Kevin Morgan

18<sup>th</sup> Ivar Skanke








19<sup>th</sup> Angela McMurray



Happy  
Anniversary

17<sup>th</sup> Gerd & Gunnar

# Weather Update for the Weekend

NOW	SATELLITE	HOURLY	<u>DAILY</u>	MONTH
<b>Fri</b> 3/13	 25°/15°		Times of sun and clouds	Precip 40%
<b>Sat</b> 3/14	 26°/15°		A t-storm around in the p.m.	Precip 40%
<b>Sun</b> 3/15	 29°/15°		Mostly sunny	Precip 1%
<b>Mon</b> 3/16	 28°/14°		Nice with sun and some clouds	Precip 25%
<b>Tue</b> 3/17	 23°/14°		Sunny intervals; not as warm	Precip 10%
<b>Wed</b> 3/18	 24°/14°		A thunderstorm in spots	Precip 40%
<b>Thu</b> 3/19	 24°/14°		Clouds and sun with a t-storm	Precip 52%