



Rural Doctor's Association of Southern Africa

"Inspiring others to rural health"

**An urgent call to the people of our beautiful community
HELP US TO STOP THE SPREAD OF COVID19**

I am writing to you as doctor, a family member, and a person who works and lives in this community.

COVID19 has arrived and our health system is overwhelmed. We simply do not have enough: not enough hospital beds, not enough oxygen, not enough doctors and nurses, not enough tracing teams, not enough ambulances. This is the reality globally, not just in here in our community. As doctors and nurses we will do what we can to help the large number of patients with COVID19 coming to our clinics and hospitals. **We need YOU to help reduce the amount of people getting infected.**

COVID19 is spread mostly through close, direct contact, and spread only by PEOPLE. Every person in this community might become a link in the chain of COVID19 infection - and each one of us has the power to break that chain and ensure the infection does not go to the next person. It doesn't matter if you live in a suburb or a shack, or if you have a high paying job or are unemployed, we can all be part of this battle. At times it will be difficult and seem near impossible, but we all have the power to make adjustments and reduce the number of people getting sick. **COVID19 will not go away on its own.** Doctors and nurses cannot stop its spread. Only when EACH AND EVERY ONE of us changes the way we live do we have the power to get the spread of COVID19 under control.

We ask you to remember the golden rules:

1. The most important rule is to keep your distance from each other (2 arm lengths). Rearrange your office, your habits, your life and become aware of how to stay safe when you are stepping into someone else's space.
2. When in public, or sharing indoor spaces with others, wear a cloth mask over your mouth and nose. If you live with someone at home that might be vulnerable, wear a mask when you interact with them. Remind others (kindly) to wear their mask.
3. Clean your hands often - whether with soap or sanitiser or a tippy-tap bottle with water and bleach. Clean the spaces you use - especially after moments when you had to take off the mask (e.g. to eat).
4. If you get sick (cough / fever / short breath / sore throat / loss of smell or taste) stay away from others - from public spaces, from people in your home that are too vulnerable (I know this can be hard), from work or school. Call the hotline 080 002 9999 if you are unsure whether you should test, or go to your clinic.

We can fight this terrifying illness together and stop its unbridled spread in our community - one person at a time.

Please spread this message - to your colleagues, your friends and your families.

Stay safe - Join our campaign

#stopcovidtogether

#simisaiCOVIDkunya



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