



**3 April 2020**

**Dear Sizwe Member/Stakeholder**

The outbreak of COVID-19 continues to spread across South Africa with 1380 positive cases and 5 deaths to date. We at Sizwe Medical Fund wish to encourage our members, and all South Africans, to continue to heed to preventative measures to assist in flattening the COVID-19 transmission curve.

Sizwe wishes to assure its members that their funding of COVID-19 testing, GP and specialist consultations, medication and hospitalisation is aligned to the guidelines provided by the National Institute for Communicable Diseases (NICD), as informed by Council for Medical Schemes (CMS) and advised by the Board of Healthcare Funders (BHF).

The NICD, CMS and BHF guidelines regarding testing, medical management and hospitalisation of COVID-19 patients are constantly evolving as more information regarding COVID-19 and its impact becomes available. At Sizwe, we update our funding guidelines accordingly to ensure that our members stand to receive the best care possible.

The South African government's portal at the NICD contains useful information that can be accessed at <http://www.nicd.ac.za>. We also encourage Sizwe members, family, and friends to contact the **General Public COVID-19 Hotline Number on 0800 029 999** should they or any loved one develop COVID-19 related symptoms.

### **High-risk Individuals**

Sizwe members who fall within the high-risk category are urged to keep up with their routine medication and screenings. These include members with pre-existing conditions such as; diabetes mellitus, asthma, cancer, HIV/Aids and other immunosuppressive conditions. Individuals over the age of 50 and children under the age of 10 years are also encouraged to do the same. We would also invite our pregnant members to adhere to their care plans.

### **What you need know about protecting yourself and your loved ones from acquiring COVID-19?**

1. Wash hands frequently with soap and water or use an alcohol-based sanitiser.
2. When coughing and sneezing, cover mouth and nose with flexed elbow or tissue. Throw tissue away immediately and wash hands.
3. Maintain social distancing. Avoid close contact with anyone with a fever and cough.
4. Maintain good respiratory hygiene.
5. Advise those who are symptomatic to consult a doctor or stay home to recover.

**With Care**

**Sizwe Medical Fund**

**JOHANNESBURG**

222 Smit Street  
Braamfontein  
Johannesburg  
2001  
Tel: +27 (11) 725 0040

**CAPE TOWN**

Ground Floor Shop 13  
Norton Rose House  
8 Riebeeck Street  
Cape Town  
8000  
Tel: +27 (21) 402 9600  
Fax: +27 (21) 418 1400

**DURBAN**

7th Floor Royal Towers  
30 Dorothy Nyembe Street  
Durban  
4000  
Tel: +27 (31) 304 4829  
Fax: +27 (31) 304 4839

**PORT ELIZABETH**

Ground Floor Block E  
Southern Life Gardens  
70 - 2nd Avenue  
Newton Park  
Port Elizabeth  
6000  
Tel: +27 (41) 503 1000  
Fax: +27 (41) 503 1302

**WELKOM**

Corner House  
Cnr. Builen & Graaf Street  
Welkom CBD  
9459  
Tel: +27 (57) 353 1475  
Fax: +27 (57) 353 1478

**EMALAHLENI (WITBANK)**

71 Mandela Drive  
Cnr. Plumer and Mandela Drive  
(Opposite Lollipop Daycare Centre)  
Emalahleni  
1043  
Tel: +27 (13) 690 3342  
Fax: +27 (13) 690 3187

**POLOKWANE**

Regus 58 - 60 Landros Mare Street  
Thabakgolo Building 3rd Floor  
Polokwane  
Limpopo  
0700  
Tel: +27 (15) 101 0546  
Fax: +27 (15) 101 0547