

# CORONAVIRUS

Stay up to date with reliable information and take care of yourself

On Sunday 15 March 2020, nearly four months since the outbreak of Coronavirus, President Cyril Ramaphosa declared a State of Disaster. In order to combat the spread of the virus, the government has imposed travel restrictions and prohibited gatherings of more than 100 people. All personal contact must be limited and hygiene prioritised as the globe attempts to address the pandemic.

## > The global economy and financial markets

On 12 March 2020, the stock market experienced its worst day since the Black Monday crash of 1987 as fears of the virus's spread intensified. Oil prices plummeted to below US\$37 per barrel, with negotiations between Saudi Arabia and Russia a major role in the price's fluctuation.

## > How to stay safe

Research suggests that you should wash your hands with soap for no less than 30 seconds. Citizens returning from abroad should self-isolate and get tested as soon as possible. If you suspect you may have contracted Coronavirus, avoid any public areas and contact your doctor for advice immediately or phone the hotline at the number below.

## > The way forward

It's important to remember that panic – whether it's justified or not – has real consequences. In times of global financial crisis, investor movements can be extreme and unpredictable. It's not uncommon for the oil price to collapse, or for share prices to fall rapidly, and then return to their true value in the medium to long term. When making big investment decisions during this time, consult with a financial advisor for reliable assistance, and remain focused on your long-term financial plans.

## > Glimmers of hope

There has been a remarkable rate of scientific research and progress since the outbreak of the virus. The virus struck only four months ago, yet scientists already know its genetic features. It took scientists years to get that far with other viruses like HIV/ AIDS. Current research suggests that a vaccine could be available within 18 months.

## RELIABLE RESOURCES



### The World Health Organisation

[Click here](#) to find out how to protect yourself, get travel advice and watch WHO press briefings.



### National Institute for Communicable Diseases

[Click here](#) for regular updates and credible research information.



### Department of Health

[Click here](#) to stay up to date with government announcements and fact-check the information you currently have against popular myths.



Department of Health Tollfree  
**0800 029 999**



National Whatsapp Line  
**060 012 3456**

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