

# Nammed

## HEALTH BULLETIN



WHAT'S INSIDE...



**1. CORONAVIRUS:**  
KNOW THE FACTS



**2. BE YOUR BEST**  
WITH B VITAMINS



**3. EMERGENCY**  
CONTACT DETAILS



**4. HEALTH HINT**  
OF THE DAY

# 1 Coronavirus: Know the Facts

The 2019 Novel Coronavirus (2019-nCoV) outbreak, which started in China in December 2019, has spread to 28 countries around the world. As at 23 February, globally 79,930 people have been infected with the virus and 2,461 people have died (<https://cnn.it/2v6YTlk>).

To date, there have been no confirmed cases of coronavirus in Namibia. However, it is important to know the facts in order to prevent panic and protect your health.



## What is coronavirus?

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases. The 2019 Novel Coronavirus (2019-nCoV) is a new strain of coronavirus.

## SYMPTOMS OF 2019-NCOV

Coronavirus 2019-nCoV causes mild to severe respiratory illness, with symptoms including:



COUGH



FEVER



SHORTNESS OF  
BREATH



HEADACHE



CONFUSION



SORE THROAT

Symptoms can appear 2 to 14 days after exposure, and in some patients, are serious enough to require hospitalisation.

In more severe cases, 2019-nCoV infection can cause pneumonia, Severe Acute Respiratory Syndrome (SARS), kidney failure and death.

## HOW 2019-NCOV IS TRANSMITTED



Coronavirus 2019-nCoV was initially transmitted from animals to people.

However, the current rapid spread of the virus is due to person-to-person transmission via droplet infection:

COUGHING

SNEEZING



## REDUCE YOUR RISK OF 2019-NCOV INFECTION



Wash your hands with soap and water or alcohol-based hand rub often



Avoid touching your eyes, mouth and nose



Cover your nose and mouth with a tissue or flexed elbow when coughing or sneezing



Avoid close contact with anyone with cold or flu-like symptoms



Thoroughly cook meat and eggs



Avoid travel if you have cold or flu-like symptoms

## Nammed has you covered

If you have a fever, cough and difficulty breathing, seek medical attention to rule out 2019-nCoV infection, especially if you have recently travelled abroad.

### NAMMED OFFERS COMPREHENSIVE COVER:

- Doctor's consultations (GPs and specialists, out of hospital) – Available on all Options, except Trauma

- Pathology services (out of hospital)
- Available on all Options, except Trauma
- Hospitalisation – Available on all Options

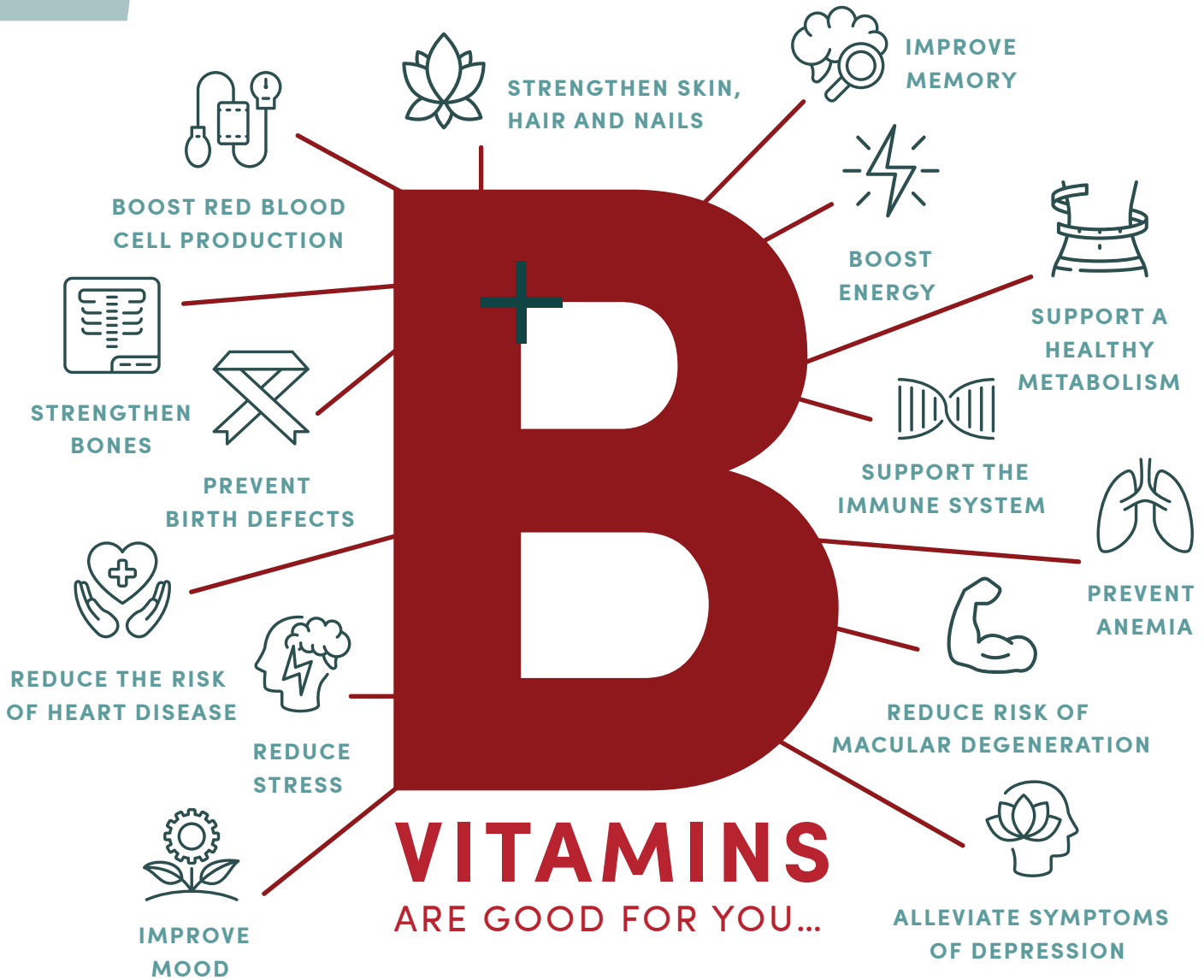
**FOR BENEFITS PER OPTION**

Please consult our membership guide  
<http://bit.ly/2tYQtCf>.

Or contact the Nammed office in your town:

- Windhoek • 061 374 600
- Swakopmund • 064 406 257/49
- Otjiwarongo • 067 302 274
- Karibib • 064 550 551

# Be Your Best with B Vitamins!



**SYMPTOMS OF VITAMIN B DEFICIENCY**

- Weakness
- Tiredness
- Dizziness
- Irregular heartbeat
- Pale skin
- Numbness
- Tingling
- Depression
- Memory loss

**Take a Vitamin B complex  
to boost your health!**

- Pregnant women
- Smokers
- Heavy drinkers
- People with unbalanced diets
- Vegetarians
- People with digestive disturbances and diseases

# Emergency Contact Details

## COUNTRYWIDE

Crisis Response  
061 303 395 or 083 3912

Paed IQ 24/7 Baby Line  
91600

e-med rescue 24  
924 (landline)

LifeLink Emergency Services  
999 (landline) or 085 900 (cell)

MR24/7  
085 956 or 061 255 676

## COASTAL AREA

Code Red Medical Services  
085 9900 or 085 8940

Walvis Bay & Swakopmund  
St Gabriel Ambulance  
085 955 or 081 124 5999

## NORTHERN NAMIBIA

Namibia Private Ambulance Services  
081 9696

Eenhana (long distance)  
Intensive Therapy Unit Ambulance  
082 444 7807

Ohangwena (long distance)  
Ohangwena Private Ambulance Services  
081 9797

Okahandja  
Okahandja Paramedical Services  
987 (landline)

Ondangwa (long distance)  
Ondangwa Ambulance Services  
081 90 200

Outapi (and surrounding area)  
Outapi Ambulance  
065 251 022 or 251 800

Rosh Pinah & Oranjemund  
Roscare Health Centre-Global/  
Ambulance  
063 274 918 or 081 161 8734

Windhoek (and surrounding area)  
Aems Ambulance Services  
081 963

City of Windhoek  
Emergency Services  
061 211 111



## Health Hint of the Day

**"IT COSTS MONEY TO STAY HEALTHY,  
BUT IT'S MORE EXPENSIVE TO GET SICK."**

- ASHLEIGH BRILLIANT

**NAMMED - YOUR PARTNER IN HEALTH**

