

Nammed

HEALTH BULLETIN



WHAT'S INSIDE...



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What is COVID-19?

COVID-19 is a new strain of coronavirus. It causes mild to severe respiratory illness and can be fatal.

On 11 March, the World Health Organization declared COVID-19 a global pandemic.

533,416

TOTAL CONFIRMED
CASES WORLDWIDE

24,082

TOTAL DEATHS
WORLDWIDE



122,710

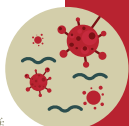
TOTAL RECOVERED
WORLDWIDE

* STATISTICS BASED ON DATA FROM JOHNS HOPKINS
[HTTPS://CORONAVIRUS.JHU.EDU/MAP.HTML](https://coronavirus.jhu.edu/map.html)

* STATISTICS AS AT 27 MARCH 2020 AT 10:00 AM



How does COVID-19 spread?



Through contact with respiratory droplets when an infected person coughs or sneezes



By touching surfaces that an infected person has touched and then touching your mouth, nose or eyes

Evidence suggests that people infected with COVID-19 can be contagious before they show symptoms. However, they are thought to be most contagious when they are sick.

Who is at risk?



EVERYONE,
REGARDLESS OF AGE, GENDER, ETHNICITY OR SOCIAL STATUS
IS AT RISK OF CONTRACTING COVID-19.

**BUT SOME PEOPLE HAVE A HIGHER RISK OF
SERIOUS COMPLICATIONS AND DEATH:**



PEOPLE OVER
THE AGE OF 70



PEOPLE WITH
CHRONIC ILLNESSES



PEOPLE WITH
UNDERLYING HEALTH
CONDITIONS



PREGNANT
WOMEN

How can you protect yourself and others?

DO:

- **Stay calm**
- Wash your hands frequently using soap and water
- Use alcohol-based hand sanitizer if soap and water aren't available
- Avoid close contact with anyone showing symptoms of respiratory illness
- Avoid touching your eyes, nose and mouth
- Cough and sneeze into your bent elbow or a tissue
- Eat healthy and exercise regularly to boost immunity
- Stay hydrated

DON'T:

- **Spend all your money on supplies**
- Greet people with a handshake, hug or kiss
- Go to large gatherings or crowded places, e.g. restaurants, cinemas and malls
- Go to work if you are ill



- Believe false information – only rely on <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



5 Do you have COVID-19, a flu or allergies?

KNOW THE DIFFERENCE:



FLU

Fever
Cough
Muscle aches
Fatigue & weakness
Chills & sweats
Congestion
Sore throat
Allergies
Sneezing
Itchy eyes & nose
Runny, stuffy nose
Watery, red or swollen eyes

COVID-19

HEADACHE

FEVER

DRY COUGH

SORE THROAT

SHORTNESS OF BREATH

MUSCLE PAIN

SYMPTOMS MAY SHOW UP
2-14 DAYS AFTER EXPOSURE

ALLERGIES

Sneezing
Itchy eyes & nose
Runny, stuffy nose
Watery, red or swollen eyes

What should you do if you develop symptoms?

IF YOU DEVELOP SYMPTOMS,
CALL YOUR DOCTOR OR THE TOLL-FREE COVID-19

HELPLINE ON 0800 100 100 AND FOLLOW INSTRUCTIONS.

DON'T GO TO...



The hospital or emergency room • The doctor's practice • The pharmacy

You will put others at risk of infection!

Who can get tested?



SCENARIO #1

You want to be tested for *peace of mind*



You cannot be tested without a doctor's referral and if you don't have symptoms

NAMMED WILL NOT REIMBURSE YOU FOR "SELF-TESTING"

SCENARIO #2

Your doctor has categorised you as a **PUI*** and **referred** you for testing



You will be tested. You must pay for the test upfront** and submit your claim electronically

NAMMED WILL COVER THE FULL COST OF THE TEST, WHETHER THE RESULT IS NEGATIVE OR POSITIVE
BENEFIT: DAY-TO-DAY

SCENARIO #3

You are in **hospital** and need to be tested



You do not have to pay for the test upfront

NAMMED WILL COVER THE FULL COST OF THE TEST, WHETHER THE RESULT IS NEGATIVE OR POSITIVE
BENEFIT: OVERALL

*** PUI = PERSON UNDER INVESTIGATION:**

- Person with acute respiratory illness with sudden onset of at least one of the following: cough, sore throat, shortness of breath or fever AND
- In the 14 days before onset of symptoms, met at least one of the following criteria:
 - Was in close contact with a confirmed or probable case of COVID-19 OR
 - Travelled to areas with local COVID-19 transmission OR
 - Worked in or attended a healthcare facility where patients with COVID-19 were being treated OR
 - Admitted with severe pneumonia of unknown cause

Do travel restrictions apply?



Travel to Namibia

NAMIBIAN CITIZENS, PERMANENT RESIDENTS AND DOMICILE PERMIT HOLDERS

Yes

MAY ENTER NAMIBIA

No

MAY NOT ENTER NAMIBIA

TRAVELING FROM AFFECTED AND HIGH-RISK COUNTRIES*

Yes

AFFECTED COUNTRIES:
14-DAY SELF-ISOLATION

HIGH-RISK COUNTRIES:
QUARANTINE

No

NO QUARANTINE

Leaving Namibia

NAMIBIAN CITIZENS, PERMANENT RESIDENTS AND DOMICILE PERMIT HOLDERS

Yes

VALID REASON FOR LEAVING NAMIBIA (E.G. MEDICAL REASONS)
- OFFICIAL APPROVAL REQUIRED

No

MAY LEAVE NAMIBIA

Yes

MAY LEAVE NAMIBIA

No

MAY NOT LEAVE NAMIBIA



Travel within Namibia

FROM 27 MARCH 2020 UNTIL 16 APRIL 2020, TRAVEL INTO AND OUT OF THE KHOMAS AND ERONGO REGIONS IS NOT ALLOWED.

* High-risk countries: China, Europe (Schengen countries), Iran, Ireland, Malaysia, South Korea, United Kingdom, USA, Japan

Telephonic & email consultations during the COVID-19 pandemic

The health and safety of our members and healthcare providers during the COVID-19 pandemic is our top priority. Therefore, Nammed will reimburse members/healthcare providers at 100% Namaf tariff for the following:



- GP telephone or email consultation
- GP consulting service, e.g. writing of repeat scripts or requesting routine pre-authorisation without the physical presence of the patient
- Psychiatrist telephone or email consultation (all hours)
- Psychiatrist consulting service, e.g. writing of repeat scripts or requesting routine pre-authorisation without the physical presence of the patient

The above is only applicable during the COVID-19 pandemic. Additional restrictions may apply.



Official Government Notice on treatment and testing



- Namibia Institute of Pathology (NIP) is able to conduct the COVID-19 test locally.
- No private hospital or private hospital casualty is currently admitting COVID-19 patients.
- Suspected cases should be referred to the Windhoek Central Hospital. This includes emergency admissions of patients with respiratory distress.
- The Windhoek Central Hospital has an isolation ward.
- The Ministry of Health and Social Services has two ambulances on stand-by for COVID-19 cases only.
- Private ambulances must route patients to the Windhoek Central Hospital.

Nammed offices remain open

LET'S BE SAFE!
FOR THE NEXT FEW WEEKS, PLEASE...

Call



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

Email



nammed@paramount.com.na

IF YOU DECIDE TO VISIT OUR OFFICES,
YOU WILL BE REQUIRED TO:



By appointment
only



Adhere to precautionary
measures as instructed



Avoid shaking
our hands

**PLEASE DO NOT VISIT OUR OFFICES IF YOU ARE SHOWING SYMPTOMS
OR HAVE HAD POTENTIAL CONTACT WITH COVID-19.**

Important contact details:

TOLL-FREE COVID-19 HELPLINE
0800 100 100

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