

INFORMATION ABOUT THE CORONAVIRUS

DON'T PANIC

Here is some information that you need to know.

Feel free to share this with friends and family.

First, there is no need to panic:

- Not everyone who gets the virus becomes gravely ill
- Good personal hygiene can prevent its spread

MESSAGE FROM THE CEO



At RBPlat our priority is the safety, health and wellbeing of our employees and in light of the recent global COVID-19 pandemic, we have established a COVID-19 Co-ordination Committee to help us navigate through this difficult time.

The President has declared a National State of Disaster and has outlined various decisive actions to curb this pandemic in our country. As a company, we are fully aligned with the efforts of our government to contain the spread of the disease. Accordingly, we will continue to closely monitor the situation in our operations, and some of our efforts will include increasing communication and awareness to our employees and intensifying our health, hygiene and wellness efforts.

Our Health and Safety team together with our Medical Practitioner, will ensure that we have all the latest information available to respond to the situation should an employee need to isolate or be quarantined. Our team will also take guidance from the South African government and recognised international health bodies like the National Institute for Communicable Diseases (NICD) and the World Health Organisation and the Department of Health.

As a company, we are fully aligned with the efforts of our government to contain the spread of the disease.

We will continue to monitor the situation closely and will communicate regularly with our employees should the situation change.

I appeal to you to remain calm and take heed of the information available in this booklet, which has been prepared by the Minerals Council of South Africa.

I appeal to you to remain calm and take heed of the information available in this booklet, which has been prepared by the Minerals Council of South Africa. Share this information with your family and friends in your homes and communities, and practise good hygiene at all times.

If you require more information, please contact the RBPlat Clinic on 014 573 1498 or the National COVID-19 Emergency Number on 0800 029 999.

Sincerely,

Steve Phiri
CEO, RBPlat

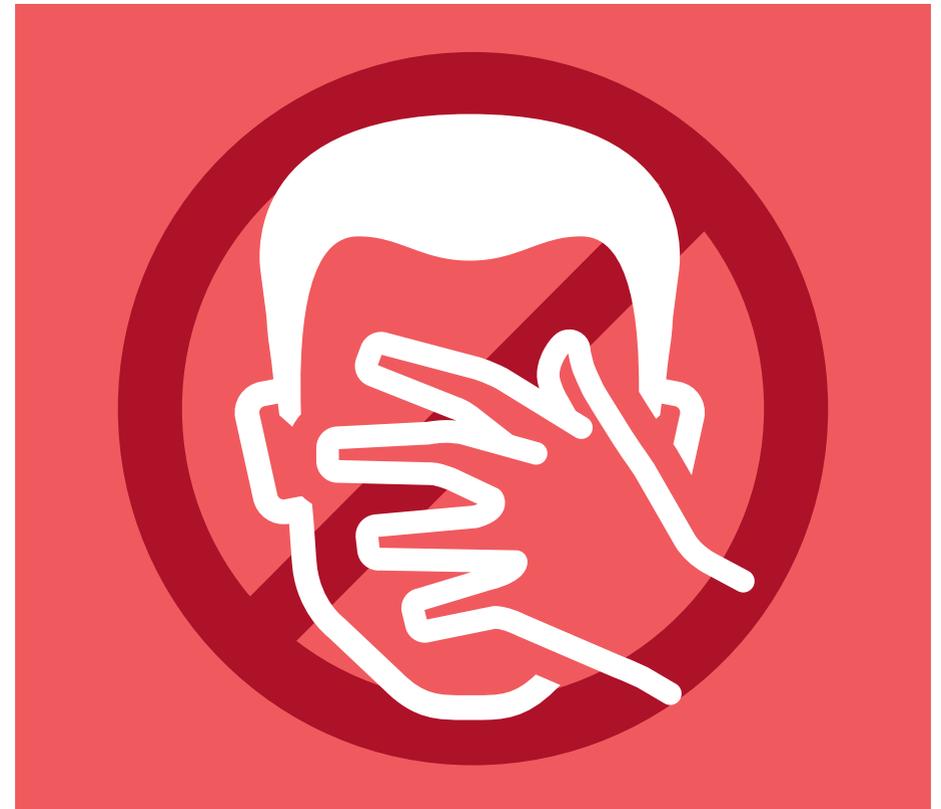


WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



WHAT CAN I DO TO AVOID GETTING THE VIRUS?

Don't touch your face, mouth, nose or eyes without washing your hands.



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WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



The coronavirus has been declared a global health emergency by the World Health Organization.

THIS IS WHAT YOU NEED TO KNOW



**There is
no need
to panic**



Not everyone who
gets the virus
becomes very sick



Good personal hygiene
can protect you and
your family

WHAT IS IT?

The coronavirus is a virus, similar to the common cold or flu.

Symptoms can be very mild for some people, but can be far more deadly for others.

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WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



WHAT ARE THE SYMPTOMS?



Fever



Tiredness



Dry cough



Difficulty in breathing

Some people may also have aches and pains, a blocked or runny nose, a sore throat, or diarrhea.

IS IT DEADLY?

**Not everyone
who gets the
virus becomes
very sick.**

Most people (about 80%) recover without needing special treatment.

Around 1 in every 6 people with the virus becomes seriously ill which could be fatal.

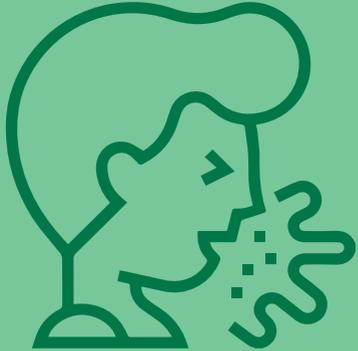
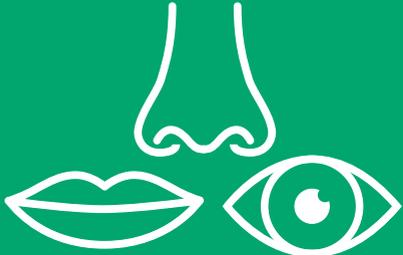
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WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



HOW DOES IT SPREAD?

The virus is infectious and spreads from people who are infected to others through:

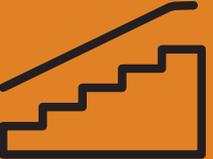
	The air by coughing and sneezing
	Close personal contact, such as touching or shaking hands
	Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes without washing your hands

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



CAN I GET IT FROM TOUCHING THINGS?

Yes, sometimes a sick person's saliva can get onto objects like:

 Their hands	 Doorknobs
 Pens	 Digital devices like cellphones and laptops
 Food and utensils	 Stair railings



Don't touch your face, mouth, nose or eyes without washing your hands.

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



WHAT SHOULD I DO IF I THINK I HAVE THE VIRUS?

If you have a **fever, cough** AND have **difficulty breathing** you should:



Speak to your
healthcare practitioner



Share your recent
travel history



Avoid travel



Avoid contact
with others

WHO IS AT RISK?

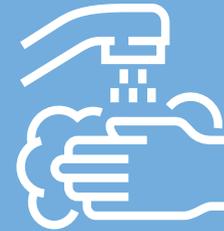
Anyone who comes into contact with the virus can get it, **BUT** older people and those with underlying medical problems like high blood pressure, heart problems, low immunity or diabetes are more likely to develop serious illness.

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WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



HOW CAN I PROTECT MYSELF AND OTHERS FROM GETTING SICK?



Wash your hands
regularly and thoroughly
for 20 seconds with
soap and water or use an
alcohol-based hand rub



Avoid close contact with anyone
who has fever and cough. Avoid
close contact with other people if
you are coughing or have a fever



Cover your mouth and nose
with your elbow or a tissue
when you cough or sneeze



Only eat well-cooked food,
especially meat and eggs



Never spit in public

STAY HEALTHY: Get your flu vaccination

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WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



HOW CAN IT BE STOPPED?

There are steps that you can take to prevent getting the virus, and stopping its spread.



At the moment there is no medicine available to prevent or treat the virus. Conventional medicines can treat the symptoms, helping to comfort those who are infected while their immune systems fight the virus.

The best option is to avoid getting sick in the first place by:

- Washing your hands
- Knowing your HIV status, and taking your HIV and TB medication
- Getting the flu injection

Wear a disposable face mask if you are ill with coronavirus or looking after someone who is ill.

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WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS



WHO IS AT GREATEST RISK?

Older people, those with other health conditions and people with compromised immune systems are likely to be affected more harshly than others.

Protect yourself by:



Knowing your status



Taking your medication



Washing your hands thoroughly and regularly and covering your mouth when you cough or sneeze

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WHAT TO DO IF YOU FEEL SICK

If you have flu like symptoms (fever, cough and difficulty breathing) and suspect that you may be infected with the COVID-19 virus, do not come to the mine and do not go directly to the RBPlat BRPM Clinic. Self-quarantine yourself at home and call one of the following numbers for further assistance and advice on next steps.

IMPORTANT CONTACT DETAILS

RBPlat BRPM Clinic: 014 573 1498
National COVID-19 Hotline Number: 0800 029 999
