



Regular Force Medical Continuation Fund

18 March 2020

Dear Member

The Health Department confirmed the first case of COVID-19 in South Africa on 5 March 2020 and announced that the first patient was well enough to go home after just three days of being quarantined. Since the news broke, the number of confirmed cases has been increasing daily.

The RFMCF wishes to confirm that members will continue to access services through the SAMHS.

If you believe that you may be at risk, you should consult with your SAMHS facility immediately and isolate yourself and people living with you especially if you have recently returned from areas where cases of COVID-19 have been confirmed.

The arrival of COVID-19 in South Africa has come at a time when the seasonal influenza is usually prevalent. This makes it more important to receive the flu vaccine during the specific flu season. Having a flu vaccination can build up your immunity against the strain of flu virus you're vaccinated against and will not lower your immunity. RFMCF members can go to their Dischem and Clicks pharmacy to receive a free Flu vaccine.

To prevent the spread of the coronavirus, global authorities, including World Health Organization (WHO) and the South African National Institute for Communicable Diseases (NICD) recommends the good practice of hand hygiene, (handwashing with soap and water) sneeze and cough etiquette.

During the President's address on 15 March 2020, he declared Coronavirus a national disaster. The President has emphasized that the current circumstances require extraordinary measures to curb the spread of infections and has called on South Africans to minimize the risk of the spread of the virus by limiting contact amongst groups of people and social distancing has been encouraged.

For the protection of our members as well as our staff, we have had to close the member walk in facility. We will also postpone all members roadshows.

These precautionary measures will be in place until such time that it is safe to reopen the walk-in facility and have contact with groups of people. Further communication will be sent in this regard.

All our other non-contact communication channels will remain available to you.

Email - info@rfmcf.co.za
Call Centre - 012 679 4200
Web Login - Members can register on www.rfmcf.co.za

Kind Regards

RFMCF

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