

08 July 2021

Dear Member

In this communication, we wish to update you on new developments in the country's response to the COVID-19 pandemic.

COVID-19 vaccine rollout

- As at 30 June 2021, there were more than 3 Million South Africans that have been vaccinated. This means that the vaccine rollout is gaining momentum.
- Members aged between 50 and 59 years may now also register to be vaccinated. The EVDS portal is open for these members effective 01 July 2021. Vaccinations for this group of members will start on 15 July 2021.
- RFMCF members in this age category are encouraged to register to be vaccinated. Member can register in one of the following ways:
 - o Go to the EVDS portal: <https://vaccine.enroll.health.gov.za/#/>
 - o Dial *134*832# and register via USSD.
 - o Send the word "register" via WhatsApp to 0600 123 456.
 - o Call the national tollfree number on 0800 029 999 where somebody will help you to register.
- 60-year-old members, Health Care workers as well as other population groups like teachers and police will continue to get vaccines.
- The SANDF has also communicated that it is gearing up to start vaccinating the DOD community. RFMCF member form part of the DOD community. Members are encouraged to get in touch with the nearest SAMHS healthcare facility for more details in this regard.

3rd wave and Delta variant

- South Africa has officially entered the 3rd COVID-19 wave. The 3rd wave has been intensified by the arrival of the Delta variant in South Africa. Scientists have said that the Delta variant is much more transmissible than the previous variants. This means that more people are getting infected with COVID-19 than in the 1st and 2nd waves.
- The pressure on the healthcare system has been enormous with hospitals running out of ICU and High Care beds from time to time. Oxygen supply has also been affected due to the increase in hospital admissions and as more people are receiving treatment at home.
- We would like to remind our members reduce movement as far as possible to prevent being infected with COVID-19.
- Now more than ever before, all South Africans need to practice the saying "prevention is better than cure".
- We also need to follow the non-pharmaceutical interventions like wearing a mask, washing and/or sanitizing our hands regularly and keeping a 1,5-metre distance from other people.
- We have attached a guide from the National Institute for Communicable Disease (NICD) for guidelines on how to manage mild COVID-19 symptoms at home should you test positive for COVID-19.

The sacrifice that we are being asked to make is minimal and temporary. The bigger purpose is saving the lives of our loved ones. This 3rd wave will pass faster if we all comply, and the virus will lose a "transport" medium and attachment to a new host to mutate further.

Kind Regards,



Regular Force Medical Continuation Fund