




NEWSLETTER

1ST EDITION

DIFFERENCE BETWEEN COVID-19 VS COMMON FLU/COLD

 Incubation period	1 COVID-19 2-14 days	FLU (Influenza) 1-4 days	COLD (Rhinovirus) 1-3 days	 Aches and pains	7 COVID-19 Rare	FLU (Influenza) Common	COLD (Rhinovirus) Common
 Start of symptoms	2 COVID-19 Gradual Symptoms mild to severe	FLU (Influenza) Abrupt onset of symptoms	COLD (Rhinovirus) Gradual onset of symptoms	 Runny or stuffy noses	8 COVID-19 Rare	FLU (Influenza) Sometimes	COLD (Rhinovirus) Common
 Typical length of illness	3 COVID-19 Undetermined	FLU (Influenza) 7-14 days	COLD (Rhinovirus) 7-10 days	 Sore throat	9 COVID-19 Sometimes	FLU (Influenza) Sometimes	COLD (Rhinovirus) Common
 Fever	4 COVID-19 Common-high grade	FLU (Influenza) Common-low grade	COLD (Rhinovirus) Rare	 Diarrhoea	10 COVID-19 Sometimes	FLU (Influenza) In children	COLD (Rhinovirus) No
 Cough	5 COVID-19 Common - usually dry	FLU (Influenza) Common - usually dry	COLD (Rhinovirus) Mild	 Headaches	11 COVID-19 Sometimes	FLU (Influenza) Common	COLD (Rhinovirus) Rare
 Sneezing	6 COVID-19 No	FLU (Influenza) No	COLD (Rhinovirus) Common	 Shortness of breath	12 COVID-19 Sometimes	FLU (Influenza) No	COLD (Rhinovirus) No

*Sources: WHO Health Organization, Centres of Disease Control and Prevention



REMEMBER

Wellness Day is coming up towards the end of the year, more information to follow.

COVID 19 MYTHS

As we ponder whether myths and misinformation could be the biggest contributors to vaccine hesitancy, the truths are unveiled here to empower you with the facts.

- 1 | **Vaccine safety was not compromised despite the speedy COVID-19 vaccine development process.** It was possible for the COVID-19 vaccines to be developed fast mainly because of the close collaboration between scientists and governments, and the significant amounts of money and resources that were devoted to vaccine development.

Other advantages that helped speed up vaccine development include

- The research information that already existed before the pandemic
- Vaccine technologies had already been developed
- A lot of people participated in the vaccine trials
- Funding from both the private and public sectors.

In terms of safety and efficacy of vaccines being rolled out in South Africa, they are all authorised by South African Health Products Regulatory Authority (SAHPRA).

- 3 | **COVID-19 vaccines do not contain microchips** to track and control your movements when you are vaccinated. In fact, as part of SAHPRA's vaccine authorisation process, all manufacturers are required to publish ingredient lists so you can see what is in each vaccine.
- 4 | While it's possible to be infected with COVID-19 before and immediately after vaccination, **getting vaccinated does not cause the COVID-19 illness.** It also cannot make you more vulnerable to other illnesses. Some people test positive after vaccination because they were carrying the virus in their bodies before taking the vaccine, without knowing, or they become infected soon afterwards.
- 5 | **The government is responsible for the vaccine rollout strategy (not any one private party or organisation),** which means the government sources, distributes and oversees the vaccines. This is part of its **commitment to ensure that lives and livelihoods are saved.** It is in the best interests of the whole of South Africa to have the majority of the population protected from the virus.
- 6 | Vaccines **have no religious affiliations. They cannot contain abstract ingredients and they are not tools of spirits, demons,** or other abstract elements. **There is no plot to possess, captivate, or control anyone using vaccines.** Vaccines also do not contain fetal cells from aborted fetuses.

- 7 | Even if you are a young and healthy individual, you **still need to take the COVID-19 vaccine.** This will help to protect you and the majority of the South African population from infection, as well as help prevent the further spread of the infection.
- 8 | Although your body produces antibodies after recovery from the COVID-19 disease, you **still need to vaccinate even if you've already had COVID-19** to get better protection and a stronger immune response.
- 9 | **There is no evidence that vaccination can cause infertility.** Women can fall pregnant and conceive after taking any of the authorised vaccines.
- 10 | **Common side-effects** which many people experience after getting a jab, usually last for 2 to 3 days and do not last longer than a week. These common symptoms include pain around the injection site, tiredness, headaches, muscle pain, joint pain, chills, and fever.
- 11 | The country has not reached a stage where the majority of the population is protected from the virus, so **preventive measures or non-pharmaceutical methods such as mask-wearing, physical distancing and hand washing should still be followed** even after vaccination.



[See latest COVID-19 vaccination statistics here.](#)

COVID 19: HOW TO ACCESS BASKET OF CARE

What you need to know about the WHO Global Outbreak Benefit

The **WHO Global Outbreak Benefit** is available to all members of BMW Employees Medical Aid Society during a declared outbreak period, such as the current COVID-19 pandemic. The benefit provides cover for relevant healthcare services, as well as a defined basket of care for out-of-hospital healthcare services related to the pandemic.

This benefit ensures that members have access to screening consultations, testing, and management and appropriate supportive treatment as long as they meet the Society's Benefit entry criteria.

KNOW YOUR RISKS

Find out what your risk status is by completing the **COVID-19 risk assessment**. The questions in the assessment will help you find out if you have symptoms that are linked to COVID-19 or if you may have been exposed to COVID-19 and need a consultation with a doctor. Once you have completed the risk assessment, you get access to additional funding for screening consultations and tests.

HOW YOU ARE COVERED FROM THE WHO GLOBAL OUTBREAK BENEFIT

This benefit provides cover for cases of outbreak diseases and out-of-hospital healthcare services related to COVID-19. The cover does not affect your day-to-day benefits.

WHAT YOU ARE COVERED FOR

This benefit offers cover for out-of-hospital healthcare services related to COVID-19. This means that you have cover for COVID-19 diagnosis and treatment when you are not admitted to hospital. This is in addition to your hospital benefits if you are admitted to hospital for COVID-19 treatment.

The basket of care includes:

- Screening consultations with a nurse or network GP (either virtual consultations, telephone or face-to-face) after you have completed a risk assessment
- Two COVID-19 PCR screening tests, if referred by your doctor or referred by a network GP when you may be at risk of having contracted COVID-19
- Two pre-admission COVID-19 tests required by hospitals before admitting you for treatment not related to COVID-19
- A defined basket of care for COVID-19-positive members, which includes pathology, X-rays and scans, chest physiotherapy, and psychotherapy benefits
- Cover for a list of supportive medicines

- Benefits for the home monitoring of COVID-19-positive members, which includes a pulse oximeter and up to three consultations for each person every year
- COVID-19 vaccinations and booster shots
- Benefits for out-of-hospital treatment and care of long COVID-19 in cases where the symptoms carry on after 21 days of the initial infection

Your cover depends on the following

- You must use the Society's designated service providers (DSPs), where applicable.
- You must meet certain clinical entry criteria.
- Any recommended treatment and healthcare services that are not included in the basket of care are paid from your available day-to-day benefits, or in line with Prescribed Minimum Benefits, where applicable.
- The cost of COVID-19 vaccines, which includes the cost of administering the vaccine, is covered as **Prescribed Minimum Benefits (PMBs)**.
- You must register on the National Department of Health's Electronic Vaccine Data System (EVDS) to be vaccinated.

GET THE FACTS AND FOLLOW PREVENTIVE STEPS

COVID-19 and the flu season overlap in South Africa, so it is crucial to have the seasonal flu vaccination as protection against flu. Please visit the **COVID-19 information hub** to understand the facts around COVID-19 and the preventive measures that help protect your health.



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