

16 March 2020

### **COVID 19 – IMPORTANT MESSAGE FROM THE CEO**

With the recent news that **COVID-19 coronavirus** has been declared a global pandemic and a South African national disaster, I am updating you on the actions Tharisa has taken, and will be taking as we further unpack the implications of COVID-19. Firstly, our thoughts are with those affected by this virus and we extend our deepest condolences to those families that have lost loved ones. We thank the global healthcare community for the tireless work that they have performed as they continue to exhibit courage in the face of adversity. As South Africans, we have been afforded the opportunity and limited time to learn from other nations and implement critical steps to minimise the impact of the coronavirus.

Tharisa will be guided by the advice from national governments, various global health authorities and information emanating from the Minerals Council.

Tharisa has already implemented early preventative measures to safeguard employees' health and wellbeing. We ask you to commit to and to take all necessary measures to limit the spread of COVID-19 through the following:

- Providing clear communication to all stakeholders of our preventative measures and protocols
- Practising social distancing, maintaining at least a 1 meter distance from other people
- Avoiding contact with people that are ill or are showing flu or cold symptoms
- Prioritising personal hygiene and work place hygiene, washing hands for 20 seconds and/or sterilising with approved sanitisers
- Avoiding touching your face
- Coughing and sneezing into your elbow and disposing of tissues immediately into closed bins
- Not making physical contact with people when greeting them (no shaking of hands or hugging)
- Using hygiene stations at all entry and exit points
- Limiting the size and frequency of internal meetings
- Limiting gatherings to no more than 50 people
- Limiting external meetings and travel to the utmost minimum
- Hosting of meetings by using available technology such as Zoom and Teams

All flights and cross border travel are prohibited and if absolutely essential for personal reasons will require self-quarantine measures.

As we further understand the implications of COVID-19, I urge you to take care of your personal health. Monitor your well-being and should you have any symptoms relating to the COVID-19 virus, immediately notify your line manager for further guidance and inform your doctor telephonically about your symptoms.

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

- cough
- difficulty in breathing
- fever

Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

Tharisa will continue to assist with preventive measures, such as providing cleaning materials for both equipment and personal use, as and when required and we have increased the cleaning cycle of all our premises.

These are unprecedented times and we will monitor the situation on a daily basis and continue to update and communicate with all stakeholders. It is every single person's responsibility to monitor their behaviour and to practice the necessary precautionary measures to contain and limit the spread of this pandemic.

Yours in health and safety

Phoevos Pouroulis

# CORONAVIRUS

## Frequently Asked Questions

11 March 2020



### Question 1: WHAT IS THE CORONAVIRUS?

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

The coronavirus is a virus, similar to the common cold or flu in many ways. Symptoms can be very mild for some people, but can be far more serious for others.



### Question 2: WHAT ARE THE SYMPTOMS?

The most common symptoms are:

- Fever
- Tiredness
- Dry cough
- Difficulty breathing

Some people may also have aches and pains, a blocked or runny nose, a sore throat or diarrhea in addition to the above.



### Question 3: IS IT DEADLY?

Not everyone who gets the virus becomes very sick.

Some people become infected but don't develop any symptoms or feel unwell.

- 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.



### Question 4: 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 or diabetes are more likely to develop serious illness.



### Question 5: 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.



### Question 6: 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 cell phones and laptops
- Food and utensils
- Stair railings

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



### Question 7: WHAT SHOULD I DO IF I THINK I HAVE THE VIRUS?

People with fever, cough and difficulty breathing should:

- speak to your healthcare practitioner
- share your recent travel history
- avoid travel
- avoid contact with others
- tell your employer



**Question 8:**  
**HOW CAN I PROTECT MYSELF AND OTHERS FROM GETTING SICK?**

The best way to protect yourself is to regularly wash your hands thoroughly for 20 seconds with soap and water or use an alcohol-based hand rub.

Other preventative measures include:

- Avoiding close contact with anyone who has fever and cough. Avoid close contact with other people if you are coughing or have a fever.
- Covering your mouth and nose with your elbow or tissue when you cough or sneeze.
- Only eating well-cooked food, especially meat and eggs.
- Never spitting in public.
- Getting your flu vaccination.



**Question 9:**  
**IS THERE A VACCINE OR MEDICINE TO STOP THE VIRUS?**

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



**Question 10:**  
**CAN THE FLU VACCINE PREVENT ME FROM GETTING THE CORONAVIRUS?**

No, but by getting the flu vaccine, you reduce your chances of getting the flu which means your immune system won't be diminished and if you get sick with flu symptoms, your healthcare practitioner will know to test you for the coronavirus.



**Question 11:**  
**SHOULD I WEAR A FACE MASK?**

Wear a disposable face mask if you are ill with coronavirus symptoms or looking after someone with the virus.



**Question 12:**  
**ARE PEOPLE WITH HIV/AIDS AT GREATER RISK?**

Although we don't know everything yet, older people, those with other health conditions and people with compromised immune systems are more likely to be affected more harshly than others.

But, HIV patients who receive stable anti-retroviral therapy have normal CD4 counts which decreases their risk of seriously falling ill.

Protect yourself by:

- Knowing your status
- Taking your ARVs
- Following good physical and respiratory hygiene basics



**Question 13:**  
**DOES TAKING A HOT BATH PREVENT PEOPLE FROM GETTING THE CORONAVIRUS?**

Taking a hot bath will not prevent you from getting the virus. Your normal body temperature is usually between 36.5C to 37C, regardless of the temperature of your bath.

Taking a hot bath with extremely hot water can be harmful to you because it can burn you.



**Question 14:**  
**CAN I GET THE CORONAVIRUS FROM MOSQUITOS?**

The coronavirus is a respiratory virus which spreads primarily through droplets of mucus or spit generated when an infected person coughs or sneezes.



**Question 15:**  
**CAN I GET THE CORONAVIRUS FROM PETS?**

There is no evidence that shows that pets such as dogs or cats can be infected by the virus. But, it's always a good idea to wash your hands with soap and water after you've touched your pets.



**Question 16:**  
**DO ANTIBIOTICS EFFECTIVELY TREAT THE CORONAVIRUS?**

No, antibiotics don't work against viruses, only bacteria.