

## Media Release: Update on the coronavirus by Premier Alan Winde

**27 June 2020**

As of 1pm on 27 June, the Western Cape has 16 753 active cases of Covid-19, with a total of 58 925 confirmed cases and 42 172 recoveries.

Total confirmed COVID-19 cases	58 925
Total recoveries	42 172
Total deaths	1 696
Total active cases (currently infected patients)	16 753
Tests conducted	291 812

### Sub Districts Cape Town Metro:

Sub-district	Cases	Recoveries
Western	5102	3846
Southern	5301	3996
Northern	3663	2798
Tygerberg	7785	5999
Eastern	5329	3898
Klipfontein	5980	4549
Mitchells Plain	5148	3870
Khayelitsha	6389	5153
<b>Total</b>	<b>44 697</b>	<b>34 127</b>

### Sub-districts:

District	Sub-district	Cases	Recoveries
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Garden Route	Bitou	54	17
Garden Route	Knysna	139	89
Garden Route	George	459	163
Garden Route	Hessequa	20	17
Garden Route	Kannaland	5	3
Garden Route	Mossel Bay	175	65
Garden Route	Oudsthoorn	58	22
Cape Winelands	Stellenbosch	955	600
Cape Winelands	Drakenstein	2402	1684
Cape Winelands	Breede Valley	1421	799
Cape Winelands	Langeberg	410	169
Cape Winelands	Witzenberg	615	433
Overberg	Overstrand	548	267
Overberg	Cape Agulhas	47	27
Overberg	Swellendam	47	23
Overberg	Theewaterskloof	381	221
West Coast	Bergrivier	185	145
West Coast	Cederberg	37	13
West Coast	Matzikama	52	24
West Coast	Saldanha Bay Municipality	560	318
West Coast	Swartland	507	326
Central Karoo	Beaufort West	22	3

Unallocated: 5129 (2617 recovered)

**Data note:** As the province moves closer to the peak and the Department of Health is recording over 1000 new cases daily, it is not possible to check and verify that the address data supplied for each new case is correct, within the time frames required to provide regular and timely updates. This means that in some instances, cases could be allocated to the wrong sub-districts. We are working with the sub-districts to clean up and verify the data and where errors are picked up locally, cases will be re-allocated to the correct areas.

More data is available here: <https://coronavirus.westerncape.gov.za/covid-19-dashboard>

The Western Cape has recorded an additional 43 deaths, bringing the total number of COVID-19 related deaths in the province to 1696. We send our condolences to their loved ones at this time.

## 42 172 Recoveries in the Western Cape

The Western Cape has now recorded over 40 000 recoveries. While most people who get infected with Covid-19 will recover at home or at one of our comfortable quarantine or isolation facilities, some patients will require hospitalisation and medical care. If you are sick, you should stay home and call our hotline (021 928 4102) for advice on what to do next. You can also contact us to find out more about our quarantine and isolation facilities that we have available.

But if you start getting short of breath, you must seek urgent healthcare. Those residents with comorbidities such as Diabetes and Hypertension are particularly at high risk of developing a serious illness.

I would like to share a story with you of Alida (58), a midwife at George Hospital, who has recovered from Covid-19 and who has opted to share her story with the public.

Alida (58), a midwife at George Hospital, has survived, with her comorbidities of type 2 diabetes and hypertension. She also had a stroke a year ago. 'I made it,' she said.

Delighted to be back at work, Alida shares her COVID-19 journey. "My first symptoms were a sore throat, pressure on my chest and a cough. I immediately had myself tested and went into isolation. The results came two days later. I was positive."

Her initial reaction was of shock and anxiety. "I was very scared," says Alida. She lives with her son, 23, who took care of her while he isolated with her as he was one of her close contacts.

"He made sure I had a bucket of clean water, a bucket of water and bleach to clean my hands, and a separate bucket for my eating utensils. He also prepared my food when I did not feel up to the task and brought it on a tray. I felt really ill on day three with immense chest pressure. I was, however, in constant contact with the contact tracing team in George, my manager, and hospital management. Everyone made sure I was being monitored and I really felt that I could press on their button any time of the day."

Alida says that being in isolation can become lonely. "Loneliness is a big factor during your COVID-19 journey. Two weeks might not seem long but confined to your bedroom or only certain parts of your home, this can become a very long and lonely journey. I made sure to be in constant contact with family and friends on WhatsApp. Sadly, we also lost two extended family members due to Covid-19 during my isolation, which was especially difficult for me. Mourning without other family was extremely difficult to go through, but our online counselling support network through government meant I could tap into professional help to assist me during this time," explains Alida.

When asked what she did to assist her body in healing, she lists eating healthy, drinking enough fluids, getting lots of sunlight, and a positive mindset.

Alida expresses her concern with the behaviour of some members of the public. "People need to realise that Covid-19 can cause serious illness in some, and to protect those people, we need to take all the necessary precautions. We need to change our behaviour." As someone with comorbidities who had a high risk of severe Covid-19, she urges residents in the Western Cape to protect the vulnerable by practicing social distancing and wearing a mask when they leave their homes.

### **Stay safe. Save Lives.**

It is important to follow Alida's advice. The most important thing we can do is to keep ourselves safe. When we do this, we slow the spread of the virus, and help protect the ones we love.

I again call on all our residents in the Western Cape to play their part in saving lives, by:

- Regularly washing your hands, keeping surfaces clean and coughing or sneezing into a tissue or your arm;
- Staying home as much as possible, especially if you fall into one of the risk groups;
- Wearing a clean, cloth mask whenever you leave home;
- Ensuring that you keep 1.5 metres between yourself and any other person;
- Staying home if you are experiencing symptoms or feel unwell; and
- Seek medical attention if you are experiencing shortness of breath.