

# Advice for the 3rd wave COVID-19 surge



*By Dr. Coert Gous, Emergency Medicine Practitioner, Zuid-Afrikaans Hospital  
June 2021*

We are in the middle of June and we are well into the 3rd COVID-19 surge.

Due to the rise in COVID-19 infections, the patient load increases almost hourly. Hospital staff are working around the clock to care for patients in need.

Emergency Practitioners, as well as the Specialist Physicians, are working tirelessly to help and stabilize patients before attempting to secure a bed and doctor for a patient elsewhere.

## The long and the short is, we need your help!

You will be able to lessen the load by simply applying the following basics.

1. When it's your turn; get vaccinated. The more people we vaccinate the earlier we can get to herd immunity.
2. Wear your mask over your nose and chin - proven to make a difference.
3. Keep your distance (1,5m - 2m at least) - proven to make a difference.
4. Sanitize frequently touched surfaces and everywhere else, continuously - proven to make a difference.
5. Sneeze and cough hygiene (in elbow) - proven to make a difference.
6. **Don't wait!** Seek medical help early if you **START** to feel sick. The appropriate medical management will lower the viral load early in the disease which is what we are aiming for.

7. **Get tested.** COVID-19 is not a spot diagnosis. Know for sure.
8. Isolate yourself for 10 days (at least 3 symptom free days).
9. Take your daily vitamins and minerals with a dose of sun exposure - proven to make a difference.
10. Increase your melatonin levels by getting at least 8 hours of proper sleep not later than 21:00.

## Which medicine and supplements should you start with that has been proven by mainstream science to work?

- High dose Vitamin C
- Vitamin D
- Zinc
- Nicotinic acid
- Selenium
- Thiamine

Your doctor should also consider:

- Early oral cortisone treatment and
- Budesonide inhalers.
- Use oral paracetamol for pain and fever.
- Monitor your oxygen saturation at home.

## When it doubt, rule it out

If you are concerned about anything, do not hesitate. Visit or contact the Emergency Department at Zuid-Afrikaans Hospital for any assistance you may need:

012 343 3736 / 012 740 1206