The World Health Organization (WHO) has declared the recent Ebola outbreak, in several West African countries, a public health emergency. The current outbreak is the largest to date.

As of early October more than 8,000 confirmed, probable, and suspected cases of Ebola Virus Disease (EVD) have been reported. The outbreak mainly involves three countries in Western Africa: Guinea, Liberia, and Sierra Leone (although there have been additional cases and deaths reported in other countries). To date there have been more than 4,000 deaths.

At UKZN Medical Scheme we understand that the Ebola outbreak is a concern to both you and your family. The health and safety of our members is our top priority and our main responsibility is to keep you informed about this outbreak. We are working closely with healthcare providers, and engaging with the health authorities in South Africa to ensure access to the best of care for you and your loved ones, if you contract Ebola Virus Disease.

**ABOUT EBOLA VIRUS DISEASE AND HOW IT SPREADS**

As its name suggests, Ebola Virus Disease (EVD) is caused by the Ebola virus. This disease belongs to a group of diseases known as viral haemorrhagic fevers. Because there is no vaccine or treatment available to treat people with Ebola, about 50% of people who become infected with the virus die. It is a notifiable disease, which means that by law, all cases need to be reported to the health authorities.

In infected people, the Ebola virus is present in body tissues and bodily fluids including blood, vomit, faeces, urine, nasal secretions, sweat, semen, saliva, and breast milk.
The virus spreads through the skin or mucous membranes, after direct contact with an infected person or animal (for example bat, monkey and antelope). It also spreads through contact with contaminated items such as syringes, needles and bedding. It can also be acquired from consuming the meat of an infected animal, particularly if the meat is not cooked properly.

The incubation period is from two to 21 days. Humans are not infectious until they develop symptoms.

There is no cure or treatment for Ebola

There is currently no cure, vaccine or treatment for Ebola. Infected people are given supportive therapy to manage symptoms such as dehydration and fever. Early supportive treatment may improve a patient’s chance of survival.

The case definition for suspected Ebola virus disease is as follows:

Any person* presenting with an acute onset of fever (≥38°C) plus any of the following additional symptoms: severe headache, muscle pain, vomiting, diarrhoea, abdominal pain, or unexplained haemorrhage, who has:

- Visited or been resident in Guinea, Liberia, Sierra Leone, Nigeria, Democratic Republic of Congo or another country reporting imported cases with local transmission**, in the 21 days before the onset of illness.

Had direct contact with or cared for suspected/confirmed EVD cases in the 21 days before onset of illness

OR

Has unexplained multisystem illness that is malaria-negative

*Healthcare workers in particular are at high risk

**Refer to EVD situation reports posted on the NICD website (www.nicd.ac.za) for updated information on countries reporting EVD cases.

(National Institute for Communicable Diseases www.nicd.ac.za)
This is what you should do if you have symptoms
Get medical care immediately. Remember to give an accurate description of your symptoms and a detailed travel history for the month before your symptoms started.
Most importantly, avoid contact with others to prevent spread, in case you are infected with the virus.

If you are feeling sick or suspect you may be at risk
These are the ways we support our members in providing you and your loved ones with relevant advice about Ebola Virus Disease:
• For members based in South Africa: SmartHealth Choices (0860 999 911)
• For members based outside of the borders of South Africa: International SOS (+27 11 541 1222)
SmartHealth Choices and International SOS are ready to assist you with all your concerns, and are equipped for emergency situations.

South Africa has dedicated facilities to help fight Ebola
The South African health ministry has identified 11 hospitals around the country to with patients who affected by Ebola. The facilities have isolation facilities and protective clothing. Gauteng and the Eastern Cape each had two identified hospitals, while the remaining seven provinces have one each.
They are: Polokwane Hospital in Limpopo; Rob Ferreira Hospital in Mpumalanga; Charlotte Maxeke and Steve Biko hospitals in Gauteng; Addington Hospital in KwaZulu-Natal; Klerksdorp Hospital in North West; Pelonomi Hospital in the Free State; Kimberley Hospital in the Northern Cape; Frere and Livingstone hospitals in the Eastern Cape; and Tygerberg Hospital in the Western Cape.

This is how we will pay for Ebola diagnosis and treatment
If you become infected with the Ebola virus, you can rest assured that we will assist and support you during this difficult time.
If you are based in South Africa and have been diagnosed with Ebola, you will be covered according to the rules and benefits available on your health plan. However, if you are on a plan that requires you to use a network hospital, this will not apply for treatment relating to Ebola, since you will be directed to one of the designated Ebola hospitals.

If you are outside of South Africa’s borders and need treatment for Ebola, you will be covered according to your plan’s International Travel Benefit limit. If you need to be evacuated, and if the regulatory authorities have approved the transfer, International SOS will arrange for your return to South Africa where you will be covered according to the rules and benefits available on your health plan.

These are the ways to lower your risk of being infected by the Ebola virus
If you are in contact with the bodily fluids or tissues of someone infected with Ebola, the risk of contracting the virus is greatly increased. Family members of the person with Ebola, carers, and medical staff are at a higher risk. To lessen your risk:
• Avoid travelling to high-risk areas.
• If you have contact with a sick person who is suspected of having Ebola, do not touch their bodily fluids or any objects that could be contaminated with their fluids, without adequate protection.
• The Ebola virus can survive outside the body for several days so regular cleaning is important.
• Practise safe and sensible hygiene. Wash your hands often. (The World Health Organization suggests that waterless alcohol-based hand sanitizer may be used provided that hands are physically clean or not visibly soiled).
• Do not touch dead bodies.
• Avoid funeral practices that require touching, washing or kissing the dead body of a person who died from, or was suspected to have died from Ebola.
• Avoid contact with animals that pose a high risk, such as bats or primates (monkeys, apes), even if they seem healthy and do not touch animals that are dead or appear sick.
• Cook animal products (meat/blood) well before eating.
• People with Ebola symptoms or those who have had Ebola should not have any sexual activity. This is because semen can contain the Ebola virus for many weeks after recovery, so men who have recovered from this disease should either avoid intercourse or use condoms for three months afterwards.
Travelling to Ebola-affected countries
All South Africans are advised to avoid non-essential travel to high risk countries, namely Liberia, Guinea, Nigeria and Sierra Leone. South Africans are not restricted from travelling to these countries, but returning travellers from these countries will be subjected to rigorous screening and medical assessments on their return to South Africa, at the port of entry, before being allowed into the country.

Please remember to monitor your health for 21 days after leaving a high-risk area, or being in contact with someone suspected of having Ebola.

What to do if you want to know more
For more information on Ebola, please refer to websites listed under resources.

Resources
http://www.who.int/csr/disease/ebola/en/
www.internationalsos.com/ebola
http://www.nicd.ac.za/
This article contains opinions and facts and references to other information sources.
GETTING THE BEST DEAL WHEN VISITING THE PHARMACY

We have arrangements with certain pharmacies who agree to charge the Scheme rate for medicine. If you visit a pharmacy that is not in our network, you may have to make a co-payment if the pharmacy charges more than the Scheme rate.

The pharmacies that you can visit are:
• Clicks Pharmacy
• Dis-Chem
• Pick n Pay Pharmacy
• Medirite

There are also certain independent pharmacies that are in our network. To find a pharmacy in this network, use MaPS (Medical and Provider Search) on www.discovery.co.za.

NOW THERE’S EVEN A BETTER WAY TO GET YOUR MONTHLY CHRONIC MEDICINE WITH DISCOVERY MEDXPRESS

Did you know that University of KwaZulu-Natal Medical Scheme offers a more convenient way to get your monthly chronic medicine?

With Discovery MedXpress, you can now pre-order your monthly chronic or repeatable medicine and collect your order from your nearest selected Dis-Chem pharmacy (other pharmacies to be added later in 2015).

THIS CONVENIENT SERVICE HAS NO EXTRA COSTS FOR COLLECTION, DELIVERY OR ADMINISTRATION!

How to order your medicine with MedXpress to collect at your chosen pharmacy

When you use the collect service, your medicine will be ready for collection the same day, if your order is placed before 15:00 (otherwise it will be delivered the next working day).

Place your order using one of the following options:
• Log onto www.discovery.co.za and upload your prescription
• Email your prescription to medxpress@discovery.co.za or fax it to 011 539 1020
• Upload your prescription using the Discovery app

Once you have done this, you then choose a pharmacy that is near you, from where you want to collect your medicine. If you want generic substitutions or you need to pay a co-payment, this can be done telephonically. You will then get an SMS from the pharmacy to let you know that your medicine is ready for collection.

Enjoy these unique benefits of using the MedXpress collect option:
• A smooth in-store process – simply go to the medicines collection desk, anywhere in South Africa, even when away from home when you’re travelling or on holiday.
• No queuing – time is money!
• It’s a simple and quick process, with no complicated forms to complete.
• You get professional advice on medicine list changes and have a choice of generics to save you more.

Find out more about this convenient MedXpress service

For more information on the benefits of MedXpress and how to order your medicine through this service go to www.discovery.co.za or send an SMS with the word “MedXpress” to 31347.
WELLNESS- SAVE THE DATE

EXPERIENCE WELLNESS AT OUR WELLNESS DAY

All UKZN employees are invited to the UKZN Medical Scheme Wellness Days. (UKZN Medical Scheme member’s beneficiaries, such as spouses and children, are also welcome to attend).

Get ready to know your health when you participate in the upcoming UKZN Wellness Day. There are a range of convenient venues for you to go to so you can attend.

<table>
<thead>
<tr>
<th>Venue</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical School</td>
<td>K-Rith Foyer Area</td>
<td>27 July</td>
</tr>
<tr>
<td>Howard College</td>
<td>SU Hall</td>
<td>28 July</td>
</tr>
<tr>
<td>Westville</td>
<td>Main hall</td>
<td>29 July</td>
</tr>
<tr>
<td>PMB</td>
<td>Colin Webb</td>
<td>31 July</td>
</tr>
<tr>
<td>Africa Centre</td>
<td>Canteen Area</td>
<td>21 August</td>
</tr>
<tr>
<td>Edgewood</td>
<td>Dining Hall</td>
<td>28 August</td>
</tr>
</tbody>
</table>

You will receive the results of your key body metrics and blood test so you can learn more about your health. The Corporate Wellness Team will be on hand to help you and answer any questions you may have. Please remember to bring your membership card.

UKZN Medical Scheme, registration number 1520. Administered by Discovery Health (Pty) Ltd, registration number 1997/013480/07. An authorised financial services provider.