



Benford Mokoatle
VP: South Deep

LET'S TALK

COVID-19 (CORONAVIRUS)

Colleagues

You will have heard and read a lot about the coronavirus (Covid-19) in the last few weeks. We think that it's really important that you are aware of how you can protect yourself and your loved ones from getting ill, what to do if you become ill, and what South Deep is doing to address the situation.

At South Deep, we have developed a Covid-19 emergency preparedness and response plan, which plans for what we do now to prevent infection, and what we should do if the virus reaches our people or their families.

Only a few cases of the virus have been reported in South Africa so far, in a small group of people who contracted the illness while they were abroad. They have been and are being treated, and a number of them have already recovered. There have been no coronavirus deaths in South Africa.

Our efforts for now are focused on keeping everyone healthy, and protecting us all from getting any kind of flu, including the coronavirus.

Here are 10 things you need to know now:

- 1** The coronavirus, a virus is similar to the common cold or flu in many ways. Symptoms can be very mild for most people. Not everyone who becomes infected with the virus gets sick, and not everyone who gets sick becomes very ill. In fact, most people (about 80%) recover without needing special treatment.
- 2** The most common symptoms are fever, extreme tiredness, a dry cough and difficulty breathing.
- 3** Millions of South Africans will get sick this winter, with colds and flu. Most of these cases will be ordinary flu and not the coronavirus.
- 4** The best ways of avoiding the coronavirus are the same things you would do to avoid getting colds and flu, including being as healthy as possible and getting the flu injection as soon as it is available.
- 5** The coronavirus is spread 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.



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6 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. Also, avoid close contact with anyone who has a fever and cough. Try not to touch your hands, mouth, nose or eyes.

7 The best way to protect others is to avoid close contact with anyone if you have a fever or a cough, and to cover your mouth and nose with your elbow or tissue when you cough or sneeze.

8 Anyone who comes into contact with the coronavirus can get it, but older people and those with underlying medical problems like high blood pressure, heart problems, diabetes or compromised immunity are more likely to develop serious illness. It is especially important that you take any medicines that have been prescribed for you for existing illnesses, including HIV. It is especially important that you know your HIV status, so that you can improve your immune system.

9 Practice good food hygiene: wash your hands before and frequently during food preparation; separate raw meat, poultry and seafood from other foods; cook food thoroughly and keep it at optimal temperatures (do not leave food at room temperature for more than two hours); and use safe water to wash and prepare food.

10 To prevent the spread of flu, including the coronavirus, anyone who has symptoms of the illness (fever, coughing or difficulty breathing) needs to be quarantined. Quarantine simply means that you should not be in normal areas of work/interaction so that you do not infect anyone else. Quarantine is meant to be at home, but special arrangements can be made for those who need them. We will be providing more information on the process to be followed in the next few days.

In closing, I appeal to all employees to know the facts about the coronavirus, and to help prevention infection – for yourself, your families and co-workers.

If you are planning any international travel for personal reasons, please consider whether this is absolutely necessary. If you do have to travel internationally, it is critical that you inform your line manager. When you return you are required to self-quarantine for 14 days from the date of your return. Gold Fields has placed a 30-day ban on all work-related travel.

Finally, if you have any symptoms (fever, coughing or difficulty breathing) please report this to your line manager, or by calling the clinic (011) 411 1765 during normal office hours (Monday to Friday). A dedicated hotline will be established in the coming days for general queries and information. These details will be shared in due course.

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