Letter from the Internews Lugara Team

Dear Lugara readers,

Internews in South Sudan has now been on the ground for 7 months, providing lifesaving information about the COVID-19 pandemic to at risk and affected populations, including to refugees, IDPs and those living in PoCs. With the publication of our 10th Lugara newsletter we would like to first say thank you for reading our bulletins!

Even though our project is coming to an end, Internews will continue to mainstream COVID-19 in to existing programs and interventions as part of the national COVID-19 response transition plan. We are eager to hear from you on how any future Internews newsletters could best serve communities and partners – please send us your feedback on what you gained from Lugara and other topics of interest we could consider.

Through the publication of the Lugara COVID-19 Media bulletins (you can find an overview of all our published resources below), we have sought to strengthen the quality of communications around COVID-19 and response mechanisms. We have collaborated with local media by building their capacity to gather, analyze, assess, and report accurate and timely COVID-19 related information. In this way Internews has ensured effective risk communication to affected populations, with the continuous support of USAID’s Bureau for Humanitarian Assistance, our RCCE and humanitarian partners under the leadership of the Ministry of Health’s COVID-19 Taskforce Team. With special thanks to the South Sudan Ministry of Health, World Health Organization, CDC, UNICEF, IOM and the CCEWG for their support.

We strongly believe that it is not enough to simply deliver information – one also must, at the same time – listen and respond to the needs and concerns of the affected populations. We call this “two-way communication” and it gives community members a voice while also allowing local media, health partners and humanitarians to have a better information. We want to thank our media partners – Catholic Radio Network, SAMA FM, Voice of Reconciliation, Juba PoC and Melut Boda Boda Talk Talk information services, Advance Youth Radio, EYE Media and Eye Radio, The Radio Community, the Community Engagement Network and the Gok-Machar Youth Association - for their hard work and we applaud their efforts. In this bulletin you will find their work featured on all pages.

The COVID-19 pandemic is far from over, and I continue to urge our readers to be careful. As the WHO General Director stated “just because we are tired of the virus, does not mean that the virus is tired of us”. Just look at Europe and the United States where a period of calm has now changed to increased hospitalization, increased mortality and a complete stand-still of public life due to lockdowns. South Sudan can still prevent this scenario by following the prevention guidelines and advice of public health officials. Stay safe!

By Dr. Michael Tamiru Gubay, Health Communications - Information Saves Lives COVID-19 Project Manager, Internews South Sudan, mguabay@internews.org

If you want to contribute to this media bulletin or have information to share, please contact: Tusiime Wilfred Romeo, tusiime@internews.org or Dr. Michael Gubay, mguabay@internews.org

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This bi-weekly bulletin is designed for and by media partners, journalists and other interested stakeholders in South Sudan reporting and working on COVID-19, and other related health and development challenges. It shares citizen concerns on COVID-19 and the humanitarian response, provides verified information about health measures of the Ministry of Health and partners and profiles trustworthy (re)sources and responses. It also shares citizen concerns on COVID-19 and the humanitarian response.

January 20, 2021

FEEDBACK CORNER:

This page contains feedback from listeners across South Sudan, as well as critical response partners about the impact of our programming during the COVID-19 outbreak in South Sudan.

"I have learned a lot of things like prevention measures particularly about social distancing. If I go to church, I put on my face mask. I don't use to greet (shake hands) with people. That is what I have learned from the coronavirus weekly updates from VOR."

Thon Thiek Anai, Voice of Reconciliation Listener

"I have learned a lot of things from this program. I just stay at home to avoid coronavirus. If I want to go somewhere, I put on my facemask and then I go there."

John Bior, Bor, Voice of Reconciliation Listener

"It was difficult for community members to understand reasons [read: for why to wear masks] but with your awareness as we collaborated in messaging, I can say it is improved."

IMC Clinical Officer George Ker, a health partner

"No partner has ever done this. I appreciate Internews for sharing the document with me. I feel recognized. We partner with many organizations, but none has done this. Internews is the first and am grateful and I feel honored. This is what other partners should do."

Dr. Pinyi, IGAD representative at the Minister of HealthGhazal

"Use of face mask is very important because if you are going to the hospital, you wear face mask to protect yourself and other people also, in the hospital many people have different diseases you cannot go without facemask."

Student Chudier Gabriel Both, Juba PoC, Boda Boda Talk Talk listener

"At the general food distribution center, everyone must wear facemask for safety. World Vision crowded controllers ask people if they had listened to BBTT awareness about the use of facemasks at public places like distribution centers. We never knew what to do but, BBTT has been teaching us about use of face mask. We are happy to know. If we are in the church on Sunday, we stop at the door to come with mask and use hand sanitizer."

Elizabeth Nyayiel Ruot, Juba PoC, Boda Boda Talk Talk listener

"We appreciate our radio’s COVID-19 broadcasts -- without Internews we could not get any information."

Rwei Koang, Bor, Voice of Reconciliation Listener

"It appreciate the support and collaboration between Internews, the Ministry of Health, WHO, the journalists and other partners for their contribution towards the Lugara Media Bulletin. The Lugara Bulletin is very informative, and I recommend that it be shared widely."

Dr. Thouu Loi Cingoth, Ministry of Health

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INTERNEWS COVID-19 MEDIA BULLETIN
Reporting on COVID-19 in South Sudan

January 20, 2021

FREQUENT FEEDBACK:
Analysis of feedback

This analysis was written by Tusiime Wilfred Romeo (Akiiki), Internews’ Communication and Community Engagement Technical Advisor. For any requests about material, analysis or other community engagement related matters, please contact atusiime@internews.org

Feedback from communities across South Sudan indicates that there is an increased level of awareness on COVID-19. Several people agree that putting on face masks, adhering to physical distancing measures and frequent handwashing as the primary ways of protecting oneself and others against the spread of the virus. Citizens also cited that other common illnesses diarrhea have decreased because of maintaining good hygiene and continue to request masks and soap from humanitarian agencies, showcasing their increased understanding of transmission pathways of the infectious virus, and support for relevant response strategies. Citizens expressed concerns about the second wave of COVID-19 infections.

On the other hand, some citizens request increased information about the virus, particularly on the new vaccines and other response mechanisms. There continue to exist many unanswered questions arising from speculation, rumors or even worries and fear. Additionally, some people continue to refuse to accept that COVID-19 exists and often disregard prevention protocols, risking their lives and those of others. This kind of attitude reinforces the already existing perceptions that some groups of the population hold — that COVID-19 is an elitist disease that does not affect the “common person”.

Changed attitudes

“I can agree with this radio station that teaching about COVID 19 has changed most of the population. Some citizens in the region do not have access to the radio. Now how can you make that person in the village without radio get the information?”

Adult male, Turalei, Warrap State

“When people travel by bus to town, they do not use masks, but some drivers advise the travelers to keep social distancing. If a person is coughing whilst he or she has the coronavirus, he or she can pass the virus to other passengers easily.”

29-year-old male, Camp 3 Zone G, Block 3, UN House, Juba

Water supplies and soap

“As church leaders we are asking the NGOs to help us with water tanks to be stationed near the church for hand washing to prevent COVID-19 during the prayers to avoid the spread of COVID-19.”

33-year-old male, Camp 1 Block G, UN House, Juba

“The community need soap for handwashing during this new month.”

Female 44 years, Camp 1 Block S, UN House, Juba

Disease prevention

“There are diseases that have already been prevented. Diseases like influenza, diarrhea, and others. Nowadys, you hardly get complaints about such diseases, unlike before. This is because of social distancing, regular washing of hands and others. So, we deeply appreciate those who are concerned.”

Adult male, Turalei, Warrap State

Masks

“Using face mask is good for protecting us from many diseases yet some people do not to put face mask when they are travelling in public transport. If possible, the good use of face masks should be introduced to all passengers by the drivers as it is done by pilots.”

37-year-old female, Camp 3 Zone G, Block 1, UN House Juba

Misinformation

“What people in the cattle camps believe in is wrong. They should avoid drinking alcohol and follow the provided health protocols.”

Adult male, Rumbek, Lakes State

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FREQUENT FEEDBACK:
Analysis of feedback

Second wave

"Youth should participate in awareness of COVID-19 prevention. Now, we hear that second wave of COVID-19 has hit many countries including South Sudan. It is important that we help the NGOs who operate in the Camp. Our role will help safeguard our community from COVID-19."

29-year-old male, Camp 1 Block F, UN House Juba

"The second wave of COVID-19 is coming as it is being reported in other countries. It will be good for all partners or NGOs to reinforce the COVID-19 guidelines in advance."

35-year-old female, Camp 3 Zone G Block 3, UN House, Juba

"Second wave of COVID-19 is here again in South Sudan. Partners should reinforce the protection measures."

31-year-old male, Camp 1 Block B, UN House, Juba

Continue efforts

"People are forgetting about the virus. I urge Boda Boba Talk Talk to continue telling us about how we can protect ourselves from corona virus."

49-year-old female, Zone A Block 4, UN House, Juba

"We are hoping this year there will be more training and capacity building and other technical training on how to fight COVID-19 and reduce the spread and risk of COVID-19 in the community."

Male 31-year-old, Camp 1 Block B, UN House Juba

"Many NGOs are phasing out activities in the IDPs camps. There will be no services. Shortages of water will increase. Coronavirus awareness and general sanitation will be absent in the camps. We request the UN to relocate IDPs back to their states."

40-year-old male, Camp 3 Zone G Block 2, UN House, Juba

"People seem not to be aware about the coronavirus because they celebrate weddings and gather at night in many centers. If possible, there should be daily awareness on COVID-19 not to forget the preventive measures."

22-year-old female, Camp 3 Zone C Block 3, UN House, Juba

48-year-old female, Zone A Block 4, UN House, Juba

"Youth asking for more training from NGOs partner about COVID19 so it can help them to know protected measure."

22-year-old female, Camp 3 Zone C Block 3, UN House, Juba

"We will now start practicing good hygiene.... most of us didn’t know that the virus can easily be spread where there is poor hygiene, you know. We listened to the radio and now we know how this virus has killed many people across the world. Let’s stand together and fight to stop the virus from spreading."

- male radio listener, Aweil.

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INTERNEWS COVID-19 MEDIA BULLETIN
Reporting on COVID-19 in South Sudan

ISSUE
#10

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IN FOCUS
What are we hearing in Central Equatoria?

"Those who were tested for COVID-19 and found positive in the camps should be treated because they don’t isolate or quarantine themselves"
39-year-old male, Camp 3 Zone B Block 3, UN House, Juba

"Everybody is not feeling well in the IDPs camp. People are coughing, general body weakness and flu are disturbing people. If possible, the preventive measures need to be practiced because the situation could be the second wave of the COVID-19 infections"
37-year-old male, Camp 1, UN House, Juba

"There is still lack of maintaining a social distancing in markets where people gather in large numbers.”
37-year-old female, Camp 3 Zone H Block 3, UN House Juba

Second wave

Doctors, clinics and hospitals recognize that more COVID-19 surges are likely to occur (Source: John Hopkins, 2020). However, when will we know when a second wave has started?

The Africa Center for Strategic Studies has, on 5 January 2021, reported that an average of 28 of the continent’s 54 countries have reported a higher number of new COVID-19 cases compared to the previous weeks. This trend, they say, has resulted in an average of 22,000 reported new cases per day in December, eclipsing the peak rate of 18,000 during the first wave of the virus in July 2020. Most recorded cases continue to be seen in South Africa and Morocco, two countries which have among the best capacity for testing in Africa. However, record levels of reported cases are observed across the continent, including in Uganda (Source: Africa Center for Strategic Studies, January 2020).

As Reuters reports, “in infectious disease parlance, waves of infection describe the curve of an outbreak, reflecting a rise and fall in the number of cases. With viral infections such as influenza or the common cold, cases typically crest in the cold winter months and recede as warmer weather reappears”. This fear, according to the Reuters came in part from the trajectory of the 1918-1919 Spanish flu which first appeared in the spring and surged in the fall, making for a deadlier second wave (Source: Reuters, 2020). As we now know that COVID-19 flourishes in both warm and cold climates, and there are many other reasons for cases to go up, including complacency with health measures and super-spreading events, including Christmas, New Year celebrations and other mass-events, including elections.

Media contacts:
www.facebook.com/AfricaCenter
https://africacenter.org/about/contact-us/

Source: Africa Center for Strategic Studies, January 2020
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January 20, 2021

IN FOCUS

What are we hearing in Lakes State?
(part 1)

"People say patients that have COVID-19 develop immunity for the next wave. But some people who get the virus are getting again. Why?"
Adult male, Rumbek, Lakes State

"Covid-19 does not affect young people most because of their strong immunity. If coronavirus catches a young person several times, can he/she also die from Covid-19?"
Adult Male, Rumbek, Lakes State

Immunity

Most people who get infected with COVID-19 develop an immune response within the first few weeks after infection. Research is still ongoing into how strong that protection is and how long it lasts, says WHO. The World Health Organization is also looking into whether the strength and length of immune response depends on the type of infection a person has: without symptoms (‘asymptomatic’), mild or severe. Globally, data from seroprevalence studies suggests that less than 10% of those studied have been infected, meaning that the vast majority of the world’s population remains susceptible to this virus (Source: WHO).

Herd immunity, also known as ‘population immunity’, is the indirect protection from an infectious disease that happens when a population is immune either through vaccination or immunity developed through previous infection. Herd immunity against COVID-19 should be achieved by protecting people through vaccination, not by exposing them to the pathogen that causes the disease (Source: WHO).

Read the Director-General’s 12 October media briefing speech for more detail.

Mortality and morbidity in youth

Data suggests that children under the age of 18 years represent about 8.5% of reported COVID-19 cases, with relatively few deaths compared to other age groups and usually mild disease, says WHO. However, cases of critical illness have been reported. As with adults, pre-existing medical conditions have been suggested as a risk factor for severe disease and intensive care admission in children (Source: WHO). Although most severe illnesses and deaths related to COVID-19 infection occur in persons over 65 years of age, this infection is not necessarily benign in younger persons, and can cause long-term illness and doctors do report on COVID-19 deaths in young people (Source: NEJM).

Media contacts:
Watch this conversation with Dr Mike Ryan and Dr Maria Van Kerkhove from WHO for more information on immunity. Find out more about the science behind herd immunity by watching or reading this interview with WHO’s Chief Scientist, Dr Soumya Swaminathan.

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January 20, 2021

IN FOCUS
What are we hearing in Lakes State?
(part 2)

"People in my village believe Coronavirus as measles. What medicine treats coronavirus?"
35-year-old male - Malekagok, Rumbek Lakes State

"Why is HIV/AIDS acquired through sexual fluids and COVID-19 transmitted through body contact and they are all viruses?"
Adult male, Rumbek, Lakes State

Medicine

Scientists around the world are working to find and develop treatments for COVID-19, says WHO. WHO is coordinating efforts to develop treatments for COVID-19 and will continue to provide new information as it becomes available. It provides the following information about available treatment:

• Optimal supportive care includes oxygen for severely ill patients and those who are at risk for severe disease and more advanced respiratory support such as ventilation for patients who are critically ill.

• Dexamethasone is a corticosteroid that can help reduce the length of time on a ventilator and save lives of patients with severe and critical illness. Read WHO's dexamethasone Q&A for more information.

• Results from the WHO's Solidarity Trial indicated remdesivir, hydroxychloroquine, lopinavir/ritonavir and interferon appear to have little or no effect on mortality of COVID-19 in hospitalized patients. Hydroxychloroquine has not been shown to offer any benefit for treatment of COVID-19. Read WHO's hydroxychloroquine Q&A for more information.

• WHO does not recommend self-medication with any medicines, including antibiotics, as a prevention or cure for COVID-19, nor the use of traditional medicine.

Transmission

Transmission refers to the way viruses are moved to the susceptible person. Viruses don't move themselves, and not all move in the same way. Viruses depend on the body fluid of people, the environment, and/or medical equipment or other surfaces to move. How viruses move, in a way, depends on their "character", and the most common way of how they travel (Source: CDC).

Whereas researchers show that HIV/AIDS is mainly transmitted by having unprotected sex (Source: WHO), COVID-19 is a pulmonary illness and is most commonly spread between people, mainly when an infected person is in close contact with another person. The virus can spread from an infected person’s mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe heavily (Source: WHO).

Media contacts:
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 mobat43@gmail.com  +211 924 887 006 / +211 914 909 643.
Ms Jemila M. Ebrahim, Communication Officer, WHO South Sudan;
 ebrahimj@who.int

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The COVID-19 Beat Updates from our media partners:

In the last few weeks, our partners have carried various activities:

→ The Radio Community has advocated for the importance of COVID-19 awareness campaign in schools. Primary school teacher Emmanuel Abiok said that people believe COVID19 does not catch young people children. He also stated that it is not true and that in several the virus is infecting young people, which shows the need for continued awareness in schools.

→ UN House has discussed the safety of raw foods in the context of COVID-19. It was explained that COVID-19 can transmit after people touch objects contaminated and then use the same hand for eating. An interview was done with community members and more from health experts to share their experience about food safety. The importance of using forehead thermometers for COVID-19 screening was also discussed, particularly during Christmas when people frequently travelled to visit family members within and outside the IDP camp. The team also reported on second wave challenges across the world, and interviewed staff from the International Medical Corps.

→ VOR reported on the difference between COVID-19, and the flue and explored what kind of treatment would be offered to ill people in the hospitals suffering from COVID-19. They also responded to rumours around people in South Sudan stating that COVID-19 is only for the rich nations and reported why people from the age of 45 are more at risk of getting ill with COVID-19.

Internews project update:

→ The BHA/USAID supported Internews South Sudan’s COVID-19 response project has been producing lifesaving, fact-checked content that corresponds to citizens’ concerns around the COVID-19 pandemic starting June 2020. The project will close out as of January 31st, 2021 after which Internews will transit to mainstreaming COVID-19 into existing programs. In the past 7 months, Internews COVID-19 response project recorded a number of achievements:

- A total of 21 radio stations were supported and the media partners include Eye Media, The Radio Community (TRC), Capital FM, SAMA FM, Voice of Reconciliation (VOR), Advanced Youth Radio (AYR) and Community Engagement Network.

- Internews, through their media partners, collected 1051 rumors & feedbacks between August – December 2020 from affected populations including fears and concerns; and responded to in our bi-weekly Lugara COVID-19 Media Bulletin and ensured that radio journalists have access to fact-checked information and trusted media contacts.

- In the same period, Internews media partners produced and broadcasted 462 programs reaching an estimated 7 million COVID-19 affected and at-risk people across South Sudan. The programs addressed different topics and program ideas identified through feedback analysis and suggestion from the national COVID-19 response partners.

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The COVID-19 Beat Updates from our media partners:

<table>
<thead>
<tr>
<th>Progress (June - Dec)</th>
<th>#</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>COVID-19 radio programs (standard formats)</td>
<td>326</td>
<td>Call-in, vox pops, PSAs</td>
</tr>
<tr>
<td>COVID-19 radio programs (creative formats)</td>
<td>136</td>
<td>COVID-19 radio bulletins, testimony, skits, drama</td>
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<td>Rumors and feedback collected</td>
<td>1051</td>
<td>Collected by media partners and BBTT programs from PoCs</td>
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<tr>
<td>Lugara media bulletins</td>
<td>15</td>
<td>9 English and 6 Arabic translations</td>
</tr>
<tr>
<td>Radio stations supported</td>
<td>21</td>
<td>Across South Sudan</td>
</tr>
</tbody>
</table>

Capacity build of the media partners was also another major focus of the project in collaboration with the Internews media department. In 2020, Internews media department contributed to build the capacity of journalists involved in the national COVID-19 response:

- In the first 8 weekly webinar sessions, 24 journalists and correspondents were trained on a wide range topics including health journalism, reporting a public health emergency with a focus on COVID-19, effective health reporting, safety during COVID-19, ethical reporting.

- Additionally, 22 editors and stations managers benefited from 4 webinars on 11 training topics and a ToT was provided for 16 media trainers. In January 2021, the Media Department conducted a three-day virtual workshop on GBV and trauma healing.

Together with our media trainers, we organized...

- 25 weeks of weekly remote training for journalists across South Sudan
- 21 Media organizations benefited from the capacity building initiatives.

A wide range of topics was covered including: ethical reporting (including on Gender Based Violence), health journalism, storytelling techniques, reporter safety, (particularly when reporting on COVID-19), gender, inclusion & peace.

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Capacity building opportunities:

Read more about the new COVID-19 variants in Internews’s new COVID-19 toolkit:

There is widespread concern that some new variants of SARS-CoV-2, the virus that causes COVID-19, appear to be more infectious than previous strains of the virus. Multiple variants of the virus have been documented globally during this pandemic, but scientists say that new variants identified in both the United Kingdom and South Africa appear to spread faster and are 40 to 70 percent more transmissible. This guidance explains the science behind the variants and how to report on them.


Use this useful glossary on COVID-19 terms developed by Internews:

This glossary is intended for journalists, content creators, and health communicators to use to report on the COVID-19 pandemic and related issues. The information is based on rigorous science and is a useful tool for countering misinformation. The glossary terms can be accessed alphabetically, by category or cross-reference, or by search.

https://internews.org/glossary-terms

COVID-19 vaccine mythbusters from South Africa:

The following images from the Ministry of Health in South Africa, may be useful for on your social media accounts, or to be used in publications. Please feel free to use them!

MYTH: We don’t know what is in the vaccines
FACT: We do know what’s in the vaccines

Vaccine manufacturers are required to declare their ingredients to SANPRA before the vaccine is approved for use. Despite theories circulated on social media, they do not contain microchips or any form of tracking device. If they did contain such items, SANPRA will not authorize use of the vaccine.

MYTH: You can test positive because of the vaccines
FACT: You cannot test positive because of the vaccines

There’s no live virus in the vaccines, so it can’t infect you. Basically the vaccines stimulate our immune system to produce antibodies which fight the virus when it enters your body.

MYTH: I already had COVID-19, I will not benefit from taking the vaccine
FACT: I already had COVID-19, I can still benefit from the vaccine

We don’t yet know how long natural immunity to COVID-19 lasts. Right now, it seems that getting COVID-19 more than once is not common, but there are still many questions that remain unanswered.

The CDC recommends that those who have had COVID-19 get the vaccine. There is preliminary evidence that the vaccine offers better protection than having had the virus.

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