

MADIBAZNews

News for the students, by the students

COVID-19



Photo: getty images

By Ioanna Haritos

On 31st December 2019, the World Health Organization (WHO) China country office reported a cluster of pneumonia cases in Wuhan, China. A virus was later identified which was subsequently called SARS-CoV-2. The disease caused by this virus is known as COVID-19

Initially the majority of the cases were linked to a seafood, poultry, and live wildlife market. However, the number of cases rapidly increased as the virus began to spread through person-to-person transmission.

Over the last 3 months the virus has spread to most of the world countries, and WHO declared the outbreak a 'global pandemic'.

To date the country hardest hit by the virus has been Italy, recording the highest death toll of any other infected country. Other countries heavily affected include Germany, Switzerland, Spain, and France.

On 5th March 2020 South African Minister of Health Dr Zweli Mkhize announced the country's first confirmed COVID-19 case – a 38-year-old man having returned home from Italy.

...Continues on page 3

LIFESTYLE &
ENTERTAINMENT

4 KICK-STARTING
ANOTHER
ACADEMIC
YEAR

OPINIONS

8 GENDER BASED
VIOLENCE: THE
OTHER SIDE

SCIENCE AND
TECHNOLOGY

12 SECRET
LANGUAGE OF
PLANTS

SPORT

15 MADIBAZ
STUDENT WINS
HUMEWOOD
GOLF CHAMPS

MADIBAZNews

News for the students, by the students

Administrator

Sade' Prinsloo

Sade'.Prinsloo@mandela.ac.za

Editor-in-chief

Amy Ward

MadibazNewsEditor@mandela.ac.za

Assistant Editor

Ashley Malepe

s219006857@mandela.ac.za

Marketing

MadibazMarketing@mandela.ac.za

Communications

Sisanda Ngqokoqwane

MadibazNewsLiaison@mandela.ac.za

News Editor

Ioanna Haritos

s220277370@mandela.ac.za

Lifestyle & Entertainment Editor

Christina Mak'Ochieng

s216749522@mandela.ac.za

Sports Editor

Gina Cossavella

s215345835@mandela.ac.za

Science and Tech Editor

Neo Motsiri

s215335031@mandela.ac.za

Opinions Editor

Akuzike Chikusilo

s219970270@mandela.ac.za

Graphic Designer

Zoyisile Njikelana

s216306604@mandela.ac.za

Follow us on social media



This is a student-run newspaper. The views expressed in this publication do not necessarily represent those of the Nelson Mandela University.

LETTER FROM THE EDITOR

Filling in the big shoes has never been this daunting, however nothing much will change as MadibazNews will still continue bringing content that is tailored for students by students.

I am looking forward to the year ahead and ready for the hurdles and loops that the year 2020 has in store for us. Throughout 2020, the team will further segment values and principles presented by the institution, values like Ubuntu, integrity, diversity and excellence which I think is important to uphold because they are seeds that will sprout so many positive things in life.

Finally, like any other publication we will have to prioritise values such as timeliness, proximity, human interest and impact to efficiently and effectively deliver to our audience. We as MadibazNews will continue to strive in keeping you informed and aware.

Ashley Malepe

...Continued from page 1

On 15th March 2020 in an emergency address to the nation President Ramaphosa declared the outbreak a National Disaster. Measures put into place by the government included:

- Travel ban between high risk countries
- Cancelled/revoked visas
- Self-isolation and testing of returning citizens from international travels
- 35 of South Africa's 72 ports of entries shut down
- Gatherings of more than 100 people prohibited
- Schools to close until after the Easter weekend
- Close contact and non-essential travel discouraged

Initially all positive cases were imported, however the start of local transmissions have caused the spread of the virus to skyrocket. On 23rd March 2020 another address to the nation by President Ramaphosa informed South Africa of a national lockdown of 21 days with effect from midnight on Thursday 26th March. "Individuals will not be allowed to leave their homes except under strictly controlled circumstances, such as to seek medical care, buy food, medicine and other supplies or collect a social grant. All shops and businesses will be closed, except for pharmacies, laboratories, banks, essential financial and payment services, including the JSE, supermarkets, petrol stations and health care providers. Companies that are essential to the production and transportation of food, basic goods and medical supplies will remain open."

About the virus:

COVID-19 is part of a large family of coronaviruses, ranging from your common cold to more serious diseases like pneumonia. This particular virus 'attacks' the cells of the lungs, which increases the risk of it developing into something more severe like pneumonia. The elderly and people who have underlying health conditions are more at risk of becoming very ill. However, it should be noted that mortality rates are only an estimated 3.4%. The incubation period (amount of time before you start showing symptoms) is 2-14 days, however there is now speculation that it could be as long as 21 days. It is during this time that you are most contagious. One person infects an average of 2-5 others.

Symptoms include: fever, cough, sore throat, mild breathing difficulties, and general body aches.

The main route of transmission is through respiratory droplets i.e.

- if someone coughs or sneezes on you
- touching a surface with the virus on it and then touching your eyes, nose, or mouth before washing your hands

How you can protect yourself and others:

- Keep your hands away from your face when in public
- Disinfect frequently touched surfaces e.g, phone, desks
- Wash your hands often and thoroughly for at least 20 seconds
- Practice social distancing and self-isolation
- Cough into your sleeve or a tissue instead of your hand
- Refrain from all forms of travel

"In the days, weeks and months ahead our resolve, our resourcefulness and our unity as a nation will be tested as never before. I call on all of us, one and all, to play our part. To be courageous, to be patient, and above all, to show compassion. Let us never despair. For we are a nation at one, and we will surely prevail. May God protect our people." – President Cyril Ramaphosa, 23rd March nation address.

As of 24th March there are 554 positive cases in South Africa with no fatalities.

KICK-STARTING ANOTHER ACADEMIC YEAR

By Unathi Vimba

Getting out of holiday mode can be tricky. It's easy to become frustrated because of all the effort it takes to just start - and that's not even the hardest part. Pushing through and getting work done is where the real battle lies.

Starting a new year can come with a lot of pressure. We want to change things about ourselves, and that's good, but a post by Alex Elle states that "What if instead of committing to a new year, new me, you just decide to continue growing into a better version of your current self?". There's a lot of pressure to reinvent ourselves during this season when really, we should be learning how to nurture who we already are today, and aim towards healthy growth that works for us". This puts a lot into perspective. Here are a few tips on how to kick-start your academic year without having to sacrifice showing yourself the patience and kindness you deserve.

- Get your sleeping pattern in check. Sleeping at 4:00 am won't get you fuelled up for your 07:45.
- Drink Water, lots of it. Dehydration will negatively impact your productivity.
- Allow yourself to breathe, go for a swim at the beach and cool off. Trying to overwork yourself, especially while still getting accustomed to the motion of varsity can lead to burnout.
- Most importantly try your best and don't give up (sounds cliché, but it's the absolute truth).
- If you left varsity with a significant other and returned without them, it's okay. Learn to live without them, acceptance is key.
- Last but not least, you're still young, have fun and enjoy your journey



Photo: pexels.com

DARE TO DREAM!



Photo: Hlumelo Zatu

By Phelisa Mkendiana

"I have always had a keen interest in fashion, but never felt like I was the right size or shape for typical modelling work." says Hlumelo Zatu, a commercial model and singer currently under an agency called 33 and Me. In 2018, he did his Higher Certificate in Business Studies.

Hlumelo Zatu was born in East London, Mdantsane in the Eastern Cape. He was raised by a single mother, Phumeza Zatu, and is one of 5 children. "Raising five children was never easy for my mother, but as a strong woman, she never gave up. I am the person I am today because of her." Hlumelo grew up in a very warm and supportive family. "My mother is very supportive, and so are my siblings. They always tell me to go out into the world and achieve all my dreams, because in this life, we only get one shot so make the best of it".

"It wasn't something I've always wanted. I only fell in love with performing in 2017". In 2018, Hlumelo was approached by a talent scout and soon realized that this was something he could pursue. "Receiving positive feedback from small campaigns I have worked on has inspired me to want to continue with this as a full-time career."

The International Arts & Talent Showcase and International Association in collaboration with the New York Film Academy hosts auditions all over South Africa, as well as Namibia. Each year, artists are

given the platform to showcase their talent in front of Rhaynn Drummer, who has also worked as the casting director for Tyler Perry Studios, Nate Butler, who is the junior director of the Steve Harvey Show, and Blaze Johnson who is from the Voice.

The panel makes the life-changing decision to invite the best contestants to go and represent South Africa in the USA. "I was fortunate enough to be one of the lucky ones," says Hlumelo.

"It has never been about anyone else but you. Start investing in your dreams, and never forget the value of hard work. Take up space, live as if it was your last day on Earth" says Hlumelo.

People who are keen to help Hlumelo realize his dreams can donate any amount of money they wish to, or contact Hlumelo, using the details below:

Banking details: Account number: 628 3888 7597 Branch code: 25065. Reference: Hlumelo Zatu. Alternatively call on this number: 011 039 2481 – Elsubie Verlinden

We are calling out to all potential sponsor to lend a helping hand.

"Umntu ngumntu ngabantu".



Photo: IMDB

ISIDINGO: THE NEED, THE END

By Leigh Jason

After the 1994 election of former President Nelson Mandela, television was transformed – instead of airing only American shows and those specific to one category, the SABC launched a series of shows to cater to the country's diversity. Among these new shows were *Generations*, *Muvhango*, *7de Laan* and fan favourite, *Isidingo*.

Isidingo has been on air since 1998, and for almost twenty-two years, has been a force to be reckoned with. The show has launched multiple actors, now known as on-screen veterans, who have paved the way for actors working in modern-day South Africa. *Isidingo* was never a soap opera that invested in meaningless storylines – it was always constant, current and socially aware. *Isidingo* was the first South African series to break barriers and feature a mixed race couple, a gay couple and even a HIV/Aids storyline. The series showed representation in all its forms.

In 2019, the SABC reported that the last episode of *Isidingo* would air on March 12, 2019. Viewers were heartbroken, arguing against claims that the show

had no viewers. This would be among the first of the most successful, longest-running soaps to come to an end. Unfortunately, viewer's complaints fell on deaf ears and the soap is in its last few days on air. To date, the show has launched the careers of many actors such as Jamie Barlett, Rapulana Seiphemo, Hloma Dandala and Michelle Botes (known nationwide as Cheryl de Villers Haines Le Roux Holmes) to success.

Isidingo has had many hard-hitting storylines involving subjects such as rape, farm killings (following the nationwide report), murders (a storyline similar to that of Oscar Pistorius and Reeva Steenkamp, substituted with Bradley Haines and his father), racism (another Bradley Haines storyline in which 'you people' was referenced), and more recently, forced removals and more queer representation with women of different races.

Isidingo may have run its course, but it will always be remembered for its hard hitting storylines, representation, actors and of course, Cheryl de Villers Haines Le Roux Holmes.

TRACEE ELLIS ROSS'S HAIR CARE LINE DOES JUSTICE

By Unathi Vimba

As someone who struggled with understanding her own hair and finding the right products and information that would suit her hair type, Tracee Ellis Ross was inspired to create her own hair range that would speak for every texture, curl, and coil neglected by the beauty industry.

Pattern Beauty not only recognises natural hair, but also encourages women to have the freedom to be themselves, and to present themselves the way that they want to, without judgement. Society often tells women what the right and wrong way to look is. This look is what we often see in the media - images that don't look like us at all. The sad reality of decades of exposure to these influences has resulted in women believing that how they looked - their melanin, their coils, their authenticity, their beauty, their minds, their voice - was of no worth. They were terribly wrong.

"Trying to make my hair look 'easy and breezy, bouncing and behaving' actually had the opposite effect. My hair was broken, damaged, and tired of trying to be something that it wasn't", says Tracee about her hair story. We've blossomed, we've caused an uproar, we've captivated roles our ancestors would dream about. There is no singular definition of beauty and self-love, so choose you and be happy.



Photo: blackenterprise.com

GENDER-BASED VIOLENCE: THE OTHER SIDE!

By Siyabulela Ncetani

Gender-based violence (GBV) has been a sensitive topic in South Africa following the increasing number of violent incidents that have been happening in communities and higher learning institutions in South Africa.

South Africans, particularly, the youth in universities and colleges have recently been exposed to tragic gender-based violence (GBV) incidents. GBV, which has gained a lot of attention countrywide, seems to be an emotionally charged topic that has shaken the nation. Some say the recent spiral of events are the signs of a much bigger issue that has been going on. However, the recent events are creating a narrative that GBV can only be directed towards women (by men). Contrastingly, the most recent GBV incident which involved two students from the Fort Hare University, challenged our limited view on GBV.

Gender-based violence is largely mistaken to be limited to violence by men against women. Looking at the issue in this light however, would be limiting our understanding on this phenomenon which could lead to blundering, ineffective solutions being made on this matter. The



Photo: pixels.com

University of Fort Hare community is still grieving the loss of a geology master's student by the name of Yonela Boli, who was allegedly stabbed by his girlfriend and died.

On social media, the perpetrator received a lot of mixed reactions. Some claim that because it was a female perpetrator, the matter hasn't been given a lot of attention. Further, that if the perpetrator was male his face would have been plastered all over our screens. The defence that was put forward on behalf of the perpetrator was also criticised, because they were justifying this fatal act by claiming that there had to be some sort of justification for what she did.

As much as issues like this are sensitive, they provide an exposé into the gap in knowledge that people have concerning the issue of gender-based violence. As ironic as it may seem, the concept of GBV is not something which is gendered by definition. But because most incidents have been directed towards women, we have shifted the narrative of addressing the actual issue of violence and allowed ourselves to be more focused on the gender of the perpetrator. This highlights that we must be clear on what GBV is and equally seek for justice for the victims affected, whether male or female

THE REVOLUTIONARY SONA

By Siyabulela Ncetani

The South African 2020 State of the Nation Address (SONA) joint sitting turned out to be characterised by new and challenging questions, one of those questions was the necessity of having a man who was a pioneer of the apartheid system FW De Klerk present at the democratic parliament.

On the 13th of February as the National Assembly speaker was briefing the parliament on the purpose of the sitting, the commander in chief of the EFF Julius Malema stood up and asked a very controversial and uncomfortable question. He posed his question by saying, "Why do we have a murderer in the house?" as he proceeded with this question he supported it by referring to an interview that De Klerk had with the SABC news where he was beating around the bush and claimed that apartheid was not a crime against humanity.

In this interview De Klerk claimed that there were greater numbers of black on black violent acts or killings than the ones the government of that time was responsible for. It was quite a sad experience and observation for many when the ruling party couldn't ask a substantial question on the matter, but just clapped their hands when the National Assembly speaker dismissed the question.

The ANC received a huge rebuke from the social media community. Some stating that this unrelieved relevance of inviting De Klerk, was due to the old folks who continue to occupy seats in parliament, yet they lack the ability to think critically. One of the Nelson Mandela University students anonymously said, "maybe people like De Klerk are allowed at such important sittings because those in power don't understand what was fundamentally wrong". This challenges us as South Africans, particularly, the youth to question whether we desire to just be led by people with black skin who lack the relevant mental attitude for the struggle, or we long to be led by those who will lead us to the "real" freedom and justice we want.



Photo: biznews.com

MADIBAZNews

News for the students, by the students

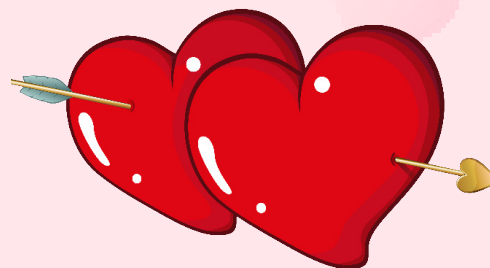
COMPETITION WINNER



From left: Sisianda Ngqokoqwane (MadibazNews Communications Liaison), Asisipho Sweli, Kanya Mtyibilizi, Anele Phuza (MadibazNews Marketing assistant), Chifundo Mazengera (MadibazNews Marketing assistant)

ASISIPHO SWELI

#WELOVEMADIBAZNEWS



OPINIONS

DRESS CODES: THE WAY OF PERCEIVING ONE ANOTHER IN THE 21ST CENTURY

By Siphumelele Mahaia

Society comprises of large sampled social categories, which include race, gender, language, economic status, and profession, just to name a few. Interestingly, as individuals, we have a natural, psychological desire to belong into a certain group. This is confirmed by the Social Identity Theory developed in the mid-70s, by Henri Tajfel, a former social psychologist. This natural sense of belonging is vividly visible among various age groups of the human species, and it is possible to say that this basic expression of social identity starts with clothing.

According to Malcom Bernard, "Fashion is a form of non-verbal communication. The dressed body communicates our personal and social identities." As he wrote on his paper Fashion As Commutation. It is an expression of our feelings, thoughts and desires, as well as group membership, as proven by British sociologist, Dick Hebdige. Some believe that biological differences need to be expressed in terms of sex and that sociocultural differences should be expressed in gender, to highlight the differences between men and women. In this case, clothes express gender identity of the person wearing them.

However, the cultural concept is broad and dynamic, it includes all imperative spiritual practices in human lives; as I'm sure you've walked around on campus and seen one student wearing red and black traditional garments, and known that they are practicing to be traditional healers or that black-coloured garments mostly signify mourning. Generally, it is possible to say that clothing is the most competent social identification of all cultures from one society to the other. We are now more inclined to notice the symbolism of colours in clothing, as clothing continues to be one of the most powerful symbols.

In the twenty-first century, assessing one's social class is no longer a straightforward task because categories have become blurred and the boundaries are no longer well defined or fixed. Now one's social class would be decided by one's life-style choices, which also includes clothing, consumption practices, patterns of social interaction, occupation, political leanings, personal values, and educational level. But still, no form of education can alter perception, but our clothes do. So before you decide to leave the house today, look yourself in the mirror because that is how you will be perceived.



Photo: pexels.com



Photo: mrtreeservices.com

THE SECRET LANGUAGE OF PLANTS

By Ntsondwa Asithandile

If you thought plants were just uninteresting oxygen pumps that only follow the wind's direction, then think again, because plants are way cooler than you can imagine. As much as we give the leaves and flowers all the credit, a lot happens below the ground that we do not see, and frankly do not appreciate as much as we should, and those are the roots and the networks they form underground. Basic biology knowledge explains how roots hold the plant to the ground and help suck up water and nutrients to the rest of the plant's organs. But there is more. Roots have networks of fungi called mycorrhizae which can connect them from one plant of the same species to another depending on the distance.

Plants use these mycorrhizae to absorb nutrients necessary for them to grow, for protection against toxins and diseases. The fungi also act as an UberEats for plants, but instead of transporting Big Macs they transport sugars and nutrients to other plant's roots connected to them.

The most exciting part is how the network of mycorrhizae allows one plant to "talk" to another sister or parent plant. I don't mean talk in the sense of how we humans understand language but, in the sense that the fungal network can send out toxins or signals to their neighbouring plants, when there is danger coming their way. In that manner you can say the plants are looking out for each other through their roots.

Enough about how plants utilise mycorrhizae, there is a fair trade between these two such that the fungus feeds off excess sugars obtained by plants through photosynthesis, since they live underground and are unable to produce their own food. So, it is a win-win situation.

IS LEARNING A LANGUAGE EASIER THAN CHESS?



Photo: chessable.com

By Neo Motsiri

Many have equated learning chess to learning a new language, although it's true that chess bears a close analogy to language, the reality is that learning chess requires a much wider set of skills than just learning a language. Each of these domains, however, have quite significant effects on our brains.

A Swedish MRI (magnetic resonance imaging) study showed that individuals who learned a new language would experience a noticeable increase in their brain size. Another study conducted at the University of Grenada revealed that bilingual children generally had a better working memory than monolingual children. The working memory plays an important role in cognitive abilities such as calculation and reading comprehension. Furthermore, second language acquisition has also been shown to improve one's attention span.

Chess, unsurprisingly, has many cognitive benefits as well. A study of 4000 Venezuelan students showed that four months of chess instruction produced significant rises in their IQs. Moreover, just like language, chess improves one's memory as well. In a two year study conducted in 1985, students who were exposed to chess on a regular basis saw an improvement in their

academic grades across a wide range of subjects. It should come as no surprise that chess also improves one's problem solving skills, according to a study conducted on 450 primary school students. Learners who started learning chess in grade one, saw their maths grades go from 62% to an average of 82%.

Although both language acquisition and chess have considerable benefits for one's cognition, and while each require a considerable amount of dedication and hard work to master, chess is arguably much harder to master than a new language. Speed learner, Max Deutsch, learned this the hard way when he challenged world chess champion, Magnus Carlsen, to a game of chess. Max, who has previously been able to learn Arabic up to a conversational level in only one month, thought he could do the same with chess. He gave himself one month to master chess well enough to beat Magnus. Needless to say, Max was mercilessly dealt with a crushing defeat by the reigning world champion. So why did Max fail so spectacularly at this challenge? Well, chess require a sizable number of separate skills in order to master, including visualisation, mental calculation, impulse control, great decision-making, and pattern recognition.

THE EFFECT OF OIL AND GAS ON THE ENVIRONMENT

By Sanele Thwala

Scientific investigation has found that production of oil and gas could account for a far greater share of the increase in levels of methane, a strong greenhouse gas, in the atmosphere of the Earth.

Oil and gas is the source of the fuel we use in our daily lives. Nevertheless, human-made emissions such as fossil fuel combustion, which may have been greatly underestimated, contributes heavily on the environmental degradation and climate change.

The outcome is that oil and gas companies are under increasing pressure to reduce their operational greenhouse gas emissions, as part of the steps necessary in tackling our climate concerns. The research findings reported in the Nature journal, lend importance to efforts towards the reduction of oil fueling methane emissions that are regularly leaked, and intentionally adding gas to the environment. Scientists estimate that the global activity we are experiencing now accounts for around 25 percent of atmospheric methane, suggesting that the production of oil and gas contributes much more towards global warming.

Photo: pexels.com

MADIBAZ STUDENT WINS HUMEWOOD GOLF CHAMPS



By Fullstop Communications

Nelson Mandela University student J.P. van der Watt claimed the Humewood Golf Club championships title at his first attempt with a win over Pieter Zietsman in Port Elizabeth on Sunday 15 March. The first-year Bachelor of Commerce student and a member of the Madibaz Golf Club took control of the final to defeat his in-form opponent 4/3 after going into the back nine four up.

Earlier he had edged Madibaz teammate Altin van der Merwe in a close tussle during the semifinals, defeating him 1-up. On Saturday, Van der Merwe had taken the strokeplay section of the champs with rounds of 71 and 69 for a four-under par total of 140. In his semifinal, Zietsman showed good touch to defeat defending champion Francois van Coppenhagen 5/4.

The Madibaz student overcame a lack of local knowledge and a faltering start to his semifinal to become the A division winner. He said it was a matter of perseverance and managing to “hang in there”. Just over halfway through the front nine he said he managed to settle down and find some rhythm. “It started to go much better. That’s when the match really started between us and I was able to win 1-up.”

In contrast, he said the afternoon final against Zietsman saw him produce one of his best rounds of the year. “Everything was just solid and I knew Pieter’s game was in a really good space, so I had to try to break him down with excellence of my own. “I was able to find the fairways, hit solid approaches and make the putts. “This helped me to turn four up, although it only really started on the par-three sixth. I made birdie there and then birdied the par-five seventh and the ninth”.

Van de Watt said it was a pleasure to compete in the Humewood event and gives glory to God having to win the championship title. In the B section final Gavin Hogg defeated Robbie Barnard 4/3, while the C division went to Francois Vermaak, who beat Colin Broadley 1-up.

ARRAY OF TALENT ON DISPLAY AT MADIBAZ NETBALL EVENT



Photo: Francois du Plessis

By Fullstop Communications

The SPAR Madibaz Netball Tournament continued to reach new heights when it attracted another strong entry at South Campus in Port Elizabeth.

With as many as 80 sides now competing in the event, it was extended to three days for the first time, culminating in victory for the Nelson Mandela University premier women's team. Madibaz Sport netball manager Melinda Goosen said that the standard and level of play was higher compared to last year. Goosen added that the final division play between Johannesburg men's team and Nelson Mandela Bay men's team added an extra edge to the proceedings.

The Madibaz women's team finished in the top two in the four of the five division which Goosen said was due to the excellent preparation for the season. "It is still early days, but we were very happy with the results

and have a strong base to build on." The madibaz sports manager said.

Goosen was also impressed to have various schools entering the competition. "the great thing this year is that teams entered from outside the province's boundaries, which shows the growth of and interest in the tournament." Goosen added. From the schools that entered the competition, Framesby came second in the women's A section. Other schools that entered the competition was Kingswood from Grahamstown, DSG, and Collegiate High, and Volkskool, from Graaff-Reinet.

The Madibaz sport netball manager thanked Spar for the continued support in sponsorship and mobilising suppliers to back the tournament. She also thanked other companies such as Noorsveld Chickens, HelloFoods and SAB for sponsorship and support.

NELSON MANDELA
UNIVERSITY

PROTECT YOURSELF AND OTHERS
FROM THE CORONAVIRUS

Prevention & WELLNESS



1
Sneeze or cough
into a tissue



2
Or sneeze or cough
into your elbow if
you have no tissues



3
Do not touch
your face



4
Clean surfaces regularly



5
Clean your cellphone
regularly

CORONAVIRUS OUTBREAK NATIONAL HOTLINE:

0 800 029 999

08H00 - 16H00 (MONDAY - FRIDAY)