

PERSEVERING IN THE FACE OF COVID-19



BY MELINDA KORPOSH

WE ARE FACING A PANDEMIC. COVID-19,
A VIRUS THAT SPARES SOME, AND TAKES
OTHERS. IT IS RUTHLESS AND DOES NOT
DISCRIMINATE.

Ten months ago, March 2020, the first case of Covid-19 was reported in South Africa. As of today 10th of January there has been 33 163 casualties, 1, 231, 597 total cases and 966, 368 recoveries. Today, in a single day, South Africa saw 17, 421 new cases. We have looked at the statistics, and it is overwhelming. No one wants to be a victim of Covid-19.

Fortunately there are many survivors, and we thought SALT readers would love to know their stories. I had the privilege of interviewing a few women, whom in my opinion faced, braved and conquered Covid-19.



MEET LEIGH-ANN KLEINSMIDT.

She's 38 years old and resides in Cape Town. She works in the gas and chemical industry. She had no underlying health issues and considered herself fit and healthy, but unfortunately acquired Covid-19.

What precautions were you taking before you got Covid-19?

I wore my mask, kept my distance and sanitized everything. I worked everyday, even when we were in total lock down without getting sick and then when the second wave hit. I wasn't so lucky.

What were your first symptoms?

Headache. Extremely tired and lost my senses. Couldn't eat much because of the nausea.

What was your immediate reaction to getting Covid-19?

I went straight into quarantine before I got tested, and I started taking my immune boosters.

Describe your experience with covid-19? (Medication, quarantine, diet)

I used immune boosters, took an aspirin everyday to thin my blood in case of any blood clots, and drank lots of warm fluids. I also credit my aunt with her special remedy. It worked wonders. It's a natural anti inflammatory and the warm liquid is good for you to shake the virus.

Recipe:

Chop up two oranges and two lemons.

Add ginger, turmeric and honey to make a mixture

Drink two spoons of this mixture with boiling water twice a day.

What advice would you offer people who have the virus?

Just rest and take it easy. It's what helped me get stronger. More than ever, we have to take the precautions and safety measures to keep both ourselves and our loved ones healthy and safe. Keep to the 14 day quarantine. If you fear that you may have been exposed, get tested! Many people are going out and meeting friends and family when they start to feel better, do not forget you are still actively carrying the virus. Be safe, be aware and be smart. You will save a life.