

“Don’t try to solve serious matters in the middle of the night” Philip K Dick

COVID 19

In my town COVID testing is predominantly done by an organisation that has premises off the main arterial road – however, when testing demand picks up they move to a drive through at a school field just up the road from my home. Over the past few weeks I could follow the increase in infections in KZN by monitoring the number of vehicles queueing on the field. Little did I expect to be in the queue on Monday morning, knowing full well that the test would be positive after suffering a sore throat, fever and joint pains the night before. After double vaccinations and following COVID prevention measures as closely as possible for one and three quarter years the test result read DETECTED. So off to isolation. To those who have had COVID with little or no ill effects I say you were lucky, to those who suffered poorly I know how you felt (my throat was so sore I felt like I was swallowing razor blades, and I had no energy and slept for three days – giving my body time to fight the virus), to those who were hospitalised I sympathise and cannot begin to understand how anxious you must have been, and to those who lost loved ones please receive my sincere condolences. This is not a virus to be dealt with lightly – yes, we have to get back to some semblance of normality BUT please do not think that this virus is not debilitating; it can be. Let us get back to normality through getting vaccinated and carrying on with the basics – masks, sanitising and social distancing. I sincerely hope that those reading this newsletter have a COVID free festive season, a Blessed Christmas and all you wish for in 2022.

