



COVID-19 – CMEFS WEEKLY NEWSLETTER

FRIDAY 02-10-2020

Hello. I do hope that this week's edition of our newsletter finds you and your family as well as can be.

COVID-19

Last week I wrote about how it was proven that the wearing of masks reduces the risk of becoming infected with the virus.

This week we have news that Donald Trump has been infected with the virus, and that whilst at its most contagious stage (within the first three days of becoming infected when one is usually asymptomatic) he surrounded himself with very senior persons holding very senior political office, whilst simultaneously insisting that they do not "mask-up" when in his company.

So I have no doubt there are a great many persons holding high political office in the US right now who are trembling in their boots whilst waiting for the outcome of their Covid-19 tests.

Of course we wish Donald Trump along with all of those who he might have infected, a speedy, full and rapid recovery from the virus, but it must never-the-less be said that as the titular leader of the western world, he acted extremely irresponsibly in so far as his family, friends and political associates are concerned.

And the trouble with such leadership is that many of his followers who have blindly followed his example up until now have paid the ultimate price for doing so.

It is hoped that Donald Trump will learn from this experience and emerge from it a little wiser than he was going into it, and that he uses that wisdom to prevent any more otherwise unnecessary deaths going forward.

In so far as becoming infected with the virus and the wearing of masks is concerned, it is interesting to note that scientists have worked out that your chances of catching the virus if in the company of someone who has it whilst wearing a mask is in the region of 3.1%, moving all the way up to 17.4% if not.

Now those are both revealing and significant numbers.

In essence, if not wearing a mask, your chances are 6 X greater of becoming infected than if you were.

That's a BIG multiple by any measure, and one would have to be entirely off one's head, or possibly even suicidal, to ignore such a statistic.

So wear those masks people, as inconvenient and irritating as it might be.

There is now also a body of research which seems to suggest that even if you do recover from the virus, there is significant risk that you could thereafter suffer from persistent fatigue.

In this regard, for your interest, I have reproduced the full article from Health24 below on this subject.

[Fatigue is common in people who recover from Covid-19, regardless of severity](#)

As the Covid-19 outbreak continues, we have learnt that people experience the disease differently.

Some require hospitalisation where the outcome may be fatal, while others are able to recover at home.

But according to new research presented at a conference on Covid-19 hosted by the European Society of Clinical Microbiology and Infectious Diseases, there is one key factor that many Covid-19 patients, mild and severe alike, experience – **persistent fatigue**.

As more people recover from Covid-19, some are experiencing post-infection problems, the researchers stated.

"Fatigue is a common symptom in those presenting with symptomatic Covid-19 infection.

Whilst the presenting features of SARS-CoV-2 infection have been well-characterised, the medium and long-term consequences of infection remain unexplored," explained Dr Liam Townsend, lead study author from St James's Hospital and Trinity Translational Medicine Institute, Trinity College, Dublin, Ireland.

"In particular, concern has been raised that SARS-CoV-2 has the potential to cause persistent fatigue, even after those infected have recovered from Covid-19.

In our study, we investigated whether patients recovering from SARS-CoV-2 infection remained fatigued after their physical recovery, and to see whether there was a relationship between severe fatigue and a variety of clinical parameters.

We also examined persistence of markers of disease beyond clinical resolution of infection," Dr Townsend stated.

The researchers used a scale called the Chalder Fatigue Score to investigate fatigue in 128 recovered Covid-19 patients and found that **more than half of the patients reported persistent fatigue after their recovery.**

End of article.

Now again that is a very big number. More than half, or greater than 50% of those who had recovered experienced persistent fatigue.

Keep in mind that most of those who would have recovered would have been both young and healthy, and thus key to being part of whatever economic recovery is to take place post Covid-19.

One has to then ask just how productive all of these persons are able to be if they are suffering from persistent fatigue and just how this will affect the rate of economic recovery in turn.

Of course this is not to discount the effect that this persistent fatigue is having on their personal lives, or for that matter on their longevity.

I would not want to wish that on anyone!

So please, be careful. Even at Level-1. Covid-19 is still with us and we still do not have either a vaccine or a cure.

And there is still so very much about its long-term effects we do not know.

Better to not get it at all than to recover from it.

All that is needed for this to happen is for us to continue to follow all the rules. And they are not complicated.

I trust you enjoyed the read.

Nine sends love and thoughts to all, as always.

Until next time then, from all of us at CMEFS, do take good care of yourselves. Kind regards.
Charles.

PS: There may not be a publication next week as we are workshopping our current “modes operandi” all of next week, which may include Friday, in so far as fund selection going forward is concerned. We will have to wait and see how we do in this regard.

Name	Division	Cell Number	Detail
Alicia	Wealth	063 434 8074	Learner. Servicing attaching to the following classes of business. Investment Accounts, Tax Free Savings Accounts, Retirement Annuities, Living Annuities, Pension and Provident Preservation Funds, Endowments.
Andrew	Wealth	063 321 7399	Intern. New business and servicing. Medical Aids & GAP Cover. In the process of migrating across to the Wealth Division.
Andrisha	Wealth	063 378 1473	Representative. New business. Investment Accounts, Tax Free Savings Accounts, Retirement Annuities, Living Annuities, Pension and Provident Preservation Funds, Endowments.
Bernelee	Tax	078 708 4536	Administrator providing admin support to Geraldine and understudy to Geraldine.
Brady	Wealth	071 843 3933	Representative. New business. Investment Accounts, Tax Free Savings Accounts, Retirement Annuities, Living Annuities, Pension and Provident Preservation Funds, Endowments.
Felicia	Risk	071 880 9576	Learner. Servicing attaching to Short-Term insurance, assisting Stella. Starting to obtain some exposure to Medical Aids, GAP Cover and Life Insurance.
Geraldine	Tax	083 754 1699	Head of tax division.
Jamie	Wealth	071 850 1389	Learner. Core responsibility being to produce and send out the monthly investment statements and to handle any queries connected to them. Satellite responsibility to assist where possible in the Wealth Division.
Luh	Bookkeeping	063 102 3313	Head of Bookkeeping Division. Professional Accountant (SA) SAIPA 30345
Nadean	Tax	063 026 1351	Intern. Administrator providing admin support to Bernelee and understudy to Bernelee.
Siso	Risk	060 376 6605	Learner. Starting to obtain some exposure to Short-Term insurance Medical Aids, GAP Cover and Life Insurance.
Stella	Risk	078 784 6462	Head of Short-Term Insurance Division.
Terisha	Books	071 858 3373	Intern. Bookkeeping Division. Data Capture and other functions relating to the bookkeeping Division.
Thabo	Risk	078 004 3864	Learner. Starting to obtain some exposure to Short-Term insurance Medical Aids, GAP Cover and Life Insurance.