



National COVID-19 Restrictions Alert Level 3 – Implications for the Dietitian 1 June 2020

This guidance document should be read in the context of the National State of Disaster as declared by Government Notice No. R. 313 of 15 March 2020 together with [Government Notice No. R. 608 of 28 May 2020](#). This document is compiled by the Association for its members and stems from relevant government documents. It remains the responsibility of the dietitian to stay abreast with all relevant government Acts, regulations, notices and publications. It is also the responsibility of the dietitian to remain up to date with any new documents that are published and to shy away from fake news and the distribution thereof. In all circumstances, the dietitian should adhere to the Disaster Management [Act](#) and all relevant regulations that may follow.

As written by President Ramaphosa on the 1st of June 2020, after 65 days of a nation-wide lockdown, the country is starting a new phase in its fight against the novel coronavirus. Many economic and social activities are restarting, including a phased resumption of schooling.

As with the shift from Alert level 5 to Alert Level 4, there are minor implications for the dietitian as the country shifts from Alert Level 4 to Alert Level 3. Dietitians will continue to remain an **essential service** and therefore the major shift lies within the increased mobility of the dietitian him/herself and the client.

In addition, Alert Level 3 includes certain areas being declared as hotspots. Dietitians need to familiarize themselves with these as special measures with regards to movement may apply. These hotspots are determined based on the number of active cases per 100 000 in the population, the rate of increase in active cases and the capacity of the health system.

How does Alert Level 3 look in practice?

- Dietitians employed in the public sector will continue to work as during the lockdown under the guidance of their heads of departments.
- Private practising dietitians who work in private hospitals will continue to work as during the lockdown where individual institutions will determine essential services. Supporting documents developed by ADSA, together with SASPEN, to demonstrate the importance of dietetic services, specifically pertaining to hospital and critical care settings, can still be [accessed here](#). These documents may assist individual dietitians to be recognised as essential services by their respective institutions.
- Private practising dietitians consulting out-patients should prioritise possible options for themselves and their employees to work from home e.g. through offering virtual consultations as set out in the ADSA Telehealth Guidance Document and HPCSA telehealth guidelines.

- Face-to-face consultations, in cases where patients are unable to engage through virtual consultation (e.g. no access to a smart phone), are allowed provided all regulations by government including transport, movement of persons, health and safety measures etc. as referred to in this document, are adhered to. While Alert Level 3 allows for meetings at the workplace for work purposes, seeing patients face-to-face in a group setting should not be encouraged, but can take place under controlled circumstances following appropriate health and safety measures, taking the risk and safety of both patients and the dietitian into consideration.

Important documents

- [Guidelines for quarantine and isolation in relation to COVID-19 exposure and infection \(5 May 2020\)](#)
- [Guidelines for symptom monitoring and management of essential workers for COVID-19 related infection](#)
- [NICD guidelines for returning back to work](#)
- [Disaster Management Act, Government Notice R 480 \(29 April 2020\)](#)
- COVID-19 Corona Virus South African Resource Portal: <https://sacoronavirus.co.za/>
- [HPCSA Guidance on the application of telemedicine guidelines during the COVID-19 Pandemic](#)
- [HPCSA Notice to amend telehealth guidelines – 3 April 2020](#)
- [HPCSA guidelines and amendments under the Emergency Act](#)
- [ADSA Telehealth Guidance Document](#)

Self-Care resources

- [COVID-19 – Helpful tips to manage your stress and anxiety during this time](#)
- DOH - [Lockdown Fitness Tutorials](#)
- DOH - [The COVID-19 Diaries](#)
- [Necessary Self Care during COVID: Working through Loss](#)
- [Self Care and COVID-19: Getting ready for the marathon](#)
- [WHO – Doing what matters in times of stress](#)
- [Dealing with COVID-19 Anxiety & Stress on the front lines.](#)

The Association is committed to communicate relevant updates with members as it becomes available. We advise members to stay informed about the status of the disease. Even more importantly, dietitians are encouraged to practise self-care during these unprecedented times. As the old African proverb says;

If you want to go fast, go alone. If you want to go far, go together.

Let us as dietitians stand together as we contribute towards achieving optimal nutrition for all South Africans.

Kind regards,

ADSA Executive Committee