In the past 24 hours, Malawi has registered 452 new COVID-19 cases, 14 new recoveries, and ten new deaths. Of the new cases, 278 of the new cases are locally transmitted infections: 125 from Lilongwe, 70 from Blantyre, 13 from Karonga, ten each from Mwanza and Nkhotakota, eight from Mulanje, seven each from Machinga and Zomba, six from Dedza, five from Balaka, four each Kasungu and Nsanje, three from Thyolo, two each from Chikwawa and Dowa, and one each from Phalombe, Salima and Neno districts while 174 cases are imported infections: 154 were identified among 700 residents returning from South Africa who were being held at Mapanga Prison Training School while 20 were identified at Mwanza border through routine screening of people entering the country. Four of the new deaths are from Lilongwe, three are from Blantyre, two from Zomba, and one Kasungu. Our hearts go out to families that have lost loved ones due to COVID-19. May you find peace, hope and love during this difficult times. May their souls rest in peace.

Cumulatively, Malawi has recorded 9,027 cases including 235 deaths. Of these cases, 1,852 are imported infections and 7,175 are locally transmitted. Cumulatively, 5,838 cases have now recovered, 134 were lost to follow-up, and 76 are still being investigated to ascertain their outcome. This brings the total number of active cases to 2,744. Of the active cases, 102 active cases are admitted: 45 in Blantyre, 31 in Lilongwe, five in Zomba, four in Mzimba South, three each in Mzimba North, Karonga, and Nkhotakota, two each in Balaka and Chikwawa, and one each in Dowa, Mchinji, Rumphi, and Mulanje Districts. The average age of the cases is 35 years, the youngest case being aged two weeks, the oldest being 98 years old and 67.3% are male. On testing, in the past 24 hours, 1,696 COVID-19 tests were conducted. 147 of the new tests were through SARS-COV-2 Antigen Rapid Diagnostic test while the rest were through RT-PCR and cumulatively, 97,429 tests, have been conducted in the country so far.

We are still observing a rapid increase in the number of new confirmed cases, admission and deaths due to COVID-19 in the past three weeks. Today, we have recorded a high number of confirmed cases and admission within 24 hours at 452 and 102 respectively, this is the highest number ever recorded in our country since the first COVID-19 cases was recorded on 2nd April 2020. The local transmission has surpassed the 7,000 mark.

Let me emphasize that everyone is at risk of contracting COVID-19, but let me remind the public that COVID-19 is often more severe in older people and/or those that have
health conditions like lung or heart disease, diabetes (sugar disease), hypertension (high BP), TB and HIV, asthma or conditions that affect their immune system. It has been observed that many people are not aware that they have these underlying conditions and only became aware while having COVID-19 infection and in most instances the condition becomes severe. It is important for the for everyone to routinely get screened for these underlying conditions. For those that have these chronic diseases, it is important ensure that the chronic condition you live with is under control; this means ensuring you are regularly taking medication for diabetes (sugar disease), hypertension (high BP), HIV, TB and asthma.

To effectively reduce and stop the coronavirus from spreading, there is need for a collective effort to contain the pandemic by comprehensively following all the preventive and containment measures. The following preventive measures should be our daily routine regardless of status: frequent handwashing with soap, proper wearing of mask, avoiding over- crowded places, practicing cough and sneeze etiquette, staying home if you have flu like symptoms and decontaminating commonly touched surfaces.

Lastly, I would like to request the public to desist from creating and sharing fake news and misinformation on COVID-19 as this is creating fear and panic. Let me ask ever one of us to only share information that will help to stop the spread of the disease, only share information from the trusted sources and if you are in doubt you can verify with the health authorities near you. The Government has put in place different platforms where information on COVID-19 is being shared.

Watch your distance! Wash your hands! Wear your mask! Seek for care early upon development of symptoms of COVID-19.

Dr John Phuka
Co-Chairperson – Presidential Taskforce