



**health**

Department:  
Health  
**PROVINCE OF KWAZULU-NATAL**



**PREGNANCY AWARENESS DAY AT EMINYEZANENI SECONDARY**

**News flash!!**

**HEALTH CALENDAR DAYS:  
PREGNANCY AWARENESS  
10-16 FEBRUARY 2015**



**Silwa Nezifo, Silwa Nobubha, Sinika Ithemba**

# PREGNANCY AWARENESS DAY AT EMINYEZANENI SECONDARY

Teenage pregnancy remains a big problem for all. Recent figures within the institution show an increase in the number of teen mothers. Most of these pregnancies are unplanned for and are kept a secret for a while. The biggest risk for teen mothers is delaying prenatal care or worse, no prenatal care at all.

The reason for lack of prenatal care is usually delayed pregnancy testing, denial or even fear of telling others about the pregnancy. The Department Health KwaZulu-Natal: Bruntville CHC offers pre-natal care which is free of charge and patient confidentiality is very important, meaning no one can know about what you talked about during a consultation.

EMinyezaneni secondary school was visited by a team from the Bruntville CHC during pregnancy week. The team included social worker for Bruntville CHC Mrs Zungu, Enrolled nurse Miss Bawinile Ndlovu, Clinical nurse practitioner Mrs Dladla and the facility communication officer Mr. Sifiso Xulu. The team gave talks on teenage pregnancy and pregnancy. Health education on the available family planning methods available were also emphasized to learners on the day. After the talks learners were able to ask questions. The learners asked questions concerning pregnancy and side effects of the available contraceptives



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