

SIYAYINQOBA I-CORONAVIRUS

KZN DISTRICTS DRIVE MASS SCREENING AND TESTING



It's been days (79) since the very first COVID-19 case was recorded here in KwaZulu Natal (05 March 2020) marking the beginning of an outbreak in South Africa.

The fight against COVID-19 has some good outcomes like the miraculous recovery of patients and bad outcomes like unfortunate demise of some patients.

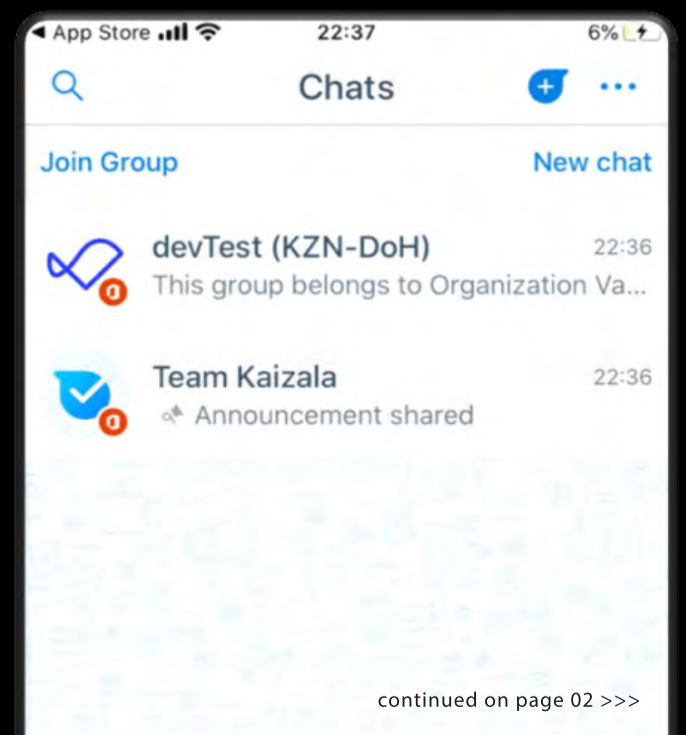
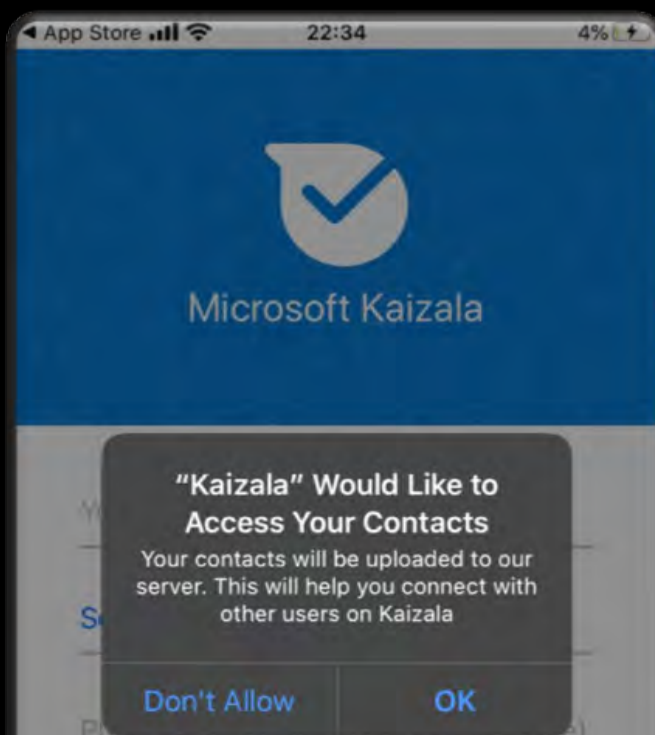
The total number of COVID-19 Cases in KwaZulu Natal on the 21st of May 2020 (Thursday) is allocated as follows:

| | |
|-------------------|--------|
| • Confirmed Cases | : 1693 |
| • Recoveries | : 880 |
| • Deaths | : 47 |

KZN Premier Mr Sihle Zikalala is at the helm of the Provincial Command Council and leads weekly briefings on the COVID-19 Response with finer details on District Breakdowns every Sunday afternoon. Members of the public are encouraged to

follow these briefings on the mass media communication platforms (Radio, Television, Live Streaming on Government Social media platforms) in order to keep abreast with the latest updates on COVID-19 activities in the province.

KAIZALA APP ENHANCES COVID-19 SCREENING DATA



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The KwaZulu Natal Department of Health has partnered with BroadReach Healthcare to develop Health Screening Mobile App known as Kaizala.

This mobile App is currently being used by Fieldworkers (Outreach Team Leaders and Community Health Workers) during the mass community screening for Active Case Finding as part of the COVID 19 Response. Kaizala is a Microsoft tool designed for front line staff.

The Mobile App is preloaded with 32 questions which enable Fieldworkers to use a cellphone

device as they interview members of the households and submit data electronically. This initiative has an automated data collection and reporting process.

Kaizala mobile app runs on Android, IOs smart phones and Tablets. The app also works in off line mode (in cases where there is no network coverage in that area). The information is stored in the cellphone memory. The user is then allowed to submit that data once the network becomes available.

BENEFITS

Kaizala Mobile App will enable Managers at all levels to:

- have real time information

- **Make quick and well informed decisions (deploy resources where they are needed)**
- **Cut costs (No printing of paper questionnaires and save ink)**
- **The App automatically picks up geo coordinates of each household, which enables areas visited by Fieldworkers to be mapped automatically.**

As part of the Corporate Sector contribution to fight the Covid-19 pandemic, Samsung has donated 20 000 Samsung Galaxy A2 Core cellphones to government to be used by Fieldworkers during Mass

Community Screening. Vodacom donated sim cards

with 5 GB of data and 500 minutes airtime as a once-off donation. Out of 20 000 cellphones, KZN received 3000 cellphones. Over 1400 cellphones have been loaded with Kaizala mobile App and distributed to all districts

KZN has successfully screened 1 499 028 people from the 08th of April 2020 to the 20th of May 2020

- **53 980 were tested in the community**
- **2 181 589 were screened in health facilities**
- **21 713 were tested in health facilities**
- **Overall: 3 680 617 people have been screened for COVID-19 in KZN**

DOOR TO DOOR SCREENING & TESTING



Health Chat took a moment to travel with two outreach team members, Sr Nomthandazo Mncube (54) from Mpophomeni clinic and her subordinate Sr May Nxumalo (59) from Lion's River Mobile Clinic to find out how they go about screening and testing people in their homes with the help of the new mobile app.

HC: When was this app introduced to you?

NM: We were educated about the app sometime in March but we only began using it yesterday.

HC: In comparison to capturing information manually on

paper, how does the app fare?

NM: Right now we're not used to it yet but I'm hopeful that when we're used to it, it will be simpler.

HC: Do you have the equipment to test people on site?

NM: Some of us do. Those who have the equipment will test patients after noting several

positive symptoms such as fever, dry cough, a sore throat, difficulty breathing and general malaise. Those who don't have the equipment educate the person on self-quarantining themselves and then return to test that person. Although we've visited many areas, we've actually only had one person be suspected of having COVID-19 and they were more than willing for us to return the next day to test them. Thankfully, the results came back negative.

HC: Have you had any negative experiences knocking door to door?

NM: We haven't experienced any rudeness. Those who decline being screened do so ever so politely.

HC: How do you protect yourselves from potential positive cases?

NM: As you can see, we wear masks. We also don't enter people's homes because that would become a sort of incubation of the virus. As nurses, we are trained to maintain social distance and we don't spend even 10 minutes per person.

HC: Is there anything you'd like the public to know?

MN: We ask that the public welcome us just like how every place has welcomed us warmly. Except young children who run away from us saying "Here's Corona" (laughs).



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KEY RESOURCES AVAILED TO INTENSIFY THE KZN RESPONSE TO COVID-19

29 April 2020:

CONCERNED CITIZENS DONATE 10 VEHICLES

Ten mobile testing vehicles were donated by the Concerned Citizens Covid-19 team in partnership with Nedbank, Spar and Chroma Capital to the provincial government. The vehicles, which are fully equipped with staffing (drivers, nurses and administrators), were received by Premier Sihle Zikalala on behalf of the provincial government.

These vehicles will be conducting approximately 24 000 tests per month in the province. This was the first-of-its-kind capacity increase for any province in the country.



14 May 2020:

TRANSNAT COACHLINES LOANS THREE VEHICLES

KwaZulu-Natal Premier Sihle Zikalala and KZN MEC for Health Ms Nomagugu Simelane-Zulu, together with Amajuba District Mayor Dr Musa Ngubane, received three mobile clinics (two buses and a truck) donated by Transnat Coachlines. These mobile clinics will assist the Department of Health for two months with screening and testing for COVID-19 in the province.

The mobile clinics are donated for usage by the Department in the fight against COVID-9 for two months. One bus will remain in Amajuba District, and the other two vehicles will be utilized by the Department in other districts as and when they are needed, prioritizing areas with a high need.



19 May 2020:

TRANSNET LOANS PHELOPHEPA TRAIN

KwaZulu-Natal Premier Sihle Zikalala, MEC for Health Nomagugu Simelane-Zulu and eThekweni Mayor Mxolisi Kaunda launched the Transnet-Phelophepa healthcare train clinic in Phoenix, north of Durban. The Transnet-Phelophepa healthcare train clinic is aimed at boosting the testing capacity for Covid-19 in the province and is part of the KZN Provincial Government's efforts to curb the spread of the deadly virus.

The Transnet-Phelophepa healthcare train has been converted into a mobile clinic which has numerous consulting rooms that are spacious enough to accommodate a patient, an escort, a nurse and a clinical supervisor.



20 May 2020:

CUBAN DOCTORS ARRIVE

KwaZulu-Natal Premier Sihle Zikalala and KZN Health MEC Nomagugu Simelane-Zulu welcomed a group of Cuban doctors who have been deployed to the province to fight the spread of the Covid-19 pandemic.

The medics are part of more than 200 Cuban doctors who have joined the fight against the Coronavirus in the country. The Cuban medics will be deployed throughout the province.



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TREATING COVID-19: A GLIMPSE FROM THE FRONTLINE HEALTH WORKERS



Mr J Munsamy, Intermediate Life Support

When KwaZulu Natal started its response to the COVID-19 outbreak, it took us by storm and spread fear and uncertainty amongst my EMS colleagues about undertaking COVID-19 cases as this was a new virus.

However, considering the EMS pledge that I made when I joined the Department, and EMS in particular, it made me take a bold step to volunteer to attend the first confirmed COVID-19 case. After this first case I became confident and saw the need to serve the vulnerable.

When I am dispatched on a suspected or confirmed

COVID-19 case, I don the PPE at the base which consists of; the N95 mask, face visor, gloves, overalls, plastic apron and overshoes. I am then ready to travel to the case with the isolation ambulance.

On arrival at the patient's site, we ensure that the patient wears a mask or scarf to prevent a further spread of the virus. Once the patient is safely loaded into our vehicle, the receiving hospital is notified that a patient under investigation (PUI) or a confirmed case is coming to the facility so that the facility prepares accordingly. At the hospital, the patient is

taken to a quarantine or isolation facility via a separate access route to avoid a further spread of the virus.

As paramedics our job is done when the facility staff take the patient and we return to our vehicle to sanitize and then doff (remove) our PPE, disposing it into a red bag which is sealed and disposed as medical waste.

Due to the increasing number of infections in the eThekweni district I have responded to many cases, transferring patients to various isolation facilities in the province namely; Addington, Clairwood, Grey's, Doris Goodwin and the

lodge in Montclair. Being part of the eThekweni EMS team has given me a vast exposure to numerous patients and I have thus acquired a lot of knowledge about COVID-19 and its means of transmission. I have consequently shared all what I have learnt with my colleagues and encouraged them not to be afraid and follow the set preventative measures.

I'm grateful to the eThekweni EMS Management for the opportunity to learn and serve my community during this time.



Ms N Zondi, EMS eThekweni District, Intermediate Life Support

Initially the word COVID-19 instilled fear to all paramedics as this was new to us. The College of Emergency Care then started in-service training for all paramedics in eThekweni District on how to manage these patients which gave me the confidence to manage and transport them.

The first call I received to attend to a positive case required me to transport a patient that needed to be isolated. Prior to responding to this case, it was of utmost importance to correctly don by Personal Protective Equipment (PPE). When we fetched the

patient we used an isolation vehicle allocated to transfer COVID-19 cases.

After that patient was handed over to the nursing staff at the isolation ward, we then decontaminated the ambulance before removing the PPE and sanitizing ourselves.

That moment was just a good start for me, I am now proud to serve and help many people who need our help to get to a higher level of care faster.

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Mrs J G Green
Infection Prevention and Control: Grey's Hospital

On the 5th March 2020 Patient Zero was becoming known to South Africa. The isolation unit at Grey's Hospital needed to

be set up to receive him. It was late in the evening and staff were summoned to help me, they included Infection

Prevention Control and CETU staff, Hospital Management and the Director of Nursing in the Province. Within a few hours we were ready to receive the patient.

On the 6th March 2020 I was surprised to hear that the National Minister of Health, Dr Zweli Mkhize and his Provincial Representatives were coming to our hospital to address the staff and the nation from the Grey's Hospital Recreation Hall, through eNCA. I was tasked to present a demonstration of the donning and doffing procedure that would be followed by Health Care

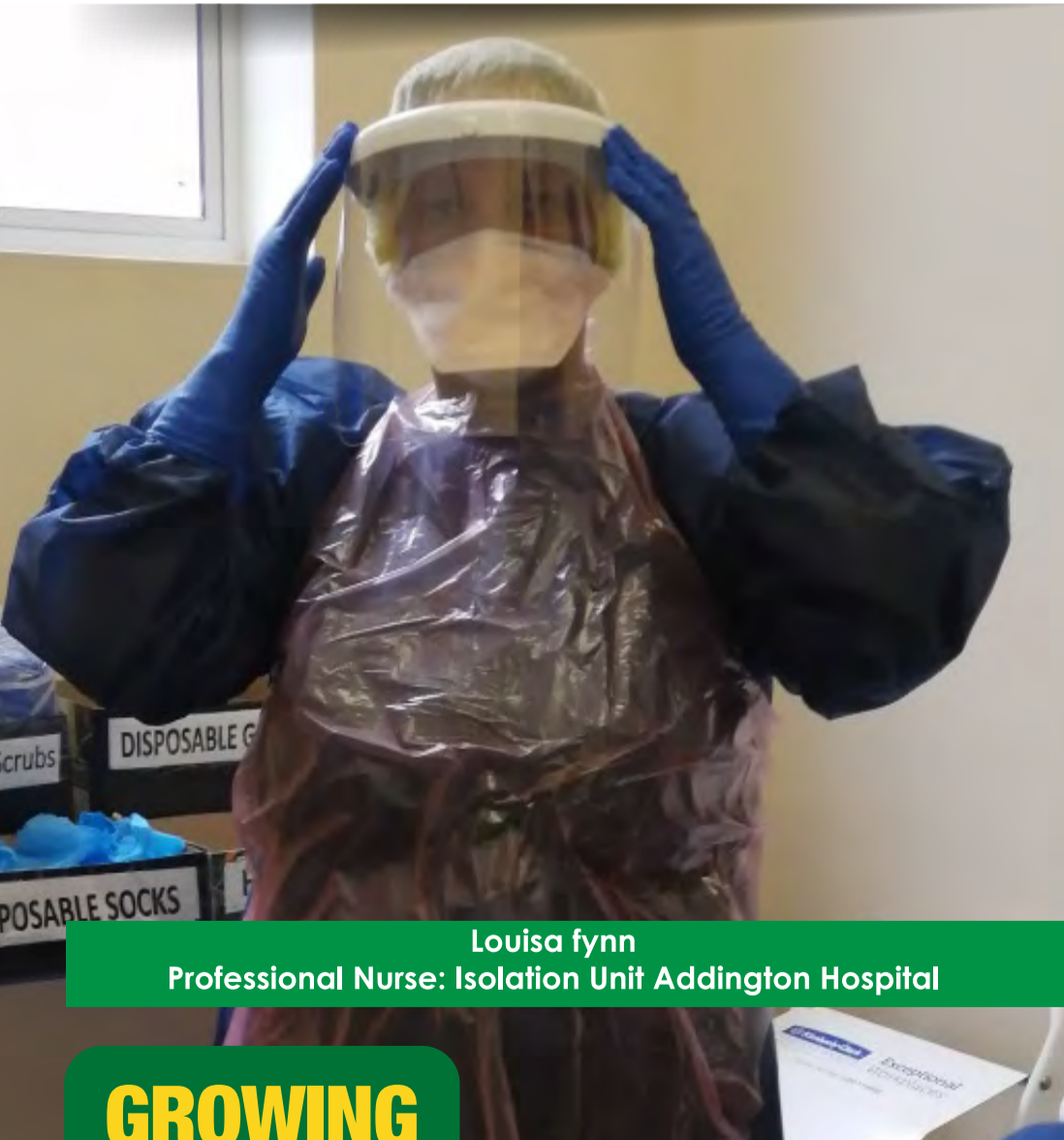
Workers caring for the patients. Our training team consists of six Professional Nurses, three from Infection Prevention and Control and three from the CETU. This was the start of our journey with COVID-19. As a training team we have worked tirelessly day and night to ensure staff safety. We have trained nearly 2500 people in the Province so far. We have trained staff every day including weekends and public holidays and continue to do so.

We move from area to area within the institution training staff until they are satisfied that they understand the

procedures. We have been instrumental in giving input into the protocols followed by our Institution.

Since Patient Zero, we have nursed many patients through the unit, most of which were very complimentary about the care that they have received. It has been commented by the patients how much team work there is amongst the staff. I feel that this is due to the positive attitude fostered by the staff aided by the support given to them by myself and the training team. 2020 is the 'Year of the Nurse'; at the beginning of the year I could not possibly have imagined what this would mean.

Nurses have shown their capabilities in their commitment to humanity. Worldwide, Nurses have been recognized for their worth and have been praised for their efforts, some even being proclaimed as super heroes. Nurses are at the forefront of this pandemic and I am proud that the Nurses of Grey's Hospital have worked together to brave the fight against COVID-19"



Louisa fynn
Professional Nurse: Isolation Unit Addington Hospital

"I am Professional Nurse Louisa Fynn – I have been nursing for 28 years and am currently working in the Isolation Unit at Addington Hospital nursing COVID 19 positive patients.

Initially when I first heard that there were positive patients at our hospital and that I was to be working in the unit, I felt overwhelmed and scared. Arriving at the unit felt surreal, we had training from our IPC team to prepare us but this was not a dress rehearsal anymore but the real show.

Donning and doffing took a little getting used to. The discomfort from the heat of wearing so many layers of PPE soon became a minor issue as I quickly adapted to working in the unit. I felt a sense of pride and great responsibility to be among the first nurses to be looking after the first COVID 19 patients in our country. The

realization that the patients in my care were themselves more anxious than me helped overcome my trepidation and "the nurse" in me came to the fore. Each day things have become more familiar and now I feel confident and comfortable in what I am doing.

A good comradery and trust has developed in our unit amongst the staff and I know that together we are up to the task ahead of us. The continual support from our IPC team and our nursing managers has made us feel that we are able to face challenges head on. 2020 is the year of the nurse and united with our fellow nurses worldwide we are right at the forefront in the fight against this global pandemic."

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Mr. Abdul Amod
Umgungundlovu District

When COVID-19 became a reality we had to face, as a Health Care Worker (HCW), I remembered my call to duty and the pledge I had taken to serve humanity and endeavour to practice my profession with conscience and dignity, to ensure, to the best of my ability, the optimal health of my clients and the community I serve.

When I was tasked to coordinate the COVID 19 tracing (swabbing) team in the Umgungundlovu District, I willingly and gladly accepted because the knowledge, experience and expertise I gained in Primary Health Care, gave me the confidence to accept this responsibility. Tracing and swabbing of patients under investigation is not an easy task; it involves skill, commitment, dedication, courage and team work. Initially visiting the households of patients under investigation to acquire specimens was a daunting prospect and I naturally experienced a level of anxiety as did my team.

I realized that I had to be mentally and emotionally strong to encourage, support and motivate my team, my

clients, their families and sometimes concerned community members and landlords. I have trained, educated, equipped and empowered my team with all Infection Control related matters as well as the actual tracing and swabbing procedure. This gives us the confidence to go forth and serve our community.

We have crossed the thresholds of all homes irrespective of social, economic and racial standing in this tracing and swabbing process. It could not have been easy for patients to allow strangers into their homes to obtain specimens which would determine their coronavirus status. Most patients presented with feelings of anxiety, fear, helplessness and hopelessness.

Some of these fears and anxieties were due to the uncertainty and lack of knowledge about the actual procedure e.g. would it be painful; and these concerns were often due to misinformation posted on social media. Stigmatization was another concern facing patients and communities needed to be sensitized regarding stigmatization around COVID 19.

In addition to all these issues, patients still had to endure the uncertainty of the outcome of the test results.

It was our responsibility as HCWs to allay those anxieties and address the patients' concerns. We accomplished this through providing health education, explanation and encouragement.

We were also very gentle and reassuring throughout the procedure. It was encouraging, motivating and heartwarming for us as a team when patients being traced and swabbed; as well as their household members; expressed gratitude and appreciation for the work we were conducting as employees of the Department of Health; stating that they would not want to be undertaking the job that we were doing.

They also expressed admiration of our professionalism, gentleness, care and concern. With each day I become more determined and committed to persevere in the fight against COVID 19. I am fuelled by my passion in helping to flatten the curve of the spread of this virus. Yes this is treacherous ground that we are traversing, but it is our duty to provide this essential service.

Some may not understand the importance and hard work that goes into the tracing and swabbing of patients, but it is indeed a vital part of fighting this pandemic and the prompt response of our District (UMgungundlovu) has been most beneficial.

Neither my team nor I would rather be anywhere else at this stage, but right here fighting coronavirus.



Dr Halima Dawood
Grey's Hospital, Specialist Infections Disease Control

"Together we can"
Every day we learn new information about the virus and have to chart new strategies in dealing with the virus. All the patients at Greys hospital except one have recovered from COVID-19 infection without any complications.

This is in keeping with the international experience that the majority of patients have mild illness and recover without requiring critical care. I wish to express my gratitude to all healthcare professionals

who are working to provide the best care during this challenging time. The dedication, team work and devotion honors the strong tradition of protecting the sick and vulnerable. Please continue this fight to keep everyone safe.

Practice hand hygiene, wear a mask and practice social/physical distancing. These are the only tools we currently have to fight this infection.

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Sifiso Vilakazi
Addington Hospital COVID-19 Isolation Unit,
Internal Medicine Registrar

May we have the strength and wisdom to conquer this challenge.

My initial response to the pandemic was filled with mixed feelings. At first my thoughts were dominated by a sense of apprehension and uncertainty. There was a lot of anxiety and fear, at the same time,

I was also filled with a sense of duty and responsibility. There was a strong sense that we were about to start something important, something really needed. We had been following the pandemic closely

in the media and scientific journals and were acutely aware of the world's considerable gaps in knowledge.

There were no real experts and we were entering novel territory. Many of us recognised that the COVID-19 pandemic will be a challenge to us not only as professionals, but as people. Thus, in addition to the anxiety and fear, there was also a sense of academic curiosity and anticipation for a challenge that will forever be formative for us as professionals

As the weeks passed the COVID-19 pandemic transformed from textbooks, statistics and meetings, to patients, families and communities. Newspaper articles have turned into real patients with their own doubts and fears, their own uncertainty and potentially facing mortality, whilst having to reassure their families that everything will be okay.

There has been real tragedy, but also far more excitement and happiness when someone is discharged. As we saw more COVID-19 patients, we became more familiar with protective procedures. The more patients we treated the more confident we became

that we could help our patients overcome this illness. My experience in the isolation unit has given me a sense of comradery and immeasurable respect for the knowledge and skill of our staff. Staff who I have witnessed calmly solve problem after problem while dealing with their own uncertainty

The trepidation has not left me, I feel it every day. We know the pandemic is still a long way from over and there are still many challenges that lie ahead. However, my experience in the isolation unit has given me a greater sense of determination and a quiet confidence, that whatever comes, we will cope, and we shall overcome it.

I SURVIVED CORONA: TESTIMONIALS FROM RECOVERED PATIENTS

1st COVID-19 PATIENT IN SA

On the 5th March 2020, I was diagnosed as the first COVID-19 patient in South Africa. Since then, my family and I have been overwhelmed by the support and care that we have received from our family, friends, and the medical profession. Both my wife and I were infected with the COVID-19 virus and have had very different experiences. My wife has made a quick recovery and had very mild symptoms throughout her infection. I had three days with severe fevers but then recovered thereafter. Other symptoms experienced included dizziness, shortness of breath and diarrhea. That said, this is a virus and as such, it affects everybody differently. My body is still recovering, and although I am unable to exercise, my health and spirit is strong.

I take a huge amount of solice in the fact that neither my wife, nor I, infected any person with which we came into contact with. This demonstrates that with the necessary health and hygiene precautions, we can protect ourselves and those around us, and help flatten the infection rate curve. I would like to take this opportunity to say a sincere thank you to all the doctors, nurses and medical professionals for the amazing care and support that you have given my family and I through this process.



Ms Venessa Leo

My name is Venessa Leo, 59 year old female. I am patient 60 on the National CoVid 19 list.

On 1 March I went to King Shaka International Airport to pick up "Mama", a very dear friend who travelled back from Australia via Dubai. She was on the same flight as "Patient 0". Of course at the time we had NO CoVid cases in the country and so were not taking any preventative measures.

On 3 March I heard the news on television that our first suspected patient had been detected and was in self quarantine. At the time it was erroneously reported that he

had flown into the country via OR Tambo International so I was not too worried. On 5 March, (5 days later), it was reported that he had travelled via Dubai to Durban on 1 March and I immediately went into a panic.

Mama was on the same flight and she is a pensioner, 74 years old. I was concerned for her. We are her family here in South Africa. Her children have immigrated. I tried calling her (made 10 calls) and got no response on her mobile. I then called the NICD hotline in case they were trying to get hold of her, to find out if they were testing all the passengers on the same flight.

On Sunday 7 March I started displaying symptoms and by the evening I was feeling really ill. I had previously called my GP and told him that I was in contact with someone who had been on the flight with Patient 0. He advised that I go straight to Addington Hospital, the designated CoVid centre in Durban. I went to Lancet Clinic to get tested privately on Monday 8 March

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On Friday 13 March, I ran a very high fever and on Sunday 15 March at 20h00 the results came back **POSITIVE**. I was advised to quarantine for 14 days. I fortunately did not develop severe symptoms because I self-medicated ANY flu symptoms immediately.

On Monday 16 March I contacted my immediate contacts and advised them to go for testing and to quarantine. My immediate contacts, about 25, tested for

CoVid in the week following my diagnosis. Mama tested **NEGATIVE**, so was definitely an asymptomatic carrier. All but two of my contacts tested positive. I thank God for this.

I also put it down to the fact that ALL of them self-quarantined, practiced good hygiene and social distancing during this time. I live in the house with my husband and daughter, they tested negative. My son, his wife and my grandson visited

often in the period BEFORE I was tested so I was worried about them because they had not been tested. A team from the Department of Health visited my home to conduct the tests and they all came back negative.

The Departmental team was extremely helpful with the two contacts that had tested positive on my list as well. I believe in God, I believe in prayer, and I have a very supportive family. Furthermore,

the support I received from the Health Dept, all contributed to my recovery and I am very grateful.

We should **NEVER LOSE HOPE** even if circumstances are contrary to the prevailing "Norm". CoVid 19 is **UNPREDICTABLE** so we must **ALL** behave as though everyone is a potential carrier **AND DO THE RIGHT THING!** We will **OVERCOME!**

LOCKDOWN HEALTHY LIFESTYLE ACTIVITIES

Social media pages were abuzz with video clips and pictures of fitness junkies showcasing creative ways of doing physical training during the Lockdown. Some people even turned it into a family fun activity with great health benefits.

These are some of the pictures which painted the social media pages..



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KZN HEALTH IN PICTURES

NURSES DAY @ ETHEKWINI DISTRICT



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