



HEALTH *Chat* BULLETIN

LET'S FIGHT COVID-19 TOGETHER



The battle against the second wave of COVID-19 means that it's in our hands to ensure each other's safety, and make a difference. KwaZulu-Natal still remains a COVID-19 hotspot; we therefore need to heed the call to comply with ALL COVID-19 safety protocols.

Remember: We can break the chain of new infections by simply doing what is right, such as:

- Observing all COVID-19 safety protocols,
- Wearing our masks correctly, covering the mouth and nose
- Keeping the social distance from one another, even during family gatherings
- Washing our hands regularly; and
- Demonstrating responsible social behaviour at all times.

Let us treat every person and location as potentially infectious. Our social conduct is our only weapon that will help us survive the second wave.

It's in our hands to conquer COVID-19.

UPDATE ON COVID-19 DEVELOPMENTS IN KZN

SECOND WAVE

There is an increase in COVID – 19 infections across the board, in various parts of the province, and in the rest of the country.

FIELD HOSPITALS

The Department has prepared field hospitals at Royal Showgrounds, General Justice Gizenga Mpanza Regional Hospital (ex-Stanger Hospital), Clairwood Hospital, Ngwelezane Hospital, Amatigulu Centre, Margate Beach Lodge, Canefields Country House, and Ethembeni care centre.

BED CAPACITY

The Province has 4713 beds which have been prepared for COVID-19 in Public health facilities, as of the 14th of January. So far only 2 045 beds have been occupied and of the 122 available ICU beds only 72 (59%) have been occupied. There is a referral pathway. If one district has run out of beds, there is a plan for patients to be transferred between districts, a with first preference for those closest to their homes.

OXYGEN

New oxygen cylinders have been procured in order to cater for the needs of patients who may require it during admission.



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WANT A COVID-19 HOSPITAL BED? CALL THESE NUMBERS.

The Department would like to urge the public to contact the below health District centres for COVID-19 bed enquiries. Presenting early at health facilities will help in saving lives.



AMAJUBA DISTRICT

034 328 7051
034 328 7028

ETHEKWINI DISTRICT

031 480 3667 / 3668 / 3782
3783 / 3675 / 3701

UMGUNGUNDLOVU DISTRICT

033 897 1034 / 1026
1040 / 1047 / 1070 / 1014
067 429 8719
060 845 1499

ILEMBE DISTRICT

0800 212 537
073 423 6453

KING CETSHWAYO DISTRICT

035 787 6310 / 6217
6264 / 6249
081 030 8887

UMKHANYAKUDE DISTRICT

079 508 98 29
082 4719258

ZULULAND DISTRICT

039 879 1052 / 1053
035 897 1054 / 1055 / 1870

UTHUKELA DISTRICT

036 631 2202

UMZINYATHI DISTRICT

034 299 91 05
034 299 9131

UGU DISTRICT

083 501 23 87
066 492 23 77

HARRY GWALA DISTRICT

Harry Gwala residents are requested to phone the hospitals directly.

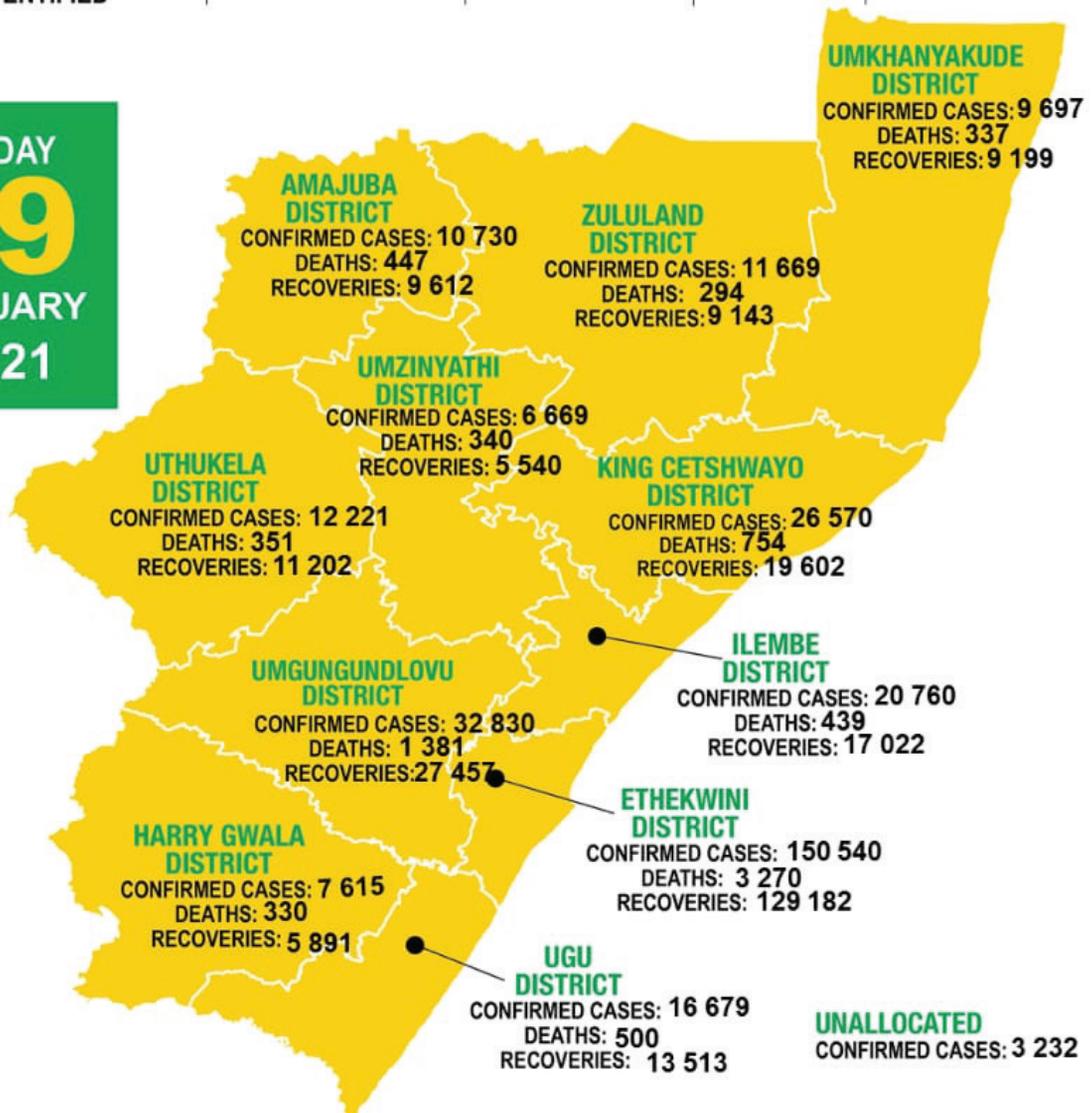


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COVID-19 STATISTICS IN KZN

				
310 076	43 406	257 363	8 443	1 892
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY
29
JANUARY
2021



Learn more to Be READY for #COVID19:
www.sacoronavirus.co.za

NICD Hotline: 0800 029 999
WhatsApp 'Hi' to 0600 123 456



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COVID-19 VACCINES ROLL-OUT

MYTH: I already had COVID-19, I will not benefit from taking the vaccine



I already had COVID-19, I can still benefit from the vaccine



We don't yet know how long natural immunity to COVID-19 lasts. Right now, it seems that getting COVID-19 more than once is not common, but there are still many questions that remain unanswered.

The CDC recommends that those who have had COVID-19 get the vaccine. There is preliminary evidence that the vaccine offers better protection than having had the virus.



5G mobile networks DO NOT spread COVID-19



Viruses cannot travel on radio waves/mobile networks. COVID-19 is spreading in many countries that do not have 5G mobile networks

COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks. People can also be infected by touching a contaminated surface then their eyes, mouth or nose.

Credit: WHO

MYTH: There is a microchip in the vaccine



There is no microchip or tracking device of any kind in either vaccine



Vaccine manufacturers are required to declare their ingredients to SAHPRA before the vaccine is approved for use. Despite theories circulated on social media, they do not contain microchips or any form of tracking device. If they did contain such items SAHPRA will not authorize use of the vaccine.

MYTH: The vaccines will alter your DNA



The vaccines will not change your DNA



The vaccine contains mRNA (messenger RNA). RNA is the messenger that carries and instruction from the DNA and translates it into protein. After mRNA has performed its function it gets into the muscle cell and then gets degraded. There is no change to the DNA.

MYTH: You can test positive because of the vaccines



You cannot test positive because of the vaccines



There's no live virus in the vaccines, so it can't infect you. Basically the vaccines stimulates our immune system to produce antibodies which fight the virus when it enters your body.

MYTH: We don't know what is in the vaccines



We do know what's in the vaccines



Vaccine manufacturers are required to declare their ingredients to SAHPRA before the vaccine is approved for use. Despite theories circulated on social media, they do not contain microchips or any form of tracking device. If they did contain such items SAHPRA will not authorize use of the vaccine.

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NEW YEAR NEW YOU?

'New year new me' is a phrase used by many all over the world to welcome in the new year with new goals and resolutions to change or improve undesired traits and behaviour they might have had in the previous year. These resolutions could include items such as losing weight, eating healthy, saving money or quitting smoking. They are often an effort for one to improve themselves as the year begins. However, many tend to fall off the wagon of their new year's resolutions just weeks or months after setting them. That is why it is important to have a plan in place to make sure that these resolutions are achieved.

2020 was a year like no other, we have all had to adapt to new ways of living, and it is natural for us to want to move forward from it. However, it is also important to align our new year's resolutions in the context of the pandemic, making sure that whatever our plans are for the new year, they do not infringe on others, or on the laws set by our government. Our new year's resolution should also not put pressure on people to stretch themselves thin, but to rather make healthy, attainable goals for the year to come.

One of the tools that you can use to plan your new year's resolutions is to make use of the SMART Principle created by George T Doran. SMART is an acronym for Specific, Measurable, Achievable, Realistic, and Time-based. Here is how you can make use of the SMART principle to achieve your new year's resolutions:

Specific – Here is where you list your resolutions for the year, they need to be as specific as possible, avoid setting goals that are too broad such as "I want to lose weight this year". Rather be specific on what your goal is and how you will you plan to achieve it. Will you be exercising more? Eating healthier? Jogging every afternoon? You can start small and adjust your resolution to "I will jog every afternoon for 30 minutes."

Measurable – to ensure that you are moving on the right track, you need to find a way to measure whether you are achieving your goal or at least on your way to achieving it. For example, when trying to lose weight, you can make use of the Body Mass Index (BMI), a fitness app, taking before and after pictures, or even measuring yourself often.

Achievable/Attainable – the goals you set should be challenging but reasonable enough for you to be able to achieve them. For example, if one of your new year's resolutions was to read more, you can start by reading newspapers or short stories and gradually introduce more challenging material, instead of tackling a thick novel as your first attempt.

Realistic/Relevant – this is when you ask yourself how is setting this goal relevant to your life? This is when you align your goal with your values and if it is a priority for you to focus on and achieve. It is essentially the 'why' of your goal. For example, if you plan to quit smoking this year, why are you wanting to stop? Is it because you want to keep your lungs healthy? Or you want to decrease your chances of contracting any diseases that come with smoking? Or any other reasons. Defining the 'why' might help in times when you feel like giving up on your goal.

Time-bound – Each resolution should have a time frame. You should decide on a reasonable amount of time to achieve your particular goal, some will take longer than others depending on the goal. For example, if your resolution is to lose weight, you can weigh and measure yourself and your progress every two weeks for 12 weeks and take it from there.

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Kegel Exercises May Be the Answer to Inconstant Urinary for Pregnant Women



The Head of Obstetrics and Gynaecology Department at Prince Mshiyeni Memorial Hospital at Umlazi, Durban- Dr Ray Maharaj- explains the issue of involuntary leakage of urine during and after pregnancy, which is common for most women and the use of Kegel exercises to control it. This comes after a recent study published in the Journal of Women's Health advising that Kegel exercises are underutilised as an effective treatment for urinary incontinence.

What is urinary inconstance?

"Urinary incontinence is the involuntary leakage of urine from the bladder. It occurs without a person's control when they do not want to urinate. Usually the muscle that controls the release of urine i.e. the urinary sphincter becomes weak or non-functional and urine may leak when a person exerts pressure on the bladder by coughing, sneezing, laughing, exercising or lifting something heavy. It may be caused by problems with the muscles or nerves that help the bladder to hold or pass urine. Certain events that are unique to women such as pregnancy, childbirth and menopause can cause problems with these muscles and nerves," explains Dr Maharaj.

What are Kegel exercises?

Kegel exercises are a type of physical exercise that helps to strengthen the muscles of the pelvic floor. They are also called 'pelvic floor exercises' and help to strengthen the muscles that support the womb, bladder, small intestine and rectum and can help to avoid bladder leaks.

"Kegel exercises during pregnancy can help with bladder control, strengthen pelvic organ support, and reduce the risk of faecal incontinence (leakage of stools). Pregnant women are encouraged to do Kegel exercises because strong pelvic floor muscles help make childbirth, specifically pushing, easier. In addition, the exercise can lower the incidence of tears during the intra-partum and postpartum periods and reduce prolapse (falling out) of the womb," said Dr Maharaj.

KwaZulu-Natal Department of Health Head of Clinical Department: Obstetrics and Gynaecology, Dr Neil F Moran said that the weight of the baby pressing on the bladder can contribute to involuntary urinary leakage in pregnant women.

Dr Moran said urinary leakages would usually improve after delivery of the baby.

"However, in a minority of women, the incontinence can persist after delivery and sometimes new

incontinence can occur after delivery because of an injury to the pelvic organs or muscles during normal delivery or caesarean section," said Dr Moran.

Dr Moran added that to prevent or reduce urinary incontinence, overweight women should endeavour to lose weight and smokers should quit.

"To understand how to perform Kegel exercises, a woman can try suddenly stopping her urine stream while she is in the middle of passing urine. When performing Kegel exercises, this same muscle action can be done by the woman, but this time with an empty bladder, and not when passing urine,"

"The muscle tightening can be performed for a few seconds and then the muscles can be relaxed for a few seconds. This can be repeated ten times, twice a day. Doing such exercises may help where there is mild stress incontinence," said Dr Moran.

Dr Moran warns, however, that when incontinence is severe, continuous or very inconvenient for the woman, she should consult her local clinic or a doctor for further assessment or advice. If passing urine is painful, or there is blood or discharge mixed in the urine, then consult a clinic or doctor as the cause (e.g. bladder infection) needs to be investigated.

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