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JUNE 2021



UNGQONGQOSHE WEZEMPILO KWAZULU-NATAL WETHULA "ISABELOMALI SABANTU"

UNgqongqoshe wezeMpilo KwaZulu-Natal uNomagugu Simelane wethule inkulamo yesabelo-mali sonyaka wezimali ka 2021/22.

Ubalule izinto eziseqhulwini nalapho uMnyango uzobe ugxile kakhulu kuzo maduze. Phakathi kwalezi zitho ubale lokhu okulanelayo:

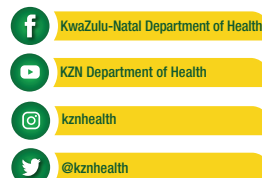
- Ukuqinisa umkhankaso wokulwisana nobhubhane lwe-Covid - 19 njengoba kulindeleke ihlandla lesithathu;
- Ukwethula ngokushesha nokusabalalisa ulwazi ngohlelo lwe-Prep oluzovikela abantu abangakasuleleki ngegciwane lesandulela ngculazi ekutheni basuleleke uma bezithola besemathubeni okusuleleka ngegciwane;
- Ukuqanjwa kabusha kwesibhedlela i-King Edward Hospital nalapho sizoshintshwa siqanjwe ngesigayigayi somzabalazo u-Victoria Mxenge;
- Ukucacisa kabanzi ngezindlela zokuletha ngamandla intuthuko ngesibonelelo esingango R320 million se-Covid-19;
- Ukuqinisekisa ukuthi zonke izisebenzi zoMnyango ziyazifaka izigqebhezane ezinamaga azo noma ziqondiswe izigwegwe uma lokho kungenzeki;
- Ukubika ngenqubekela phambili mayelana nokuvulwa kwesibhedlela i-Dr Pixley Ka-Isaka Seme Memorial Hospital esivulwe mhlaka 31 May 2021 njengengxenywe yokuhlola isimo.
- Ukubika ngenqubekela phambili ngokuqaliswa kohlelo lwe National Health Insurance (NHI); kanye
- Nokusungulwa kwesikhungo esisha sezimo eziphuthumayo esifundeni uThukela.

*"Towards Defeating COVID - 19
and Prospering Together"*



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UNKX NOMAGUGU SIMELANE
UNGQONGQOSHE WEZEMPILLO

UKUBHALISELA UKUGOMA KULULA!

Izakhambi ezinamashumi ayisithupha (60)
ubudala nangaphezulu kumele zibhalisele
ukugomela i-COVID-19.



WWW.

Kunoma yini ekwazi
ukukufaka kwi internet

Xhuma umakhalekhukhwini
wakho noma i-khompyutha
kwi internet bese ungena
kule website ethi:

<https://vaccine.enroll.health.gov.za>



USSD

Ukusebenzisa i-USSD
kumahlala kuwona wonke ama
networks aseNingizimu Africa.

Shaya u

***134*832*IDNumber#**
Ayikho inombolo kamazisi
wakho? Cindezela lezi
zinombolo ezilandelayo
***134*832#**



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Ukuze ungene ku WhatsApp
kumele ube ne-internet
noma i-data

Thumela igama elithi
REGISTER ku
060 012 3456 ku
Whatsapp



INombolo yamahlala

ongayishayela kuwona
wonke ama network akuleli

Yishayele:

0800 029 999
Phakathi kuka 08h00-18h00
kusukela ngoMsobuluko
kuya ngeSonto.

Kuzomele ulandele lemiyalelo engezansi uma ubhalisa:

- Inombolo kamazisi wakho (I Passport, inombolo yamaphepha akugunyaza okuba kuleli uma ungowokufika)
- Indawo ofisa ukugomela kuyona (ekhaya noma emsebenzini)
- Uma une Medical Aid, kuzomele uhlinzeke ngegama le medical aid yakho kanye ne nombolo ye-medical aid yakho

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Uma kwenzeka uhlangabezana nezinkinga ngesikhathi ubhalisa uyacelwa ukuba ushaye le nombolo ye-COVID-19 hotline: 0800 029 999



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Kwazulu-Natal Department of Health



KZN Department of Health



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UNGQONGQOSHE WEZEMPILO KWAZULU-NATAL UDLULISA UKUBONGA KUBO BONKE ABAHLENGIKAZI *NGEGALELO* LABO ELIKHULU EKULWISANENI NE COVID - 19



KZN Ngaphandle kwesibindi, ukuzinikela ngomoya omuhle kanye nokuzidela emsebenzini kwabahlengikazi, isifundazwe i-KwaZulu Natal besingeke sikwazi ukuhlenga izimpilo ezingaka kulamahladla amabili e-Covid – 19.

Lawa ngamazwi kaNgqongqoshe wezeMpilo KwaZulu-Natal obonge bonke abahlengikazi kuso sonke isifundazwe ngesikhathi umhlaba

wonke ugubha usuku lwabahlengikazi mhlaka 12 May 2021

Umgubho walolu suku ugujwa minyaka yonke nalapho uqondana nosuku lokuzalwa kuka Florence Nightingale nothathwa njengomsunguli wezobuhlengikazi besimanje. Isihloko sakulo nyaka esiqhamuka nenhlangano i-International Council of Nurses sithi: Nurses: A Voice to Lead – A Vision for future healthcare.

UNGqongqoshe uSimelane uchaze igalelo labahlengikazi njengebelisezingeni

eliphezulu nelincomekayo ngesikhathi sobhubhane nalapho echaze wathi:

“Ngesikhathi sibhekene nobunzima obukhulu bobhubhane lwe-Covid - 19, abahlengikazi bethu bekuyibo abebephambili embidlangweni wokuqanda ukubhebhethaka kwegciwane. Baqhubekile bayibamba ishisa futhi kunzima. Siyazi ukuthi lokhu bekunzima kangakanani kubona ngokomphefumulo njengoba bekumele beze emsebenzini ngisho beqeda kulahlekelwa ozakwabo noma abanye babo bagcine ngokutheleleka yileli gciwane.

“Lesi yisizikulwane sabahlengikazi esingangabazi ukuthi nakanjani siyongena emabhukwini amahle omlando njengamaqhawe emkhakheni wezempilo abezimisele ukubhekana nanoma yini, ngisho ukufa efela emsebenzini wabo.

“Naphambilini besihlezi sinxenxa abahlengikazi ukuba basike iphethini yomoya omuhle kaMam’ Albertina Sisulu wokuzinikela nokuba qotho emsebenzeni nakubantu bakithi. Igciwane i-Covid – 19 lisikhombisele ukuthi sinalo lolo hlobo lwabahlengikazi futhi siyababonga kakhulu sibathulela isigqoko labo abenze njalo

“Akuyona into encane ukushiya umndeni wakho nsuku zonke uphikelele endaweni yokusebenza efana nesizinda sempi enkulukazi lapho ungazithola ususuleleka ngegciwane le-Covid – 19 okungenzenka nawe ubuyele nalo emuva uyosulela umndeni wakho.

“Akuyona into encane ukubona iziguli ezilashwa nguwe kanye nozakwenu zifa phambi kwakho ubuthaphuthaphu zibulawa yilesi sifo esisha esingalapheki kepha esibulala ngempela.

“Akuyona futhi into encane ukuhlalela ovalweni lokusaba ukuthi uzobuyela ekhaya uyothelela abazali bakho asebekhulile noma labo abaphila nezifo futhi ababuthaka ekutheni bangatheleleka kalula yileli gciwane bagcine befa nokufa.

“Kunzima kakhulu nokwazi ukuthi nanoma ungazama ukuzivikela kepha ungagcina uthethelekile futhi ungakwazi ngisho ukusinda.

“Kukho konke lokhu, abahlengikazi bethu bakwazile ukumelana nabo bonke lobunzima. Benze omkhulu umehluko kulezi zikhathi nezimo ezibucayi kangaka.

Yingakho ke uma umhlaba wonke ubungaza umkhakha wabahlengikazi, nathi kusinika ithuba lokuba sinazise, sinituse siphinde sinibonge.

“Siyabonga ngokuvuka zonke izinsuku nokumelana nazo zonke izingqinamba enibhekana nazo emsebenzini wenu.

“Siyabonga ngokuzinikela kwenu ngakho konke

“Siyabonga ngokubeka konke engcupheni ngoba ninakekela isizwe senu.

“Siyazi ukuthi nizinikele ngakho konke, ngalokho siyathobeka futhi siyagqugquzeleka ngesibindi senu, ukuzimisela kwenu kanye nokusebenza ngokukhulu ukuzikhandla,” kusho uNgqongqoshe.

UNgqongqoshe uphinde wathatha leli thuba ukukhumbula labo bahlengikazi abasishiyile emhlabeni ngenxa yegciwane i-Covid – 19.

“Ukubonisa nje kabanzi ukuthi abahlengikazi bethu basengcupheni engakanani kuleli gciwane, bangu 17 076 abahlengikazi asebethetheleleke ngaleli gciwane selokhu laqala, kanti bangu 397 asebeshonile. Sengathi imiphefumulo yabo ingaphumula ngoxolo.

“Siyazi ukuthi ukushona kwalabahlengikazi sekushiye inqwaba yemindeni ingenabantu ababeka isinkwa etafuleni. Ngenxa yegciwane i-Covid – 19, izingane eziningi zisele azinabazali

kanti imiphakathi kanye nezindawo zokusebenza nazo zilahlekelwe abathandiweyo babo.

“Kubobonke abalahlekelwe abathandiweyo babo, ngokukhulu ukuzithoba sithanda

UNgqongqoshe uphinde wabonga abahlengikazi kanye nabasebenzi boMnyango ngokugoma ozakwabo abangu 69 958 kanye nokunxenxa umphakathi ukuba ubhalisele umzuliswano olandelayo wokugoma.

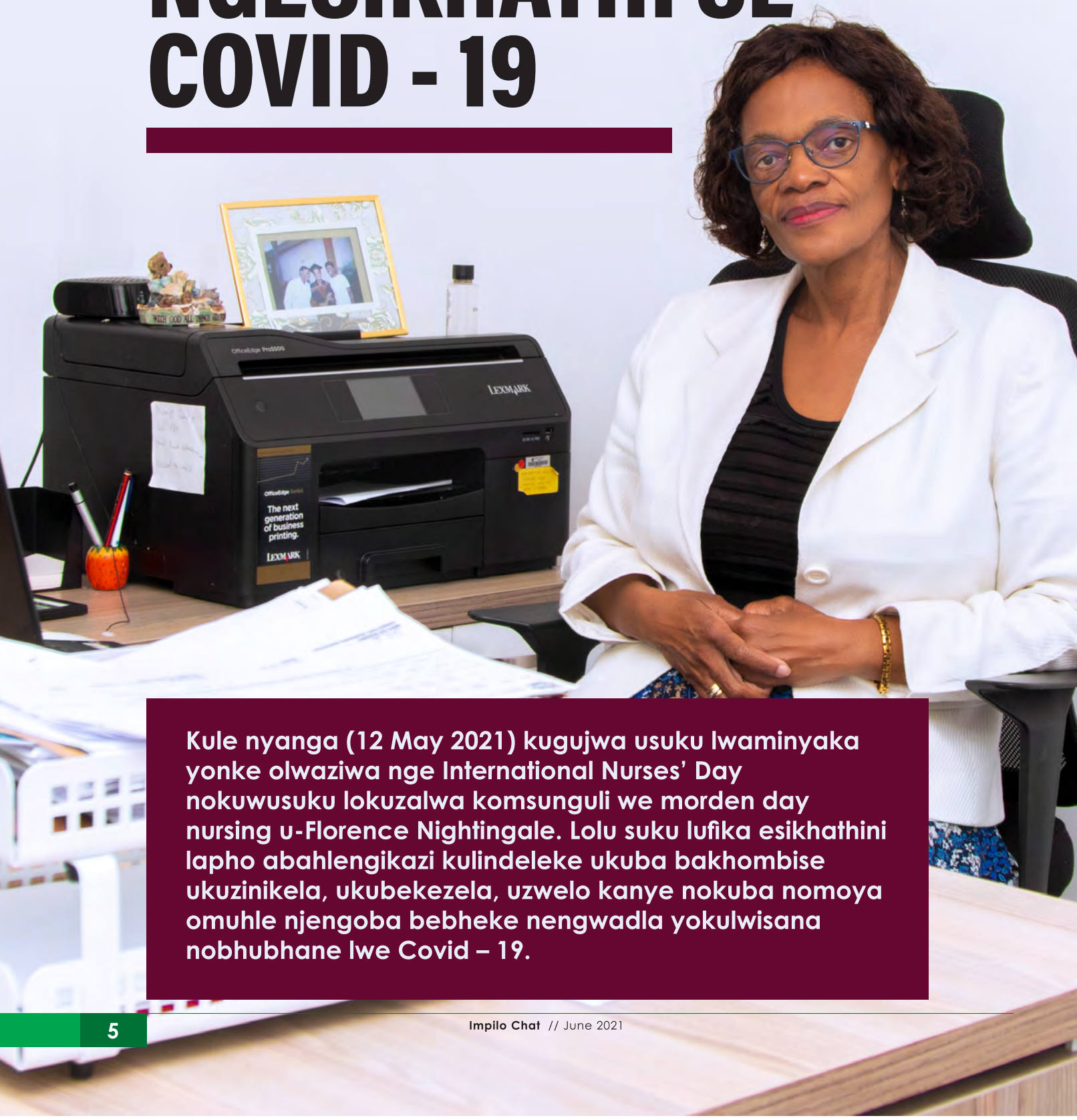
“Njengoba sesiqala uhlelo lomzuliswano wesibili wokugoma, sibonga kakhulu kubahlengikazi ngeqhaza abalidlalayo ekugqugquzeleni ukuthi abantu abadala abaneminyaka engu 60 nangaphezulu kanye nalabo abaneminyaka engu 18 abaphila nezifo ezingamahlalakhona ukuba babhalise ukuze bezokwazi ukugoma.

“Sihlose ukuba umzuliswano wesibili wokugoma sikwazi ukugoma abantu ababalelwa ku 2,9 million ngo-October 2021 kanti umzuliswano wesithathu kulindeleke ukuba uqale ngo-November 2021.

“Sihlome ngabasebenzi abangu 7616 abaqeqeshelwe ukugoma abantu futhi sinethemba lokuthi sizokwazi ukuhlangabezana nenani esizibekele lona. Lokhu kuzokwenza ukuthi sikwazi ukufinyelela ku 67% wenani labantu esifisa ukubagoma.”

UNgqongqoshe uphinde wanxusa bonke abantu ukuba baqhubeke nokulandela yonke imigudu yegciwane le Covid – 19 ukuze sigweme ihlandla lesithathu.

UNYAKA WABAHLENGIKAZI NGESIKHATHI SE COVID - 19



Kule nyanga (12 May 2021) kugujwa usuku lwaminyaka yonke olwaziwa nge International Nurses' Day nokuwusuku lokuzalwa komsunguli we morden day nursing u-Florence Nightingale. Lolu suku lufika esikhathini lapho abahlengikazi kulindeleke ukuba bakhombise ukuzinikela, ukubekezela, uzwelo kanye nokuba nomoya omuhle njengoba bebheke nengwadla yokulwisana nobhubhane lwe Covid – 19.

Njengomkhakha omkhulu wezempilo emhlabeni, akungatshazwa ukuthi abahlengikazi bayinsika enkulu yemigomo ye World Health Organisation eyaziwa nge 8 Millennium Development Goals

Uphiko lwezokuxhumana loMnyango wezeMpilo KwaZulu-Natal libe nengxoxo no-Cynthia Nompumelelo Sosibo oneminyaka engu 57 yobudala ongu Director wakwa Nursing Services emahhovisi oMnyango ase Townhill Office Park. Le ngxoxo ibimayelana nokubaluleka kokugujwa kosuku i-International Nurses Day kanye nokuzwa izimvo zakhe mayelana nokusebenza emkhakheni wezobuhlengikazi ikakhulukazi ngaphansi kwegciwane le-Covid – 19.

Esikhathini esiningi abahlengikazi yibona bantu kwezempilo okulula ukuthola usizo kubo kubantu abaningi ngenxa yokuthi basezindaweni la kulula khona ukufinyelela nanoma ngubani kubo, ngisho nalabo abangathathi entweni.

USosibo uthe ukubona kubalulekile kakhulu ukubungaza usuku lwabahlengikazi ngoba likhumbuzwa abahlengikazi iqhaza elibalulekile okumele balidlale ezimpilweni zabantu.

“Usuku i-International Nurses Day luqhakambisa abahlengikazi njengabantu abalindileke ukuletha izinguqoko baphinde babe yizinsiza ezibalulekile kwezempilo bese likhombisa ukubabonga ngomsebenzi wabo abawenzayo.

Lolu suku likhumbuzwa abahlengikazi ngesisekelo somkhakha wabo,” kusho uSosibo.

Njengoba umhlaba wonke ubungaza usuku i-International Nurses Day kanye nokusebenza ngokuzikhandla kwabahlengikazi, uSosibo uthi unyaka ka 2020 bekungunyaka lapho kudingeke khona abahlengikazi ukuba bakhombise ukuzinikela ezigulini, bakhombise uthando kanye nozwelo okuyizinto ezimqoka kulo mkhakha.

Yize uSosibo ebengekho ezindaweni zeziguli kepha uthi ukubheduka kwesifo i-Covid – 19 kube nzima futhi kwezwele nakuye njengoba bekuhlezi kunomuzwa wokusaba nokungabaza kubahlengikazi kanye nakuye nje uqobo.

“Ukubona izinombolo zabantu abathelelekayo zikhula, abasebenzi bethelaleka, abanye beshona, ukushona kweziguli ezinye eziphuma emndenini owodwa kube yinto ehlukumeza kakhulu. Yize kunjalo, kwangicacela ukuthi ukusebenzisana ekunqandeni ukubhebhethaka kwaleli gciwane yikho okuzosiza ekudambiseni ukubhebhethaka ngamandla kwe-Covid – 19.

Uphinde wathi lokhu kusebenzisana kulekelele kakhulu ekutheni basekana njengabasebenzi kuwo wonke amazanga nokugcine kusizile ekutheni bakwazi ukusebenza ngendlela.

“Njengomsebenzi

wezempilo bengisaba futhi ngingazi ukuthi ngabe ikusasa lezwe lethu linjani kanye nomkhakha wezempilo. Bengikhathazekile ngozakwethu bonke njengoba bebesengcupheni yokuthola igciwane. Okuphinde kwenza isimo saba simbi ukubheduka kwehlandla lesibili njengoba izinombolo zivele zakhula kakhulu,” kusho uSosibo

Uphinde wabalula ukuthi ngaphandle kokubhekana nengcindezi yokuthola igciwane ezigulini, maningi amakhono abawazua ikakhulukazi kwezobuchwepheshe nalapho abahlengikazi bakhombisa okukhulu ukuzimisela.

“Lesi sifo silekelele ekutheni sikwazi ukulapha izifo eziningi nokunyuse okukhulu ukuzethemba kithi. Yize kukuniningi esesibhekane nakho phambili kepha igciwane i-Covid – 19 lisenze sabona ukubaluleka kolwazi,” kubeka uSosibo

“Sijabule kakhule ukuthi lenyanga yethu kaMay isificile sisaphila futhi sigcwele nokuzethemba okukhulu. Uhambo lwethu belulude futhi luneziwombe esingasozwe sazilibala njengoba silahlekelwe abathandiweyo bethu kanye nozakwethu. Kuyasijabulisa nokho ukuthi zikhona izimpilo ezihlengiwe. Abahlengikazi balwisane nalesi sifo ekuqaleni kuze kube yimanje yingakho ngibethulela isigqoko ngomsebenzi wabo omuhle,” kuphetha uSosibo.

UNGQONGQOSHE WEZEMPILO KWAZULU- NATAL UGQUGQUZELA ABANTU UKUBA BABHALISELE UKUGOMA



UNGqongqoshe
wezeMpilo
esifundazweni i-KwaZulu
Natal uNomagugu
Simelane ugqugquzela
zonke izikhamuzi
ezifanelekile ukuba
zibhalisele ihlandla
lesibili lokugomela
i-Covid – 19.

Uhlelo lokubhalisela ukugoma kulabo abaneminyaka engu-60 kuya phezulu lwaqala mhlaka 16 April 2021 kwase kuthi ngomhlaka 17 May 2021 kwaqalwa ukugoma. Abantu bangakwazi ukuyozibhalisela mathupha noma basebenzise amaselula, ama laptops, tablet noma ama khompyutha. Uma amalungu omphakathi eqoka ukubhalisa online, kumele bangene kwi website yoMnyango ethi <http://vaccine.enroll.health.gov.za/> babhalise ngaphasi kwesihloko se-Eletronic Vaccination Data System (EVDS)

Ukuze bakwazi ukubhalisa online, kumele babe ne-internet, umazisi noma i-passport kanye nenombolo yocingo ezosetshenziswa ukuxhumana nabo. Imininingwane mayelana nomsebenzi wakho (lapho usebenza khona) kuyadingeka. Imininingwane egcwele mayelana nomsebenzi wakho kanye ne medical aid nakho kuyodingeka uma kunesidingo. Uma yonke lemininingwane unayo, uhlelo lokubhalisa lukuthatha imizuzu emibili kuya kwemithathu.

Labo abangeke bakwazi ukubhalisa besebenzisa ubuchwepheshe bazokwazi ukuba babhalise ngokugcwalisa amafomu atholakala kuzo zonke izikhungo zezempilo kanye nezikhungo zakwa SASSA nalapho kumele bafake izinombolo zocingo abazotholakala kuzo ukuze baziswe ngezinsuku zabo zokugoma.

UMnyango uhlose ukugoma abantu abadala abangu 955 048 abadinga ukubhalisa. Kusukela ngomhlaka 10 May 2021, bangu 200 000 abesebhalisile.

UMnyango uhlele ukukhuphula lenombolo ngokwenza lokhu:

- Ukuqinisekisa ukuthi zonke izikhungo zezempilo zinendawo ehlinzekele ukusiza abantu asebekhulile ngokubhalisa
- Ukuxoxisana noMasipala esifundazweni ukuba balekelele labo abanezingqinamba zokuzibhalisela besebenzisa ubuchwepheshe.

- Ukuqinisekisa ukuthi abasebenzi bezempilo abasebenza emphakathini bayakwazi ukubhalisa abantu. Lamathimba abasebenzi bazokwazi nokuya ezikhungweni zakwa SASSA ukuyolekelela ukubhalisa abantu asebekhulile.
- Ukuxoxisa nezinhlaka ezehlukene ukunxena abantu asebekhulile ukuba babhalise.
- Ukuxoxisana neminye imiNyango kaHulumeni ukuba yeseka ilekelele ekubhaliseni ngobuchwepheshe kulabo abanezinkinga. Lapha singabala abasebenzi bezolimo, abasebenzi bezokuthuthukiswa kwemiphakathi, onobhala bezinkantolo zamaKhosi kanye nabanye.
- Ukusebenzisa izindawo

lapho kulandwa khona imishanguzo yezifo ezingamahlalakhona kanye nezizinda zohlelo lukaHulumeni lwe-Operation Sukuma Sakhe ukulekelela ekubhaliseni.

- Ukuqeqesha abasebenzi bezikhungo zezindawo lapho kuhlala khona abantu asebekhulile ukuba bakwazi ukubasiza ngokubhalisa

Ngaphezu kokusebenzisa izinhlaka ezehlukene zokuxhumana, uMnyango unxusa labo abasebenza emkhakheni wezokuxhumana ukuba basebenzise idumela abanalo ukudlulisa umyalezo wokugqugquzela abantu ukuba babhalisele ukugoma. Lokhu kungumsebenzi wokulekelela isizwe ukuba siphile.

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 UNGQONGQOSHE WEZEMPILO

UKUBHALISELA UKUGOMA KULULA!

Izakhambi ezinamashumi ayisithupha (60) ubudala nangaphezulu kumele zibhalisele ukugomela i-COVID-19.

<p>WWW. Kunoma yini ekwazi ukufaka kwi internet</p> <p>Xhuma umakhalekhwini wakho noma i-khompuyutha kwi internet bese ungena kule website ethi: https://vaccine.enroll.health.gov.za</p>	<p>USSD Ukusebenzisa i-USSD kumahlala kuwona wonke ama networks aseNingizimu Africa.</p> <p>Shaya u *134*832*IDNumber# Ayikho inombolo kamazisi wakho? Cindezela lezi zinombolo ezilandelayo *134*832#</p>	<p>WhatsApp Ukuze ungene ku WhatsApp kumele ube ne-internet noma i-data</p> <p>Thumela igama elithi REGISTER ku 060 012 3456 ku Whatsapp</p>	<p>Inombolo yamahhala ongayishayela kuwona wonke ama network akuleli</p> <p>Yishayele: 0800 029 999 Phakathi kuka 08h00-18h00 kusukela ngoMsobuluko kuya ngeSonto.</p>
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Uma kwenzeka uhlangebezana nezinkinga ngesikhathi ubhalisa uyacelwa ukuba ushayele le nombolo ye-COVID-19 hotline 0800 029 999

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UNGALINDELANI EMUVA KOKUGOMA

Ukusungulwa komgomo kubukeka kuyiphendulile imithandazo yezinkumbi zabantu baseNingizimu Afrika abebewulindele ngabovu umugomo njengoba sibhekene negciwane le Covid – 19.

Ukuhlolwa komugomo wakwa Johnson & Johnson kuqale ngo February 2021 nokuyilapho kubonakale abasebenzi bezempilo bekuthakasela ukuba yingxenye yalolu hlobo lokuhlolwa kwalomugomo. Kuye kwaba nokuphazamiseka njengoba kwamiswa ukugoma lapha eNingizimu Afrika mhla zingu 13 April kulandela ukubonakala komthelela ongemuhle komgomo ezweni lase United States nokwahlonzwa yi Food and Drug Administration (FDA).

Emuva kokucubungulisa kabanzi kwalo lonke ulwazi oluqoqiwe lapha eNingizimu Afrika, kube sekuphinde kuqhutshekwa nomgomo kodwa sekunemigudu eqinile elandelwayo yezokuphepha. Yize lwalukhona ungabazane kwabanye abasebenzi bezempilo, baningi abasabela ikhwelo lokugoma.

Izindawo okugomelwa

kuzona zisondelene nalezo okubhekwa kuzona isimo somuntu obegoma ukuthi siba njani emuva kwemizuzu engu 15 egomile. Ngemuva nje kokuqeda ukugoma uyathathwa uyohlaliswa kuleli gumbi nalapho kubhekwa khona ukuthi ngabe khona yini okungakuphathi kahle emuva kokugoma. Kulabo abajwayele ukuba nezinkinga emuva kokudla ukudla okuthize noma ukuphuza imishanguzo ethize baye bagcinwe kuleli gumbi isikhathi esengiziwe ukuqinisekisa ukuthi konke kuhamba kahle.

Ukugula okuhlobene nokugoma kuyahlukahlukana futhi kuyizinkomba zokuthi umzimba uyawamukela umgomo. Akuwona wonke futhi umuntu ozwa ukugula okuthize emzimbeni emuva kokugoma futhi lokho akusho ukuthi umgomo awusebenzi. Ngenhlanhla lapha eNingizimu Afrika ukugula okuhlobene

nomugomo kuncane kakhulu futhi kuba yinto yesikhashana.

Ukugula okumataniswa nomugomo kuvame ukubonaka engalweni le esuke ijoviwe noma kubonakale umzimba wonke. Lokhu kwasengalweni kungaba ukuzwa izinhlungu, ukuvuvukala kanye nokuba namashashalazi, kanti lokhu kwasemzimbeni kungaba ukukhathala, ukuphathwa ikhanda, umkhuhlane, ukugodola, ubuhlungu bezidlakela kanye nokucanuka kwenhliziyo.

Lokhu kugula kuvame ukuqala emuva kwamahora ayisithupha emuva kokuthola umgomo kanti kuye kuthathe usuku kuya ezinsukini ezimbili ukuthi kuphole.

Labo abaye babe nokugula okuhlobene nokugoma okubhebhethekayo futhi okungapheli kweqe izinsuku ezintathu kumele bazame ukuthola usizo lwezempilo.



Uma sekudlule inyanga ugomile kodwa uqale ukuphathwa ikhanda (ikakhulukazi uma kuphazamisa nendlela obona ngayo, ukuphalaza, ukuba nenkinga yokukhuluma noma inkinga yohlangothi) ubuhlungu obungabekezeleki esiswini, ukuluma namaqhubu lapho ujove khona kanye nobuhlungu besifuba nokuphelelwa umoya, kubalulekile ukuba uthole usizo lokwelashwa.

Ukusebenza komgomo ekukuvikeleni egciwaneni le Covid – 19 kuqala emuva kwezinsuku ezilishumi (10) kuya kwezinyishumi nane (14) kanti awukabi khona umgomo oqinisekisa ukuthi ngeke nhlobo usalithola igciwane emuva kokugoma. Ngakho maningi amathuba okuba usangatheleleka ngegciwane le-Covid – 19 ngisho usugomile. Yize kunjalo, abantu abaningi asebegomile bayokhombisa izimpawu

ezincane uma betheleleka. Ucwangingo seluveze ukuthi imigomo inamathuba angu 85% wokukuvikela ekutheni ungatheleleki bese luveza ukuthi angu 100% amathuba okuthi ungashoni ngenxa yegciwane le-Covid – 19 uma usugomile.

Umusa wethu njengabantu yiwo kanye ongumgogodla ekuguquleni isimo esibheke naso. Sidinga nakanjani ukuqhakambisa iqhaza lokuziphatha kwabantu ekuguquleni isimo salolu bhuhane. Lokhu kuyigxathu elikhulu njengoba nenhlangano yezempilo emhlabeni i-World Health Organisation ishmayela ukuthi ukushintsha kwendlela abantu abaziphethe ngayo njengokuhlaza izandla, ukuqhelelana nokugqoka izimfonyo kunganciphisa ukubhebhethaka kwaleli gciwane ngamanani angafika ku 80%.

Uma ngempela sizimisele ekunciphiseni ukubhebhethaka kwe-Covid -19, ukushintsha indlela esiziphethe ngayo kumele kushunyayezwe njalo futhi sikwenze ngokugculisa unembeza. Nalabo asebewutholile umgomo kumele ngaso sonke isikhathi baqikelele ekutheni benza yonke imigudu efanele ukuze kugwemeke ukubhebhethaka kwegciwane.

Kukho konke ubunzima nezingqinamba esesibhekene naso, lesi sikhathi sikhombise izinto ezinhle esizibone kubantu emphakathini nalapho sibone ukubambisana phakathi kwabantu kanye nabasebenzi abenza umsebenzi obucayi nabadele konke ukuqinisekisa ukuphepha komphakathi. Nasezingeni lomhlaba sibonile amazwe esebenzisana ecobelelana ngolwazi, ehlinzekelana ngezinsiza ezehlukahlukene kanye nangezindlela eziphusile nezilekelelayo ekubhekaneni nalesimo.

Ukufika komgomo sekukhombisile ukuthi nokho sesisitholile isikhali sokulwisana nalesikhathi kanti nangendlela emangazayo abantu nezinhlango ezehlukahlukene ezikhombise ukwesekana ngakhona kusinika ithemba lokuthi lezi zinkomba ezinhle futhi ziyasikhuthaza ukuthi ubuntu buyaqhubeka nokubamba iqhaza elikhulu ekulwisaneni negciwane i-Covid – 19.

Dr Alicia Aaron



UKUNGENA UMUZI NOMUZI: UKULANDELELA KWABASONDELENE NABATHELELEKE NGE COVID - 19



Igcwane i-Covid – 19 ikhombise ngokusobala izimo abasebenzi bezempilo ikakhulukazi abahlengikazi Kanye nodokotela ababhekana nazo nsuku zonke emsebenzini wabo. Yize kunjalo, bakhona abanye abadlale indima enkulu ekunqandeni ukubhebhethaka kwegciwane i-covid – 19 abangekho emehlweni ethu nokuyithimba ebelilandelega abasondelene nalabo abekade sebesulelekile ngegciwane.

Ukulandelela kokuthola labo abasondelele nomuntu osethelelekile kwaqala mhla zingu 06 March 2021 emuva kokuhlonzwa kwesiguli sokuqala ukuba negciwane le-Covid – 19 e-Pietermaritzburg. Ithimba lokulandelela lasukumela phezulu laqoqa lonke uhlu lwabantu abathe bahlangana nalesi siguli, lahlela ukubonana

nabo ukuze kuthathwe ama specimens kulabo ababekhombisa izimpawu kwathi labo abangenazo bayalelwa ukuba bahlale ngabondwana. Kwaphinde kwahlolwa nesimo senhlalakahle kulabo ababeyohlolwa emakhaya ukuqinisekisa ukuthi bazokwazi ukulandela imigudu efanele ukuze kunqandekwe

ukubhebhethaka kwegciwane.

Kwahamba isikhathi leli thimba lakhula laze lafinyelele ku 620 kwathi labo abenza i-screening laba ngu 565. Yize abasebenzi bethu bathola ukwamukelwa ngezandla ezimhlophe emphakathini, kukhona idlanzana elabhekana nezingqinamba azithize.



UNkk Busisiwe Hadebe

ongumhlangikazi ku East Boom Community Health Centre uchaza kabanzi ngabhekana nakho kulo msebenzi.

Ngesikhathi siqala kwakunokusaba ngenxa yokuthi leli gciwane laliselisha. Ngangingakaze futhi ngizibandakanye emsebenzini wokuhambela imiphakathi ngenxa yokuthi umsebenzi wami wawungiphoka ukuba ngisebenze ngaphakathi esikhungweni njengomvikeli wezifo. Kwakumele sihambe izindawo esaingazijwale nokwakuphoqa ukuba sisebenzise ubuchwepheshe be-Google maps ukuthola imizi esabe siya kuyo.

Sasiba nokukhathazeka ukuthi ngabe bazosamukela kanjani kulamkhaya esiya kuwo. Ngikhumbula nje esinye isigameko lapho omunye wozakwethu wathola ukuhlukumezeka ngenxa yokuthi babengafuni ukuhlonzwa nokuhlololwa igciwane. Abanye babevele baphike ngisho ukuphika ukuthi kukhona umuntu onegciwane emzini wabo futhi bangasivumeli nokusivumela ukuba singene. Sasibuye sixoshwe sibizelwe ngisho amaphoyisa ngoba kuthiwa siyiziphazamisi.

Izingqinamba zazilokhu zikhona njalo nje, kanjalo nokusaba okwakuhambisana nezinkolelo zegciwane. Kwathi kusenjalo, kwabonakala ngezinkumbi zabantu ezazibhikisha ngaphandle kwesibhedlela i-Ntunjambili Hospital esifundeni i-Zululand nalapho umphakathi wawubhikishela ukungeniswa kweziguli ezitholakale negciwane le Covid – 19 okokuqala kulesi bhedlela.

“Sasisebenzisa izimoto zoMnyango ngakho saphenduka izisulu emiphakathini ngenxa yezinkoleloze ezazikhona ngaleso sikhathi. Abantu abanengi babengenalwazi lokuthi leli gciwane litholakala kanjani nokwagcina kudala ungabazane ikakhulukazi ezindaweni zasemjondolo,” Kubeka Sr Hadebe.

“Awukho omunye umsebenzi engingafisa ukuwenza ngoba ngiyathanda ukusiza abantu abadinga usizo kanti ukudlulisa ulwazi neminingwane efanale kwaba yinto eyayingigculisa kakhulu,” kugcizelela uHadebe.



UNontando Tshabalala

ongumdidiyeli esifundeni Amajuba naye uhambe emazwini kaHadebe wathi;

“Babekhona impela abantu ababedlulisa ukubonga besincoma ngokuphatha uhlelo lokuhlola ngendlela enesizotha noma ngokushesha sisabele uma kunesidingo (Sasithumela ithimba lokuyohlola uma sesithole ukuthi kunomuntu onegciwane futhi silekelele ngendawo yokuhlala ngawedwa kuloyo osuke edinga ukuba yedwa).

“Abantu babegculisekile ukuthi sasingagcini nje ngokubahlola kepha sasiqinisekisa ukuthi siyabanakekela kusukela behlonzwa ukuthi banegciwane kuze kube bayalulama. Babesishayela izingcingo bedlulise okukhulu ukubonga. Abanye babengakwazi nokuxhumana nemindeni yabo ngesikhathi behlaliswe ngabodwana ngakho ukukhuluma nje nathi ngesimo ababhekene naso kwakubelapha kakhulu.”

Njengamanje isibalo sethimba lethu lokulandelela selinciphile njengoba nezibalo zabantu abathelelekayo zinciphile esifundazweni. Abanye basaqhubeka nalo msebenzi njengoba kusakhona abantu abathelelekayo. Abanye babasebenzi sebethuthulwe kwezinye izindawo zokusebenza.

Yize bebalelwa ku 500 000 wabantu asebelandelelwe kwathi abangu 462 573 bahlolwa, bangu 17% abatholwe benegciwane. Sekusungulwe nezikhungo zokuxhumana kuzo zonke izifunda ukuze zixhumane nalaba ababandakanyekayo kanye nokulandelela labo asebethelelekile.

KUMELE SENZE IZINTO NGENDLELA UKULWA NE COVID-19

Sekuyophela cishe iminyaka emibili emuva kokubheduka kwegciwane i-Covid – 19 kanti leli gciwane seliguquguquke kaningi kepha lutho ukutholakala kwekhambi. Yize sekutholakele imigomo emibalwa kodwa eminye yayo isengcupheni yokungasebenzi ngenxa yokuthi leli gciwane liya ngokuya lidlondlobala. Yize ongoti besebenza ngokuzikhandla ukuthola izimpendulo ngalolu bhuhane, wonke umuntu kumele adlale indima yakhe. Enye nje yezindlela elula ukugeza izandla.

Ukugeza izandla kunganda amathuba okuthi sitheleleke noma sithelele abanye abantu ngenxa yamagciwane ahlala ezandleni zethu nokungagcina siwadlulisela ngisho ezintweni esizithintayo njengamatafula, izinto zokusebenza kanye nezitsha.

Usuku olwaziwa nge-World Hand Hygiene Day olugujwa njalo mhaka 5 May luhlose ukuqhakambisa ukubaluleka kokuhlanza izandla. Isihloko sakulonyaka esithi Save Lives: Clean Your Hands (Sindisa izimpilo: hlanza izandla zakho) sibheke ukuqhakambisa ukubaluleka kokuhlanza izindla kubasebenzi bezempilo kulesi sikhathi sobhubhane.

Inhlangano yezimpilo emhlabeni i-World Health Organisation (WHO) igqugquzela izindlela ezinhlanu zokuhlanza izandla nokuyilapho abasebenzi bezempilo okumele bahlanze khona izandla:

- Ngaphambi kokuthinta isiguli
- Ngaphambi kokuqala ukuhlanza amagciwane
- Emuva kokutholeka ngoketshezi lomzimba
- Emuva kokuthinta isiguli
- Emuva kokuthinta lapho kuneziguli khona

Yize kubalulekile kakhulu kunakuqala manje kubasebenzi bezempilo ukuba bahlambe izandla, wonke umuntu uyasizakala ngokuhlanza izandla. Ukuwasha izandla ngendlela okungesiyi akwanele. Nayi imigudu ongayilandela ukuqinisekisa ukuthi izandla uziwashe ngendlela

Zihlanzwa kanjani izandla?

WASHA IZANDLA UMA KUBONAKALA UKUTHI ZINOKUNGCOLA.

Uhlelo lokuwasha izandla luthatha imizuzwana engu 40 kuya ku 60.



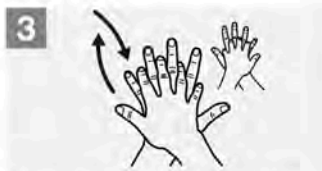
0 Thela isibambo sompompi ngamanzi.



1 Gcoba insipho ezokwanele sonke izandla ngendlela.



2 Hlamba isihlakela sesandla sobunxele ngeminwe nxazonke.



3 Hlamba izihlakela zezandla zombili ngokuzishintshanisa.



4 Geza iminwe sakuyihlanganisa.



5 Geza ingemuva leminwe sakuyigoqa.



6 Shintshanisa izithupha ezandleni ugeze ingaphakathi lazo.



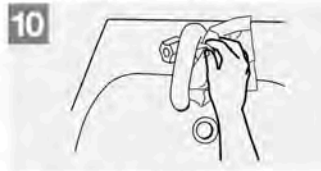
7 Khuhla ingaphakathi lezandla ngeminwe.



8 Hlambulula izandla ngamanzi.



9 Sula izandla ngethawula.



10 Sebenzisa ithawula ukuvala umpompi.



11 Izandla zakho ziphephile manje.

UDOKOTELE WAMEHLO ONGUMCULI

UMnuz. Skholiwe Graduate Zuma oneminyaka engu 23 uphothule izifundo zakhe ze Bachelor of Optometry eNyuvesi i-University of KwaZulu-Natal. Uthando lwakhe lomculo lumenze waqoka ukuhlanganisa umculo kanye nomkhakha wakhe ukufundisa kabanzi mayelana nokunakekela amehlo ezinkundleni zokuxhumana.

Igama lakhe elithi Graduate aliqanjwa abazali bakhe lafezeka mhla egogoda ngeziqungo February kulonyaka. UZuma osanda kuqala umsebenzi wakhe njengodokotela wamehlo ngo April kulonyaka esibhedlela St Mary's KwaMagwaza Hospital uphothule izifundo zakhe ngohlelo lomfundaze loMnyango wezeMpilo KwaZulu-Natal.

UZuma uqoke ukufundisa abantu ngokunakekela amehlo esebenzisa umculo.

“Ngiyathanda ukucula ngakho ngibone kungcono ukuhlanganisa ithalente lami lokucula kanye nomkhakha wami engawufundela. Nginekhasi lokufundisa ukunakekela amehle ku-Instagram (@the_singing_optom) nalapho

ngifundisa abantu kabanzi ngokunakekela amehlo kanti ngiphinde ngikwenze lokhu ngomculo ukuze umyalezo uzofinyelela kubantu abaningi. Ngithanda ukubonga kakhulu ku- OB Malope ngokungisiza ukuhlanganisa lomkhankaso,” kusho uZuma.

UZuma uthi uphinde abe ngumculi we band ye acapella ebizwa nge Simplicity esontweni lakhe aphi abe inxusa leqembu elaziwa nge ESY2020.

Wazalelwa e-kwasePietermaritzburg e-Elandskop kwaMafunze kanti ungumagcino kwabo ezinganeni zakubo ezintathu. Abazali bakhe uMnuz. Amon Mlekeleli Zuma ongasekho nowayenguthisha kanye

noMama wakhe uNkk. Sibongile Eunice Zuma naye onguthisha. “Ukuzalwa emndenini wezifundizwa kukulethela ingcindezi kanti mina kwaba okwedlulele njengoba ngaze ngaqanjwa igama lokuthi ngingu Graduate kodwa ngiyajabula ukuthi ngikwazile ukufeza lesi sifiso sabazali ngoba vele ngazalwa ngiyilo i-Graduate,” kuncokola uZuma.

UZuma uthi wafaka isicelo ohlelweni lomfundaze eMnyangweni wezeMpilo KwaZulu-Natal nalapho afeyila khona amahlandla amabili nagphambi kokuba aphumelele esezama okwesithathu.

“Ukuthola lomfundaze kwangilekelela kakhulu mina nomndeni wami njengoba kwehla nomthwalo kubazali ngoba sasingasekho isidingo sokuhlezi bengifakela imali yokufunda. Kwakuphinde kusho ukuthi sase singasekho nesidingo sokukhathazeka ngemali yokubhalisa kanye nazo zonke izingqinamba zezimali esibhekana nazo uma ezikhungweni zemfundo ephakeme, ikakhulukazi thina bafundi bendlu emnyama,” Kubeka uZuma.

UZuma uthi wayehlezi vele enesifiso sokufunda emkhakheni wezempilo kanti umkhakha wezamehlo kwaba yiwo awukhethayo.

“Indlela nje engigculiseke ngayo ngalomkhakha angiyekufanisa nalutho. Umkhakha wezamehlo wangikhetha kanti futhi ngijabule kakhulu ngoba ngiyakuthokozela ukuba lapha,” kusho uZuma.

UZuma uthe uthanda ukudlulisa amazwi okubonga uMnyango wezeMpilo KwaZulu-Natal ngokukhokhela izifundo zakhe enyuvesi.

“Esikhathini samanje abafundi baphothula izifundo benezikweleti ezinkulu kepha mina ngiyabonga eMnyangweni ngokungihlenga kulobo bunzima. Ngiyathokoza futhi nokuthola umsebenzi ngiqeda nje ukuphothula izifundo zami ikakhulukazi njengoba sazi ukuthi kunzima kangakanani ukuthola umsebenzi eNingizimu Afrika. Ukukhulela endaweni yasemakhaya kungilekelele kakhulu njengoba kulula ukusebenza khona ngoba ngiyazi ukuthi kumele ngilindeleni,” kusho uZuma.

NGABE UBULALA AMAPHAPHU NGOKUBHEMA UGWAYI?



Iningi lethu lazi kahle ngobungozi bokubhema ugwayi kanti lobungozi buvele obala ngemuva kokubheduka kwegciwane i-Covid – 19. Inyanga ka-May inyanga lapho kugqugquzelwa umkhankaso obizwa ngokuthi yi-Anti-Tobacco Campaign. Lomkhankaso uhlose ukuqwashisa ngobungozi bokubhema ugwayi kanye nobungozi bokuhlaselwa umdlavuzwa wamaphaphu, izifo zamaphaphu kanye nesehliziyo. Ngokusho kwabesikhungo se Centres for Disease Control and Prevention (CDC), ukusetshenziswa kogwayi kuholela ekufeni kwabantu abangu 7 million ngonyaka emhlabeni wonke.

Inhlangano yezempilo i-World Health Organization (WHO) idalule ukuthi alukho ucwaningo olusaveze ukuthi labo ababhemayo basengcupheni yokuthuthelwa ezibhedlela ngenxa ye-Covid-19. Ukubhemisa ngogwayi ikhona okubeka labo ababhemayo engcupheni yokuthola leli gciwane nokulisabalisa ngenxa yakho ukubhemisa. Uma umuntu one-Covid – 19 ebhemisana naloyo ongenayo, bangathelelana ngegciwane ngokubhemisana ugwayi. Baphinde babe sengcupheni yokuthelana uma bengaqapheli ezenhlazeko njengoba ukubhema kusebenza ngokusetshenziswa kwezandla. Uma izandla zabo zingahlanzekile futhi belokhu bethintathinta umlomo, lokho kungadala ukuthi abe maningi amathuba okudlulisa igciwane.

Ukubhema akugcini nje ngokuba yingozi kuloyo obhemayo kepha nalabo abaseduze kobhemayo basengcupheni. Lokhu kwaziwa njengokuthi ukudlulisela kokubhema. Ukudlulisela kokubhema yilapho intuthu yalowo osuke ebhema igcwala leyondawo abhema kuyo njenge ndawo yokudlela, isekhumbini, ehhovisi kanye nakwezinye izindawo ezivalekile. Lokhu kudlulisela kokubhema kungadala izinkinga zokuphefumula

AMASU OKUYEKA UKUBHEMA

Ukubhema ugwayi kung-umkhuba womzimba kanye nengqondo kanti ukuzama ukuyeka ukubhema kungaba nzima.

Nanka amasu angasiza eku-lekeleleni ukuyeka ukubhema:

- Ukugxila ekuzivocavoceni
– ungazibandakanya ekuphileni impilo enempilo nokuba nezinto ezintsha zokuzilibazisa njengokugijima.

- Ukushintsha indlela owenza ngayo izinto

– Gwema abantu ababhemayo nezinto ezizokukhumbuzisa ukubhema. Uma kunendawo yokubhema emsebenzini, zama ukuthola enye indawo ongadlela kuyo ukuzama ukugwema ukulingeka. Lahla zonke izinto ezikukhumbuzaukubhema njengezintsha zagwayi nezinye izinto zokubhema.

- Phumela obala

– phumela obala emndenini wakho nakubangani bakho ngokufuna ukuyeka ukubhema ukuze bakwazi ukukweseka futhi ubike kubo uma kuba nzima.

- Ukuhlale uphuza amanzi

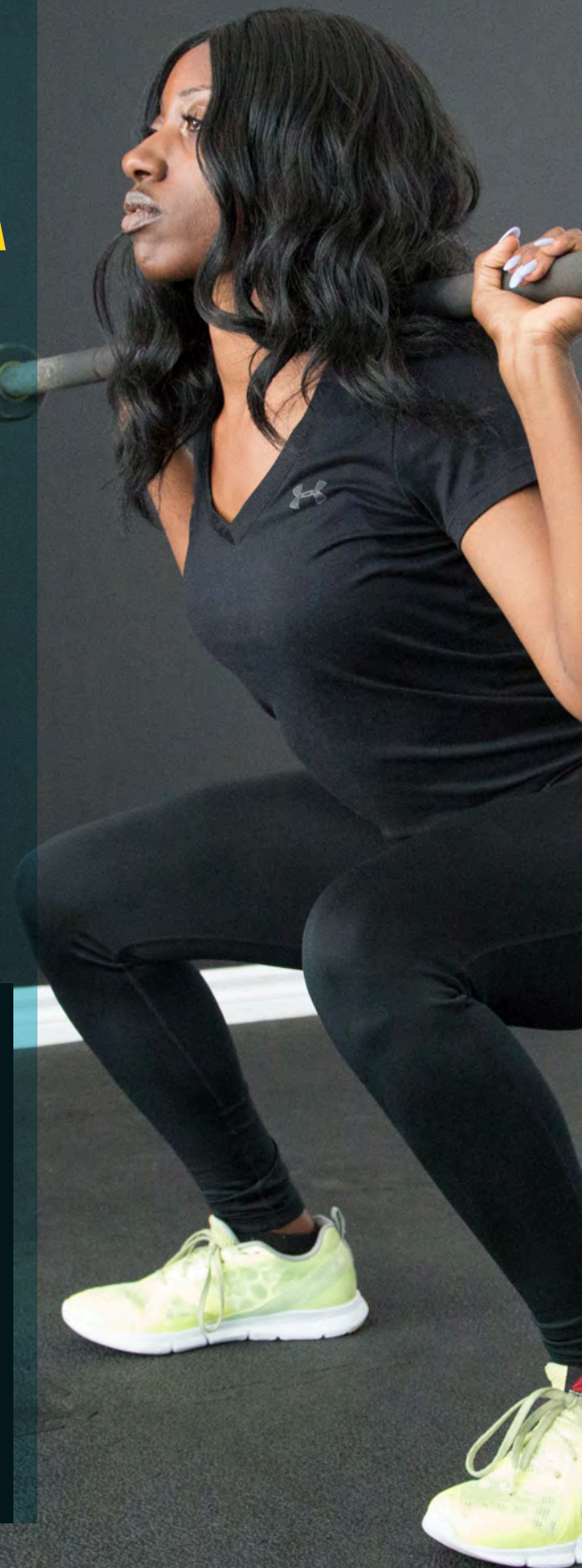
– phuza amanzi amaningi ukuze ukhuculule yonke into inhlese kagwayi esemzimbeni wakho.

NQOBA UKUGULA KWASEBUSIKA

Ukufika kobusika kusho ukuthi kumele sithole izindlela ezintsha ezinempilo ezizokwenza ukuthi singabi buthaka emkhuhlaneni, emakhazeni kanye nakwigciwane i-Covid – 19.

Nazi izinto ezintathu ongazenza kulobu busika ukulekela amasosha omzimba akho:

- Ukudla okuhlelekile – ukudla ngendlela ehlelekile kubalulekile ngaso sonke isikhathi ukulekelela amasosha omzimba. Ukudla okuthize kuyaqinisekisa ukuthi umzimba wakho uthola ama Vitamins nama Proteins abalulekile ukulekelela amasosha akho omzimba. Ukudla ukudla okuxuba ama fruit kanye nezithelo kuyasiza. Lokhu singabala ama aphula, ubhanana, imifino, ukherothi kanye no broccoli. Ukudla ukudla okufana nokwatapheya, ufishi namakinati nakho kuyasiza.
- Ukuzivocavoca - Ukuzivocavoca kusiza ezintweni eziningi okubalwa kuzo ukulawula isisindo somzimba wakho, ukulekelela ukusebenza kahle kwenhliziyi, ukulawula izinga likashukela,, ukuvikela ezifweni ezechukahlukene kanye nokulekelela amasosha omzimba.
- Ukulala ngokwanele –Ukuqinisekisa ukuthi ulala ngokwanele kuyasiza ukulekelela amasosha omzimba kuphinde kuqinisekise ukuthi umzimba wakho usebenza ngendlela. Uma ungalali ngokwanele, lokho kungadala ubuthaka kumasosha omzimba nokwenza kube lula ukungenwa izifo.



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