

IMPILO **CHAT**

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SEPTEMBER 2021



INJABULO "AMA-2000" EQALA UKUGOMA

IHLANDLA LESITHATHU: "UKUDIKIBALA NGE COVID-19" ITWETWE KUKHUPHUKA IZIBALO ZEDLULA KU-4000 NGOSUKU; UNGQONGQOSHE WEZEMPILO UNXUSA UMPHAKATHI UKUBA ULANDELE IMIGOMO, WEXWAYISA NANGOKUTHI I-COVID-19 ISABULALA



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA





UNKK NOMAGUGU SIMELANE
UNGQONGOSHE WEZEMPILO

NOMA NGUBANI ONEMINYAKA ENGU 18 NANGAPHEZULU USENGABHALISELA UKUGOMELA I COVID-19 MAHHALA



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Xhuma
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enroll.health.gov.za**



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Yishayeleye:
0800 029 999
Phakathi kuka
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(SCANNER) IKHODI
ENGEZANSI



KUZOMELE ULANDELE LEMIALELO ENGEZANSI UMA UBHALISA:

- Inombolo kamazisi wakho (i Passport, inombolo yamaphepha akuganyaza okuba kuleli uma ungowokufika)
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- Uma une Medical Aid, kuzomele uhlinzeke ngegama le medical aid yakho kanye ne nombolo ye-medical aid yakho

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KWAZULU-NATAL PROVINCE
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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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INJABULO “AMA-2000” EQALA UKUGOMA

IHLANDLA LESITHATHU: “UKUDIKIBALA NGE COVID-19” ITWETWE KUKHUPHUKA IZIBALO ZEDLULA KU-4000 NGOSUKU; UNGQONGQOSHE WEZEMPILO UNXUSA UMPHAKATHI UKUBA ULANDELE IMIGOMO, WEXWAYISA NANGOKUTHI I-COVID-19 ISABULALA



UNgqongqoshe wezeMpilo esifundazweni i-KwaZulu-Natal uNomagugu Simelane usezwakalise ukuxwayisa ngakubiza nge-Covid-19 fatigue nokusho ukungabi nandaba noma ukunganaki ukuthi leli gciwane lisekhona. Usexwayise kakhulu izakhamuzi zakulesi sifundazwe ukuthi njengoba ziphinde zidlondlobala izinombolo zabantu abasulelekayo akumele nakancane abantu bakhombise ukudembesela bangabe besayilandela nemigudo efanele yokuzivikela.

Njengoba kubonakele izibalo zegciwane i-Covid-19 zifinyelela ngaphezu kuka 4000, uNgqongqoshe usezwakalise ukukhathazeka ngokuthi abantu abaningi kubukeka sengathi sebethatha lolu bhuhane njengento engasekho njengoba sekukhona nabangasayilandeli imigomo efanele efana nokugqokwa kwezifonyo, ukugeza izandla ngamanzi nensipho noma ngesibulali-magciwane kanye nokuhlala ngokuqhelelana.

Ekhuluma ohlelweni lwezindaba zoMnyango oludumile noluhlabahlosile olubanjwa masonto onke olubizwa nge-KZN Health Chat, uNgqongqoshe Simelane uthi, "Siyazi ukuthi ngenxa yokuthi mhlampe sikhuluma ngegciwane i-Covid-19 njalo abantu bazogcine befikelwa ukukhathala ukuzwa ngalolu lwazi. Kodwa okuseqinisweni ukuthi akuhambi neze kahle. Besilokhu sisho nangenyanga edlule ukuthi asikangeni ehlandleni lesithathu kanti bekubukeka sengathi noma selifika ihlandla lesithathu isimo ngeke sibe sibi kakhulu. Sibonile ke nokho emasontweni amabili edlule izinombolo zinyuka ngendlela eyisimanga nokusikhathaza kakhulu".

UNgqongqoshe Simelane uthi: "Esikhundleni sokuthi izibalo zehle, ziyanyuka. Yingakho sicela abantu esifundazweni ukuba balandele imigomo efanele kanye nezaba ezibekiwe."

Okunye okuqaphelekile ngokusho kukaNgqongqoshe ukuthi: "Ngesikhathi igciwane i-Covid-19 lifika, ubuhlezi ubona ngezibulali-magciwane zokuhlamba izandla kuyo yonke indawo futhi abantu bezisebenzisa kodwa manje kubukeka ngathi sesiphose ithawula.

Kubalulekile ukuthi siqhubeke ngendlela ebesenza ngayo ngaphambilini. Uma sinemihlangano, kumele silandele imigudu ebekiwe."

Uphinde wanxusa umphakathi ukuba uqaphe ngeso lokhozi lesi sikhava esisha segciwane i-Covid-19 nesibukeka sibhubhisa lapha eNingizimu Afrika bese uqikelela nokulandela imigudu efanele.

"Ososayensi sebesitshelile ukuthi lesi sikhava segciwane i-Delta esibhekene nalo liyingozi kakhulu ngokubhebhetheka. Yingakho sibona izibalo eziphezulu kubantu abasha kanye nasezikoleni.

"Akumele sizikhohlise senze sengathi lolubhuhane le-Covid-19 alibulali. Likhona futhi liyabulala. Ake sizibheke bese silandela yonke imigudu ebekiwe nezaba ekumele sizenze singalindi isikhathi sokuthi siyoze sidinge ukuya esibhedlela. Zinakekele njengamanje bese ugwema ukuzula nokuvakasha okungenasidingo."

Njengoba sekuqale ukugoma labo ababizwa ngokuthiwa "ama 2000" izolo, uNgqongqoshe uthi luyathokozisa ugqozu lokugoma olukhonjiswe yileli thimba.

Sebengaphezu kuka 1,8 million abantu asebethole umgomo we Covid-19 esifundazweni i-KwaZulu-Natal kusukela lolu hlelo lokugoma lwaqalwa ekuqaleni kwalonyaka kanti emizamweni yokukhulisa lezi zinombolo, isifundazwe siqhamuka namasu amaningi okugoma afana nokwengeza uhlelo lwe drive-through ukunciphisa ukuminyana kwabantu, ukugonywa kwabantu emasontweni, lapho kugitshelwa khona amatekisi, isezinkantolo zamakhosi kanye nokunye.

UNgqongqoshe uSimelane uphawule ngokugoma kwama "2000" nalapho ethe: "UMengameli wamemezela ukuthi labo abaneminyaka engu 18 kuya phezulu bazobhalisela ukugoma ekuqaleni kwenyanga u-September. Kodwa kamuva nje uNgqongqoshe omusha wezeMpilo uDr Joe Phaahla ubethola izicelo eziningi ezivela ezinhlanganweni zabantu abasha kanye nasempakathini jikelele lapho ebebuzwa ukuthi kungani kumele baze balinde umhlaka 01 kuSeptember ukubhalisela ukugoma ngoba sebekulungele namanje. Ngemuva kwalokhu, ube esebamba izingxoxo ngempelasonto nalapho kuhlaluke khona ngokusobala ukuthi abantu abasha bayadinga ukugoma. Yingakho kusukela ngoLwesihlanu bese kugoma wonke umuntu. Njengesifundazwe, sikulungele ukugoma abantu abasha ngoba siyakholelwa ekutheni bayikusasa kanti uma ungabavikeli kufana nokuthi awuvikeli ikusasa."

"Babukeka bekuthakasele kakhulu ukugoma kanti nathi simi ngomumo ukubasiza. Njengoba sasishilo naphambilini ukuthi sinezikhungo ezingaphezu kuka 600 esifundazweni yize zingavuliwe zonke kepha uma isibalo sabantu abasha abagomayo sikhula siyobe sesizivula zonke lezi zikhungo. Singasho ukuthi sikulungele futhi sinazo nezinsiza kusebenza ukubhekana nalo msebenzi kanti nemigomo ikhona eyanele. Sikulungele futhi nokubagomela emiphakathini abahlala kuyo njengengxenywe yohlelo lwethu lokufinyelela emiphakathini kodwa yize kunjalo siyabanxena ukuba babhalise ukuze kuzokwazi ukulawuleka kalula."

UKUKHUTHAZEKA NGOHLELO LOKUGOMA

EMUVA KOKUGOMA KWESAKHAMUZI SOKUQALA ESIFUNDAZWENI



Uhlelo lokugoma lwesifundazwe i-KwaZulu-Natal luthole ukusekelwa okukhulu ngesikhathi isakhamuzi sokuqala sesifundazwe uNdunankulu uMnu Sihle Zikalala sithola umgomo.

UNdunankulu usanda kuthola umgomo wakhe ehholo lomphakathi Inkosi Mzondeni Hall kwaMsane eMtubatuba. Emuva kokugoma nokuhlolwa imizuzu engu 15 emuva kokugoma, uNdunankulu ubejabule ukunikeza umzimba wakhe amandla adingekayo ukulwa negciwane ngokugoma. "Ithuba ekade ngalilindela lokuthi nathi sigome kuleminyaka yethu," kusho uNdunankulu.

"Sinxusa bonke abantu baKwaZulu-Natal ukuba baqinisekise ukuthi bayagoma. Kumele babhalise ohlelweni i-Electronic Vaccination Data System. Sinezikhungo ezingaphezu kuka 200 zokugoma lapha esifundazweni."

UNdunankulu uphinde wagcizelela ukukhathazeka kukaHulumeni ngendlela abantu asebekhulile abahudula ngakhona izinyawo wabanxusa ukuba bagome ukuvikela igciwane i-Covid-19.

"Siyakuqaphela ukuthi abantu asebekhulile abakhombisi ukuluthakasela ngendlela okulindeleke ngakhona lolu hlelo kepha lapha eMkhanyakude sesiyidlulile inombolo ebesizibekele yona kubantu asebekhulile. Sifuna nokusho ukuthi sizoqala sigome nabantu abasha maduze nje kanti siyacela ukuthi uma sebeza ukuzogoma bafike noMama, oGogo, oBaba kanye noMkhulu. Kungumsebenzi wethu sonke ukuthi sivikele izimpilo zethu kanye nezalabo abathandiweyo.

"Emuva kokuthola umgomo, ngingasho ngaphandle kokungabaza ukuthi

umugomo awunankinga, wonke umuntu angagoma. Yiwo kanye ke lomyalazo esifuna ukuwudlulisa kubantu baKwaZulu-Natal.

IMeya yaseMtubatuba uKhansela Veras Ngcamphalala kanye nabaholi bomphakathi nabo bathole umgomo wabo.

UNdunankulu uZikalala uthe: "Sithanda ukuphinde sigcizelele ekutheni sifuna abaholi bethu basezifundeni nabo bathathe igxathu lokugqugquzela nokuhlelela abantu ukuba bayogoma. Yilokho ke esikuncomayo ebuholini balapha eMkhanyakude. IziMeya, amaKhansela, abaholi bendabuko babe olukhulu usizo ekudluliseni umyalazo nokugqugquzela abantu ukuba bagome. Siyabonga kakhulu ngalokho, sengathi

kungalokhu kuqhubeka."

UNgqongqoshe wezeMpilo KwaZulu-Natal obephelezele uNdunankulu ugqugquzele bonke abafisa ukugoma ukuba babhalise ukuze bagweme ukuba semigqeni emide.

"Siyaqala ngohlelo lokugoma labo abaneminyaka engu 18 kuya phezulu kusukela ngomhlaka 01 September njengoba uMengameli ememezilele kanti sicela ukuba abantu abasha ukuba babhalise ngoba iningi labo lisebenzisa ubuchwepheshe.

"Yebo khona abantu ngeke sibaxoshe uma befika ezikhungweni zethu kepha siyacela ukuba babhalise. Uma belandele lokhu kusho ukuthi bazogwema ukudala olayini abade."



ABESIFAZANE BAKWAZULU-NATALI BAFAKAZA NGOMUGOMO WE COVID-19



Yize kunobufakazi obuqanda ikhanda obukhombisa ukuthi umugomo wegciwane i-Covid-19 uphephile futhi uyasebenza, baningi abasakhombisa ukukhathazeka nokuwungabaza. Abantu besifazane basengxenyeni esezansi nesifundazwe i-KwaZulu-Natal baphawulile mayelana nomgomo wegciwane i-Covid-19.



Thuthukile Damini - 55years

Ngabe yini eyakugquguzela ukuthi ugome?

IKubalulekile ukugoma ngoba izimpilo zethu zisho lukhulu kanti kumele sihlale sivikelekile. Kwamenyazelwa kumabonakude, emaphepheni

kanye nasemsakazweni ukuthi abantu abasondele nganeno basebenzise leli thuba ukuba bagome ukuze nezimpilo zethu zizobuyela esimweni esejwayelekile. Namhlanje ngivolontiyile ngazinikela ukuzogoma kanti ngiyaziqhenya kakhulu ngalokho.

Ngabe uzizwa kanjani njengoba usugomile?

Ngizizwa ngingenalutho ngiwumqemane, akukho okubi engisakuzwile ngaphandle nje kobuhlungu obuncane engalweni nokuyinto engatheni. Emuva konyaka obugcwele ukwesaba, ngizizwa

ngikhululekile futhi ngivikelekile kanti sengiqoke nokuzivikela mina kanye nomndeni wami futhi sengiyidlalile neyami indima yokusiza abanye abantu.

Ungabaluleka uthini abantu abasangabaza ukugoma?

Abantu kumele basebenzise leli thuba bahambe bayothola umgomo njengoba yonke imigudu yokugoma imahhala futhi ayibuhlungu. Empeleni asikwazi ukwenza abantu ukuthi bahambe bayogoma kanti ukube lokho bekulula, bengizozinikela ngihambe ngiyogomela wonke umuntu owusabayo umgomo.



**Constable Nonsikelelo Gumede
29years**

Yini ekugqugquzele ukuba ugome?

Ngiyakweseka ukugoma ngoba njengephoyisa ngisebenza ngabantu kanti futhi ngibakhathalele kakhulu.

Ngabe unovalo ngokugomela i-Covid-19?

Ekuaqaleni bengivalo ngenxa yokuzwa izinto ebezikhulunywa mayelana nomgomo kodwa manje sengiyaqonda ukuthi umgomo uzosivikela thina sonke kanti ngijabule ukwazi ukuthi sengizokwenza umsebenzi wami ngokukhulu ukuzethemba ngemuva kokuthola umgomo we-Covid-19.

Ungabaxwayisa uthini labo abasangabaza ukuthola umgomo?

Umyalezo wami ulula; abantu mabasebenzise leli thuba bagome.



Nomonde Khanyile 27 years

Yini ekwenze wafuna ukubhalisela ukugoma?

Ngifuna ukuzivikela ngiphephe kulesi sifo ngakho ke ngimagange ukubhalisa ngithole umgomo.

Unakho ukwethuka ngokuthola umgomo wakho wokuqala we-Covid-19?

Eqinisweni angikhathazekile nakancane, bakhona emndenini wami asebewutholile umgomo futhi bayaphila nje banempilo abanayo nencane inkinga.

Ungabaxwayisa uthini labo abasangabaza ukuthola umgomo?

Alukho olubi ngomgomo we-Covid-19 yingakho futhi kungaphoqwe muntu ukuba athole umgomo kodwa ngokuzitholela umgomo awugcini nje ngokuzivikela wena kodwa usindisa nabathandiweyo bakho.



Lindy Steel - 59years

Ngabe yini ekugqugquzele ukuba ugome namuhla?

Ngijabule ukuthi umgomo uyatholakala, ngicabanga ukuthi umlingo ovela kuNkulunkulu ukuthi sikwazi ukuthola umgomo ngakho ke ngijabule kakhulu futhi ngiyakholwa ukuthi manje umuntu usezokhetha phakathi kokuthola igciwane noma umgomo. Mina ke ngikhetha ukuthola umgomo kunegciwane.

Kukhona ukugula okuzwile emuva kokuthola umgomo?

Ngiyajabula ukusho ukuthi ngizwe ubuhlungu obuncane nje obungatheni, ingalo yami yezwa ubuhlungu izinsuku ezimbili kuya kwezintathu kodwa kwakungekhona ubuhlungu obukhulu. Kungithathe nje izinsukwana ukuzizwa ngiwumqemane futhi kanti futhi akungivimbanga ukuthi ngiye emsebenzini.

Uzoba ngowokuqala ukugoma emndenini nakubangani bakho?

Abazali bami bagoma kuqala kunami ngenxa yeminyaka yabo yobudala.

Mina nomyeni wami salandela ngesikhathi sekuvuleke ithuba leminyaka yethu. Izihlobo zethu nazo esilingana nazo ziyaya ukuyogoma manje sesilindele ukugoma izingane zethu ezineminyaka yama 30 kodwa sonke ke sinethemba elikhulu ngomugomo, akekho obesaphatheke kabi ngenxa yomgomo.

Ungabaxwayisa uthini labo abasangabaza ukuthola umgomo?

Umgomo wenziwe wacutshungulisiwa kabanzi kanti nohlelo lokugoma alunazihibe njengoba lapha e-Pietermaritzburg lusingethwe ngendlela enubonono futhi esheshayo nabasebenzi bamukelana ngesizotha. Okubaluleke kakhulu ukuthi uzivikele wena, umndeni kanye nomphakathi wonke ngoba uma usugula kuzoba nzima ukuthi "ukube ngagoma".



Prashnee Chetty - 60years

Yini ekugqugquzele ukuba uthole umgomo namuhla?

Asiyifuni i-Covid-19, sifuna ukuphila ezweni eliphephile lapho wonke umuntu ezizwa ephephile.

Kukhona ukugula okuzwile emuva kokuthola umgomo?

Angizwanga lutho bengiphile saka, konke kuhambe kahle futhi bekungebuhlungu. Abantu mabangathuki ukuthola umgomo.

Ungabaxwayisa uthini labo abasangabaza ukuthola umgomo?

Labo abathi abafuni ukugoma siyabacela ukuba basebenzise leli thuba ukugoma, benzele bona, isizwe kanye nemindenini yabo.

**SINDISA IMPILO YAKHO;
SONDELA NGANENO
UTHOLE USIZO.**

**ASILWISANENI NEHLANDLA
LESITHATHU NDAWONYE**



**IZIBALO ZABANTU ABATHELELEKE NGE GCIWANE I-COVID-19
SEZIFINYELELE KUVUTHONDABA ESIFUNDAZWENI I-KWAZULU-NATAL
KANTI LELI GCIWANE SELIQALILE NOKWENZA UMONAKALO.**

Sesingene ngokusemthwethweni ehlandleni lesithathu labantu abathelekile ngegcwane kanti isimo sithanda ukuba simbi ngempela njengoba ngosuku sithola izinombolo zabantu abasulelekile abangaphezu kuka-4000.

Lokhu kubhebhethaka kwezizombolo zabantu abathelekayo kuphinde kusho ukuthi baningi nabalahlekelwa izimpilo zabo ngenxa ye-Covid-19.

Okuphinde kusikhathaze kakhulu yilokhu kokuthola ukuthi iningi leziguli lishonela emakhaya ngenxa yokungalutholi usizo olufanele kanti abanye bashonela ezibhedlela ngenxa yokuthi baphuzile ukufika esibhedlela ukuzofuna usizo.

Yize kunjalo, ezinye izigameko zokufa zingagwemeka uma singakhetha ukuba sithole usizo lwezempilo kusanesikhathi.

Kumqoka kakhulu ukuba uma ungazizwa kahle uzame ukuthola usizo lwezempilo ngokushesha ngesikhathi kusaqala izimpawu ze-Covid-19 noma uma usola ukuthi uke wasondelana nomuntu okungenzeka ukuthi uphethwe yi-Covid-19.

IZINDLELA ZOKUTHOLA USIZO:

Kumele uvakashele emtholampilo noma esibhedlela uma uzwa ukuthi unezinye zalezi zimpawu ze-Covid-19 ezinjenge mfiva, ukukhwehlela okomile, ukukhathala, ubuhlungu bomzimba, ubuhlungu bomphimbo, ikhanda kanye nokungakwazi ukunambitha noma ukuhogela.

Bazokusiza ukuba uxilongisiswe kahle uhlolelwe negciwane i-Covid-19 ukuze

ulashwe ngendlela uthole nemishanguzo efanele.

Kubalulekile ukuba ubonane nabezempilo ngokushesha ngenxa yalezi zizathu:

- Uzoxilongwa unakekelwe abasebenzi bezempilo abazingeni futhi abaqeqeshwe ngokwanele ngaphambi kokuba ukugula kudlondlobale kakhulu;
- Ungathola nokulashelwa izimo ezibucayi njengokuthola ne oxygen;
- Ungaphinde uthole usizo lokulekelela ngokulashwa ngezokuphefumula nesifuba okufana nama ventilation kulabo abaxineke kakhulu;
- Uzoyalelwa isikhungo sikaHulumeni esihlelekile sokuba uyozigcina khona.

UBUNGOZI BOKUZILAPHELA EKHAYA

Isimo sasekhaya kungenzeka singabi sesimweni esikahle sokukwazi ukuzilaphela igciwane i-Covid-19. Ngisho uma ungaguli kakhulu kepha ukuthembela ekuzilapheni kwasekhaya kungaba yingozi uma isimo sokugula siphenduka siba simbi kakhulu kunakuqala.

Empeleni kungenxa yalezi zizathu ekwenze isifundazwe sethu sazithola sinezinamba eziphezulu zabantu abashonela emakhaya nobekuyinto ebingagwemeka.

Siyaxusa kakhulu abantu ukuba baphuthume ezikhungweni zethu zezempilo lapho bezothola usizo longoti.

Kudingeka sisebenzisane ukuze siqobe lempi siphinde sigweme ukulahleka kwempilo okungenasidingo kanye nezinhlungu nokuhlupheka okuhambisana nakho.

Kumele siguqule ukuziphatha kwethu uma sifuna ukushintsha isimo sesifundazwe sethu sibe ngcono.

THOLA UMGOMO

Kuyasithokozisa ke nokho ukubona abantu beluthakasele uhlelo lwethu lokugoma esifundazweni. Njengamanje sesigome abantu abangu 1.8 million selokhu kuqale lolu hlelo ekuqaleni kwalo nyaka.

Uhlelo lokugoma seluvuleleke kuwo wonke umuntu kusuka kwabaneminyaka engu 18. Ngokuzitholela umgomo, ungalekelela amasosha omzimba wakho ukuba akwazi ukulwisana ne-Covid-19.

Isifundazwe sizibekele umbandela wokugoma abantu abangu 7.2 million ngo- 31 March 2022.

Ngakho ke sinxusa bonke abantu abangakagomi ukuba basondele nganeno babhalisele ukugoma ukuze bagome ngokushesha. Lokhu kuzolekelela ekutheni imizimba yabo ikwazi ukulwa negciwane i-Covid-19. Labo asebegomile bayacelwa ukuba banxenxe labo abangakagomi ukuba basondele bazogoma.

UMnyango unezikhungo ezehlukahlukeni zokugomela kuzo zonke izifunda zesifundazwe; imininingwane yazo iyatholakala ezinkundleni zethu zokuxhumana njengo Facebook ngaphansi kwegama i- KwaZulu-Natal Department of Health.

Ngokubambisa singayinqoba i-Covid-19. Masikwenze kwenzeke lokhu KZN. Masivikele izimpilo zethu kanye nekusasa lethu.

UMNYANGO WEZEMPILO KWAZULU-NATALI UBAMBISENE NOMSAKAZO IGAGASI FM BAGQUGQUZELA NGOHLELO LOSAZIWAYO UKUBA ABANTU BAGOME



Umkhankaso i-Siyagoma Waya-Waya usuqale ngegiya eliphezulu nalapho uMnyango wezeMpilo esifundazweni KwaZulu-Natal usebenzisana nomsakazo iGagasi FM emkhankasweni wokusabalalisa umugomo wegciwane i-Covid-19. Inhloso enkulu yalokhu kusebenza ndawonye phakathi komsakazo noMnyango ukunxenxa abantu abaningi ukuba basondele bazothola umgomo.

Ezinye izilomo zalo msakazo ozinze lapha esifundazweni i-KwaZulu-Natal esezizitholele umgomo wegciwane le-Covid-19 kubalwa uFelix Hlophe, Alex Mthiyane, Njabs Zwane kanye no Bright Ntuli naye ophawule ngesimo sakhe emuva kokuthola umgomo esibhedlela i-General Justice Gizenga Memorial (ebesaziwa ngeStanger Hospital) esisesifundeni iLembe enyakatho yeTheku.

UNgqongqoshe uSimelane uthi: "Ngiyathemba ukuthi

sizoba nobudlelwano nokusebenzisana esingeki sigcine nje ngokukhuluma ngakho la namhlanje bese sikushiya kanjalo. Kumele sisebenze. Uhlelo lwethu esiluqalayo namhlanje uhlelo oluhlose ukuba sibe nokusebenzisana okuhlelekile nobuqinile phakathi kwethu nomsakazo iGagasi FM nalapho sizohlolisa khona abantu abanomthelela noma idumela emphakathi. Sinohlelo esinalo lwabantu abanedumela nalapho ubudlelwane bethu buqhamuka khona. Isizathu

esenza sicabange ukuthi sidinga abantu abafana neGagasi FM yingoba ezindaweni zasemakhaya kanye nasemalokishini yilapho uthola khona ukuthi abantu bakhona basanokungabaza ukugoma. Bayakungabaza ngempela ukusondela ngaphambili bathole umgomo kanti uma uthi uyalalelisisa kahle izizathu uthola ukuthi bantula ulwazi okuyilo ngenxa yezinto ezingelona iqiniso ezikhulunywa la ngaphandle emphakathini.

ABASEBENZI BEGAGASI FM BAGOMILE BASE BAZIPHAWULELA NGOKUTHI:



“Ngiqeda kuthola umgomo wami kanti akubuhlungu nhlobo nje. Bekushaya umoya kamnandi. Ngingagquguzela wonke umuntu ukuba athole umgomo ngoba uma uthola umgomo, awugcini ngokuzivikela wena wedwa kepha uvikela nabathandiweyo bakho. Woza uzoziholela umgomo wakho, kungumsebenzi wakho”,

kusho u **Bright Ntuli**



“Ngiqeda kuthola umgomo wami. Ngijabule kakhulu ngoba into ebingiyinqena yile yokubhalisa ngilinde isikhathi eside sokugoma kodwa ngathola ukuthi kuwuhlelo olungenazinkinga. Kungithathe nje isigamu sehora bese ngiqede konke. Kulabo abanokungabaza ngokugoma ngoba bengafuni ukuhlala usuku lonke esibhedlela noma emtholampilo mabehlise amaphaphu ngoba konke kuyashesha. UMnyango wezeMpilo usebenze ngampela ukuthi lolu hlelo lungabambezi. Ngakho ke kontanga yami abasebasha kanye nasentsheni nje yonke ngiyanicela ukuba nize ngobuningi benu ukuze sizokhombisa ukuthi sizikhathele futhi nemiphakathi yethu siyikhathalele. Ngiyabonga,”

kusho u **Njabs Zwane**



“Namhlanje ngithole umgomo futhi ngiyaziqhenya. Sengingakwazi nokuhamba nango 10 ebusuku ngoba angisenamkhawulo. Ngiyazincokolela. Ngiyaziqhenya kakhulu futhi ngiyabonga eMnyangweni wezeMpilo ngaleli thuba. Ngicela nawe ukuba uzitholele umgomo. Hlakanipha njengo Felix ugome uzivikele. Zivikele, vikela nabanye, vala umlomo uma uthimula noma ukhwehlela, shiya ibanga phakathi kwakho noseceleni kwakho. Geza izandla ngamanzi nangesibulala magciwane bese uyagoba uma uhlangana nabangani, ningathintani. Asiqapheleni bakwethu siqinisekise ukuthi siyavota. Asiphephe siphile,”

kusho u **Felix Hlophe**



“Yebo ngiqeda kuthola umgomo, bese kuyithuba lami lokuba ngigomele igciwane i-Covid-19 kanti bengillindele ngabovu leli thuba, ngiyabonga. Empeleni ngingasho ukuthi bengisaba kodwa kuthe la sengizwa khona umjovo kuvele kubuye lesiya sithombe ngesikhathi usagula. Ingibambile i-Covid-19 ngonyaka odlule ngakho ngiyaqonda ukuthi kuyilungelo lomuntu ukuthatha umjovo noma cha. Kodwa kumina ukugoma bekuyisona kuphela isisombululo nokuyiyona ndlela engingakwazu ukuzivikela ngayo. Ngiyaziqhenya futhi ngiyabonga ukuthi ngilitholile leli thuba lokuthola umgomo. Ngiyazi ukuthi abantu bayakungabaza ukuthola umgomo ngenxa yezinto eziningi ezishiwoyo. Khohlwa yikho konke lokho uzicabangele

kusho u **Alex Mthiyane**

AKE SIKHULUME NGOKUNCELISA IBELE



Umhlaka 1 kuya kumhlaka 7 August 2021 uhlonishwe njenge World Breastfeeding Week kanti ububungazwa ngaphansi kwesihloko esithi “Protect breastfeeding: A shared responsibility”. I-World Breastfeeding Week umkhankaso womhlaba wonke jikelele ohlose ukuqwashisa nokuqinisekisa ukunakwa kwezihloko eziphathelele nokuncelisa ngebele. Nakhu okunye okubalulekile ngokuncelisa ibele:

- Njengoba igciwane i-Covid-19 iqhubeka, ukuncelisa ngebele kubalulekile kakhulu manje njengona kuqinisekisa ukuthi ingane inempilo namanadla. Ncelisa umntwana wakho ukuze abe namasosha aqinile.
- Ukuncelisa umntwana ibele kumunikeza umdlandla ofanele ezinyangeni zokuqala eziyisithupha zakhe. Kuyalekelela nasekuvimbeni izifo nokukhulisa umqondo.
- Ukuncelisa ngebele kunganikeza amandla umntwana ingxenye noma ngaphezulu phakathi kwezinyanga eziyisithupha kuya kweziyishumi nambili.
- Ukuncelisa ngebele akuyona akuyona nje kuphela indlela yendalo yokunika umsoco kepha indlela yokonga ikakhulukazi esikhathini samanje lapho imindeni ikhahlamezwe ukulahleka kwemisebenzi nokuncishiselwa amaholo ngenxa yobhubhane i-Covid-19.

- UMnyango wezeMpilo KwaZulu-Natal uhlinzeka ngobisi lokuncelisa kulabo abangakwazi ukuncelisa. Lolu bisi luyahlolwa lube sesimeni esikulungele ukuqinisekisa ukuthi luphephile. Ungaxhumana nesikhungo sezempilo esiseduze nawe ukuthola kabanzi ngalokhu.
- Nikeza abantwana isisekelo esihle sokuqala impilo: Qala ukuncelisa umntwana ibele emuva kwehora nje ubelethile. Ncelisa umntwana ibele izinyanga eziyisithupha ngaphandle kokuxuba lokhu nokudla noma namanzi. Usungaqhubeka uncelise umntwana ibele ngokuxuba nokudla emuva kwezinyanga eziyisithupha.
- Ukuncelisa ngebele kusiza kakhulu ekuvikeleni isimo mqondo kuMama kanye nomntwana njengoba kwenza uMama azizwe esondelene kakhulu nomntwana kanti nomntwana uzizwa ekhuselekile, ethandwa futhi evikelekile.
- OBaba bengaseka oMama babantwana abancelisayo ngokulekelela ngemisebenzi wasendlini. Bangaphinde babasize ngokubatholela konke abakudingayo nokungabalekelela ekubhakenaneni nezingqinamba ezithize.

- Abasebenzi bezempilo kuzo zonke izikhungo zethu zezempilo bakhona bakulungele ukulekelela oMama abancelisayo. Basiza ngokulekelela oMama ekubafundise izindlela zokugcina ubisi uma kwenzeka uMama egula noma enenkinga yokuncelisa. Uma kunosizo olwanele, cishe bonke oMama bangakwazi ukuncelisa nasezimeni eziphuthumayo.

IMIBUZO EJWAYELEKILE NGOKUNCELISA IBELE:

- Q:** Ngithole imiphumela yokuthi nginegcwane le-Covid-19, ngingakwazi ukuqhubeka nokuncelisa uMntwana?
- A:** Yebo ungakwazi, qinisekisa ukuthi:
- Ugeza izandla ngensipho namanzi ngaphambi kokuthinta umntwana
 - Ugqoke isifonyo ngesikhathi uncelisa
 - Uhlale njalo uhlanza izindawo ezibonakalayo uma uqeda kuzithinta.
- Q:** Nginesifo sengculazi, ngingakwazi ukuncelisa?
- A:** Kubalulekile ukuxoxisana nomeluleki wakho we-HIV mayelana nokuncelisa. Uma uqoka ukuncelisa, qinisekisa ukuthi uncelisa nakanjani ezinyangeni zokuqala zesithupha umntwana ezelwe.

Ucwaningo selukhombisile ukuthi mancane amathuba okuthi umntwana angathola isifo se-HIV ngokuncela ibele uma unina emuncelisa kahle. Ngesikhathi usakhulelwe noma usancelisa, qinisekisa ukuthi uyazivikela uma uya ocansini ngokusebenzisa ijazi ukuvikela izifo ezintsha. Uma kukhona izinkinga obhekana nazo njengobuhlungu bezingono zamabele, qinisekisa ukuthi uphuthuma emtholampilo.

Q: Yiziphi izinto ezimaqoka okumele uzikhumbule uma unguMama oncelisa ngebele?

- Abantwana abanezinyanga ezingaphansi kweziyisithupha badinga ukucela ubisi lwebele kuphela kanti oMama bangakwazi ukukhiqiza lonke ubisi oludingwa umntwana.
- Ngesikhathi ingane incela kakhulu, luningi kakhulu nobisi olukhiqizekayo
- Iziningane ezinempilo yilezo ezincela ibele.

Q: Ngizizwa nginezimpawu ze-Covid-19 futhi ngigula kakhulu ukuthi ngingakwazi ukuncelisa, ngingenzenjani?

A: Ungaqoka ukuthi uputshuzele noma uyikhamele ingane ubisi kunokuba uyincelise bukhoma.

SINDISA IMPILO YAKHO

BHEKA - YIZWA - THOLA IZELULEKO



Yize kungenzeka ukuthi umkhankaso wokuqwashisa ngomdlavuza webele ubanjwa njalo ngo-October, kubalulekile ukubheka zonke izinto eziphathene nempilo unyaka wonke jikelele. NJengoba inyanga u-August waziwa ngokuba inyanga yabantu besifazane, sizokhuluma ngazo zonke izinto ezithinta impilo yabantu besifazane njengomdlavuza webele, ukuthi uyini, sibheke izimpawu zawo nanokuthi welashwa kanjani. Ukusheshe uwuhlonze kubaluleke kakhulu ngoba kungasindisa impilo yakho.

Yini umdlavuza webele?

Ngokusho kwesikhungo i-Centers for Disease Control and Prevention (CDC) umdlavuza webele isifo lapho izinhlayiya zamabele zikhula ngokungalawuleki.

Umdlavuza webele ungaqala ezindaweni ezehlukene ebeleni njengalapho kukhiqizeka khona ubisi, emapayipini athwala ubisi aluhambise ezingonweni kanye nasesisithweni sebele

okuyiso esizungeze yonke into nesiybambile. Kuthiwa umdlavuza webele wenzeka kakhulu ezinhlamvini zebele nalapho kukhiqizeka khona ubisi.

Umkhokha osujwayelekile nongelona iqiniso yilowo othi umdlavuzwa webele uphatha kuphela abantu besifazane kanti nabesilisa bangaba izisulu zokuphathwa umdlavuzwa webele.

Ngabe zithini izimpawu?

- Ukuvuvukala kwayo yonke ingxenye yamabele
- Ukulunywa kwesikhumba
- Ubuhlungu bamabele noma izingono
- Ukuguquka kwezingono
- Ukuba bovu kwezingono noma zivuvukale
- Ukuphuma igazi kwezingono noma uketshezi olungcolile
- Ukuvuvukala kwamakhwapha
- Ukushintsha kwendlela, ubukhulu noma isikhumba samabele noma izingono
- Isigaxa esingazwakali njengezinye emabeleni.

Ngizixilonga kanjani?

Ukusukuma

Step 1

Beka izandla zakho emaceleni bese ubuka umehluko wombala, ubukhulu, noma ukushwabana kwesikhumba samabele akho

Step 2

Phakamisa izandla zakho zombili zidlule ikhanda. Bheka amabele akho ukuthi ayaphakama ndawonye yini.

Step 3

Beka izandla zakho okhalweni, emahlombe bese uyisa indololwane ngaphambili. Goba bese uyabheka ukuthi ngabe amabele womabili awela ngaphambili.

Phakamisa ingalo yakho yesandla sobunxele. Thatha isandla sakho sokudla uhlole kahle ibele lakho langasesandleni sobunxele. Qhubeka wenze njalo uqale phezulu ulokhu ucindezela ukuze uzwe kahle izinyama zangaphakathi. Emuva kokwenza lokho ebeleni lonke, Qhubeka usondele ngaseongonweni. Bheka lendawo engasenhla kwebele ngasekhwapheni ukuzwa ukuthi zikhona yini izindawo ezinokuqina. Yenza into efanayo nasebeleni langakwesokudla.

Lala phansi

Ngokusebenzisa umqamelo ngaphansi kwengalo yangakwesobunxele, beka isandla sakho sobunxele emuva kwekhanda ukwehlisa izinyama zamabele. Xilongisisa kahle ibele lakho lonke njengoba kade wenza ku step 4. Phinda wenze okufanayo kulokhu ubeke isandla sokudla. Cindezela kahle izingono ukuze ubone ukuthi akukho ketshezi oluphumayo.

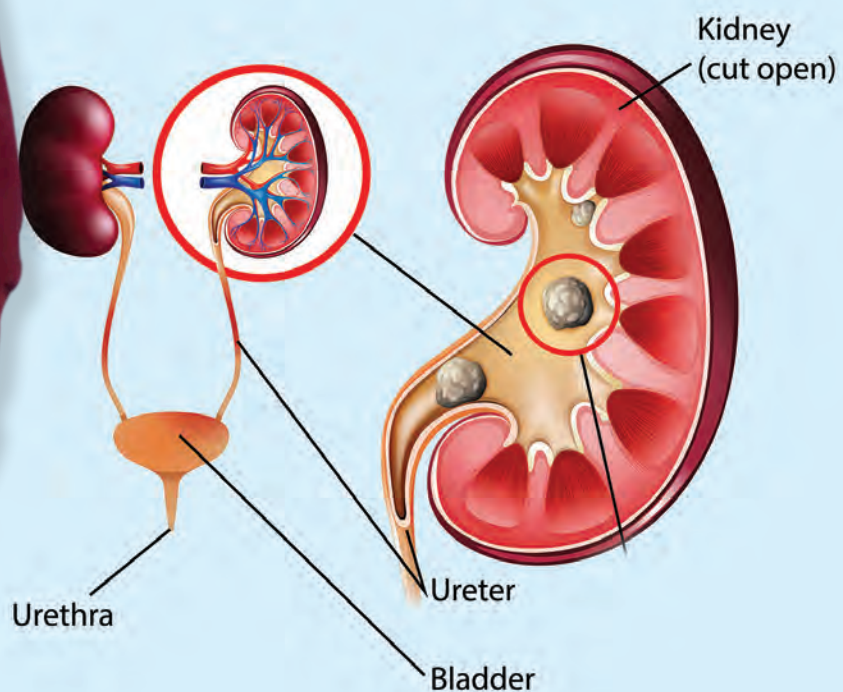
Okumqoka

- Ukuzihlola amabele kumele kwenzeke noma ikanye ngenyanga. Bika uma kukhona ongakutholi kahle kudokotela noma emtholampilo.
- Bonana nodokotela wakho noma uvakashele umtholampilo oseduze ukuze uzohlololwa amabele njalo ngonyaka.

Uma kunomlando womuntu owake waba nenkinga yomdlavuzwa webele ekhaya, yazisa udokotela noma umhlengikazi wasemtholampilo.

UKUPHILA KAHLE NESIFO SEZINSO

Sibheka izindlela zokunakekela impilo yakho nokubheka isifo sezinsu noDR Nonkala ongugoti wesifo sezinsu eMnyangweni wezeMpilo esibhedlela Inkosi Albert Luthuli.



DR ONKE NONKALA
KIDNEY SPECIALIST

1. YINI UMSEBENZI WEZINSO?

Izinso ama chemical amancane anamandla asemzimbeni enza umsebenzi ofana:

- Ukusiza ukulawula ukuhamba kwegazi
- Ukukhiqiza umchamo
- Ukukhipha ukungcobo emzimbeni

2. NGINGAKUGWEMA KANJANI UKUPHATHWA IZINSO?

- Ukuhlonza kusanekhathi
- Ukuzilolonga
- Ukuphuza amagilasi amanzi ayisishiyagalombili
- Ukunciphisa ukuphuza utshwala
- Ushukela nokuba nokungahambi ngendlela kwegazi kuyimbangela ejwayelekile, zama ukukugcina kusesimweni esikahle.

3. YIZIPHI IZIMPAWU ZESIFO SEZINSO?

Ukufeyila kwezinsu kunzima ukukuqagula ngoba kuhlasela buthule.

Nazi izimpawu ezingakhombisa ukufeyila kwezinsu;

- Ukukhathala ngokweqile
- Ukuvuvukala kobuso noma izinyawo
- Ukungalambi
- Ukungakwazi ukukhumbula noma ukunakisisa
- Ukuba nenkinga yokuqunjelwa

4. KUHLOLWA KANJANI UKUFEYILA KWEZINSO?

Odokotela benza ama test ahlukahlukene ukuhlola ukusebenza kwezinsu bese behlola ukufeyila kwezinsu. Uma udokotela wakho noma umhlengikazi ethola ukuthi unenkinga yezinsu angakucebisa ngokuthi:

- Hlola umchamo wakho

5. UBANI ONGABA SENKINGENI YOKUPHATHWA IZINSO?

- Izinso zingaphatha noma ubani, abancane nabadala. Noma ubani angaba nenkinga yezinsu.
- Musa ukulinda izimpawu, hlola umchamo wakho noma Kabili ngonyaka.

COMPILED BY:

CORPORATE COMMUNICATIONS
(KZN DEPARTMENT OF HEALTH)

TEL: 033 395 2547

or 033 395 2653

FAX: 033 342 9477

Web: www.kznhealth.gov.za