



# UGU

# NEWS

OCTOBER-DECEMBER 2020

## UGU DISTRICT WORLD AIDS DAY



**KZN SOCIAL DEVELOPMENT MEC MRS N KHOZA, UGU DISTRICT MAYOR CLLR S NGCOBO, RAY NKONYENI MUNICIPALITY MAYOR CLLR N MQWEBU, RAY NKONYENI MUNICIPALITY SPEAKER CLLR D NJOKO, INDUNA S SIKOBI FOR MAVESHE AREA AND MS ZAMA DURING CANDLE LIGHTING**

Ugu District led by the MEC Champion Mrs N Khoza hosted MEC World Aids Day on the 1st of December 2020. This day is commemorated in support of those who are affected and infected by HIV/AIDS. The event was hosted at KwaMaveshe Sport Field in

Murchison area, Ray Nkonyeni Municipality under Covid-19 precautions. All government departments and stakeholders attended the event to render the services as it took Operation Sukuma Sakhe strategy. The event was hosted at KwaMaveshe area because of the

of infections, sexual assault and also defaulter rate which is high.

Induna S Sikobi told the MEC that their area is having a problem of high rate of poverty because of unemployment especially for youth.

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# PHOTO GALLERY

## UGU DISTRICT WORLD AIDS DAY



MEC and District leadership started with planting a garden for the local Cooperative before attending WAD event



MEC and District leadership started with planting a garden for the local Cooperative before attending WAD event



MEC taking rounds with District leadership on services and stalls during WAD event. Pharmacy team was showcasing their work



Ugu Health District Managers were responsible for health promotion and emphasizing on Covid-19 precautions



MEC and Religious leaders led the candle lighting and prayer in commemorating WAD at KwaMaveshe Sport Ground



MEC and Religious leaders led the candle lighting and prayer in commemorating WAD at KwaMaveshe Sport Ground



# GOVERNMENT DEPARTMENTS JOINED FORCES IN ADDRESSING GENDER BASED VIOLENCE IN UMZUMBE



Government Department had an initiative to joined forces in addressing Gender Based Violence in Umzumbe Municipality. On the 27th of November 2020 Higher Education Training and Innovation Deputy Minister Mr Buti Manamela, Ugu District Mayor Cllr Sizwe Ngcobo and Umzumbe Municipality Mayor Cllr Londolo Zungu attended GBV Community dialogue which was led by Amakhosi following number of killings of women in Umthwalume area.

The programme started with the march from Turton CHC to Isibanini Hall where all government department were present to render different services.

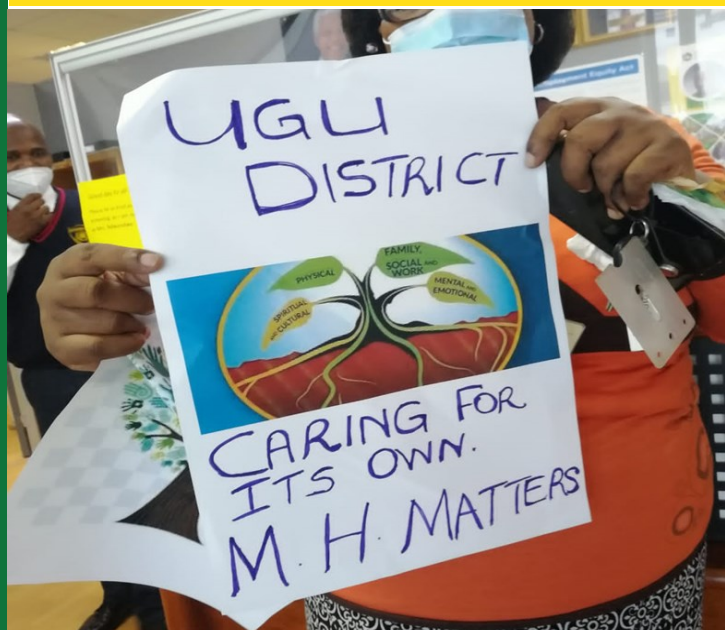
During his speech, Deputy Minister Manamela said the aim of the march was to show the perpetrators that as government leaders and traditional leadership they are aware of what is going on to the community and they want to make an awareness and also to say the GBV must come to an end. He continued to say he was also in Ugu District to make sure that efforts to mitigate the impact of Covid-19 pandemic are being rolled out.

Department of Health was there in making sure that the Covid-19 screening was done and also making sure that all precautions which include social distancing were observed.

The community and local structures were given the opportunity in engaging through community dialogue which was led by the Department of Social Development.



# “MENTAL HEALTH MATTERS” SAYS HEALTH CARE WORKERS



Ugu Health District Office and Ugu District Municipality donated food to mental health care users in October which is known to be a mental health care month

Ugu Health District facilities participated in mental health awareness during the mental health month which is October. Facilities hosted these awarenesses in different forms as others planted trees and others hosted community dialogues. The target group were community of all ages, mental health care users, parents and families of people living with mental illness. Because of Covid-19 pandemic health care workers were included as they are affected, thus having impact in their wellbeing.

Ms N Maphitshi who is responsible for Mental Health Care Programme at the District Office, in one of her talks she said mental health has “a wide range of disorders, some affects the mood, thinking, and behavior. She said some common disorders includes anxiety, depression and substance abuse.

Health education given at these awarenesses were designed to give clarify to patients and their families about mental illnesses and to make them understand that mental illness is not something to be afraid of. It assisted a lot of people especially during the state the world is currently in.

Talks also included the importance of adherence to treatment and family support in the order for successful management of mental illness. Clients were also given the chance to engage with health workers in order for them to get some clarities in most of the issues.

The awareness also sensitized the community about the implications of substance abuse in mental health.

Awarenesses were successful in all facilities.

Ugu Health District Management is extending the appreciation to staff members and Ugu District Municipality Special Programmes for donating grocery items to one family at Umthimude and three families at St Faiths. Staff showed dedication and care during these awarenesses and they will continue in taking care of mental health care users in their catchment areas.

## UGU HELTH DISTRICT CARING FOR IT OWN MENTAL HEALTH MATTERS



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**KWAZULU-NATAL PROVINCE**  
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KwaZulu-Natal Department of Health



KZN Department of Health



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# KUVAKASHE UNGQONGQOSHE WEZEMPILO KWISIFUNDA UGU NGOHLELO LUKA NQO NQO NQO SIKHULEKILE EKHAYA



Iyishumi nanye imizi eyavakashelwa uNgqongqoshe weZempilo KwaZulu Natal uNkk Nomagugu Simelane-Zulu ngenkathi ehambele isiFunda Ugu ngohlelo lukaNqo Nqo Nqo Sikhulekile Ekhaya. Umphakathi wase Ramsgate kuMasipala I Ray Nkonyeni ku Ward 2 uhlomule kuloluhlelo ngomhlaka 06 November 2020. Abasebenzi beZempilo kulesiFunda basebenza ngokuzimisela behambisana noNgqongqoshe bezama ukuxazulula izinkinga zezempilo baphinde banikezele ngosizo kuleyo mindeni eyayihlonzwe njengeludinga kakhukhulu lokuhlelo. Loluhlelo luba usizo kakhulu kulabo abangenayo imitholampilo ezindaweni zabo.

## UGU HEALTH DISTRICT WORLD AIDS DAY

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Induna S Sikobi said teenage pregnancy is also a problem and parents prefer to be paid instead of following proper channels because these teenagers are being impregnated by old men. The teenagers also do not attend to clinics until their babies being affected by HIV.

Delivering her keynote address MEC Mrs N Khoza said, as the mandate from the KwaZulu Natal Premier Mr Sihle Zikalala all the MECs were in different districts commemorating World Aids Day and all events were under Covid-19 precautions. "More than 2 million people in KZN are living with HIV. people need to take it up to themselves to live the health life and take their treatment as mandated by health workers. So many illnesses are not having treatment for suppression, eg cancer, Covid-19 and others which is a problem. That is why the community must make sure that they use the opportunity and take HIV treatment to leave a healthy life." said the MEC.

The MEC also announced that needy families will now have the opportunity to get grocery vouchers which is meant to relieve the communities during

Covid-19 time. Some families had the opportunity to receive food parcels during the event.

MEC also made the community aware that Gender Based Violence is also a pandemic especially during these days of lockdown because of Covid-19, and it must come to an end. She gave out the number to report when ever communities are experiencing problems and the number is **0871583000**.

Health education on different aspects which include GBV was also done. Department of Health was also present to render health services and also making sure that Covid-19 protocols were being followed.



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KwaZulu-Natal Department of Health



KZN Department of Health



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# UGU HEALTH DISTRICT QUARANTINE AND ISOLATION SITE

In response to an increase number of Covid-19 infections, Ugu Health District has made a quarantine and Isolation site available for the community. This facility allows patients to be quarantined or isolated for the period of 10 days.

The facility is allocated in Margate. For people to be admitted please contact Mrs Nonduduzo Ndlovu on 066 492 2377/039 688 3000.

## To be admitted for quarantine you must be:

- A person awaiting Covid-19 test results who is unable to quarantine at home
- With mild to no symptoms not requiring medical care
- Close contacts of a confirmed Covid-19 patient awaiting results

A close contact is a person you have been in contact with, without a mask for more than 15 minutes

## To be admitted for isolation you must be:

- A person with positive Covid-19 test result who is unable to isolate at home

- With mild to no symptoms not requiring medical care
- This is for stable clients, if the client becomes ill whilst in this facility the client is referred to appropriate level of care (Hospital or CHC)

**IF YOU NEED TO ISOLATE OR QUARANTINE PLEASE ASK YOUR HEALTH CARE WORKER TO CALL MRS. NDLOVU TO BOOK A BED**



**ISifunda Sezempilo sasoGu sesihlele isikhungo sokugonqa kanye nokuhlaliswa ngawedwana esivulelekele umphakathi, ngenxa yokwenyuka kwezibalo zabantu abatheleleke nge- Covid-19 (uKhuvethe) Lesi sikhungo sivumela ukuba isiguli sigonqe noma sihlaliswe ngasodwana isikhathi esiyizinsuku ezilishumi (10).**

Indawo: e-Margate

Umuntu okuxhunyanwa naye: uNkk. Nonduduzo Ndlovu 066 492 2377 /039 688 3000

## Ukuze wamukelwe kulesi sikhungo ukuba uzogonqa kumele:

- Ube ngumuntu olinde imiphumela yokuhlalelwa i-Covid-19 ongeke akwazi ukuthi angoqo ekhaya
- Ube ngumuntu onezimpawu ezingatheni noma ongenazimpawu okungakadingeki ukuba anakekelwe ngokwezempilo.
- Ube ngumuntu oke wasondelana nomuntu osekuqinisekisiwe ukuthi utheleleke nge-Covid-19, olindele imiphumela
- Umuntu oke wasondelana naye ngumuntu oke waba seduze naye ungasifakile isifonyo isikhathi esingaphezu kwemizuzu eyi-15.

## Ukuze wamukelwe kulesi sikhungo ukuba uzohlaliswa ngawedwana kumele:

- Ube ngumuntu osethole imiphumela ekhombisa ukuthi utheleleke nge-Covid-19, ongeke akwazi ukuhlala ngayedwana ekhaya.
- Ube ngumuntu onezimpawu ezingatheni noma ongenazimpawu okungadingeki ukuba anakekelwe ngokwezempilo

**Lolu sizo lwenzelwe labo bantu abasesesimweni esizinzile, uma kwenzeka kukubamba ukugula ngenkathi ukulesi sikhungo, uyobe sewedluliselwa esikhungweni sezempilo somphakathi noma esibhedlela esiseduzane nawe.**

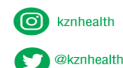
**UMA UDINGA UKUHLALISWA NGAWEDWANA NOMA UKUGONQA, UYANXUSWA UKUBA UCELE UMSEBENZI WEZEMPILO WAKHO ATHINTE UNKK NDLOVU NGOCINGO UKUZE AKUBHUKHELE UM-BHEDE.**



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# LOSING A LOVED ONE TO COVID-19

As your loved one has passed away from COVID-19, your loss will be complicated by the need to prevent coronavirus from spreading further.

## FIND WAYS TO COPE WITH YOUR LOSS

Losing a loved one affects everyone differently; there is no right or wrong way to feel. Understanding what happened to your loved one may help. Speak to the healthcare workers who cared for them or others who know about COVID-19.

Talk about your feelings to a friend, relative or counsellor.



Take good care of yourself. Get enough sleep and avoid using alcohol and other substances to relieve your grief.



## GET HELP WITH LOGISTICS:

- Register your loved one's death. You will need their identity document and death notification from the hospital. Ask an undertaker for help.
- Arrange a funeral. (When someone has died of COVID-19, cremation is recommended).

## PROTECT YOURSELF AND OTHERS FROM CORONAVIRUS.

- Regulations to prevent coronavirus from spreading may not allow you to see your loved one's body. If you are able to do so, avoid touching or kissing them. It is okay to speak to your loved one while standing next to their body.
- If you receive your loved one's belongings, wash the clothing and linen with hot water and soap. Disinfect other items (phone, spectacles, toiletries) with diluted bleach solution. After handling unwashed laundry and objects, wash your hands well.
- If you had close contact with your loved one in the past 10 days, you may have caught coronavirus. You should quarantine (separate) yourself for 10 days from last contact to prevent passing it on.



# HOLD A CORONAVIRUS SAFE FUNERAL



- People may catch coronavirus from your loved one's body and also from one another at the funeral.
- A funeral usually provides the opportunity to say goodbye to a loved one. If you are unable to prepare a funeral as you are used to, plan to hold a ritual when it is safe, to help you say goodbye.

- Hold the funeral within three days of your loved one's passing.
- Maximum 50 people (family, guests and staff) are permitted to attend.
- Consider live-streaming for those over 55 years or with chronic conditions as they are at risk of severe COVID-19.
- The funeral ceremony should last less than 30 minutes.
- Do not hold a gathering after the funeral; mourners should leave straight after the ceremony.

## PREPARE YOUR LOVED ONE'S BODY WITH CARE:

- Washing and dressing your loved one should only be done by undertakers or those trained to use personal protective equipment.
- Your loved one's body must remain at the undertaker's until the funeral.



## IF YOU HOLD A VIEWING, DO SO SAFELY:

Do not let anyone touch the body. | Keep apart from each other. Wear a mask. | Sanitise hands afterwards.

## ENSURE MOURNERS ARE CORONAVIRUS SAFE:

- Ask people not to attend if they are sick.
- Mourners must wear cloth masks at all times.
- Provide hand sanitiser or hand-washing stations.
- Keep a register of mourners. This will enable health authorities to trace them should someone develop COVID-19.

Keep 1,5 metres apart from others. Avoid handshakes, hugging or kissing.



# Let's Respect Social Distancing.

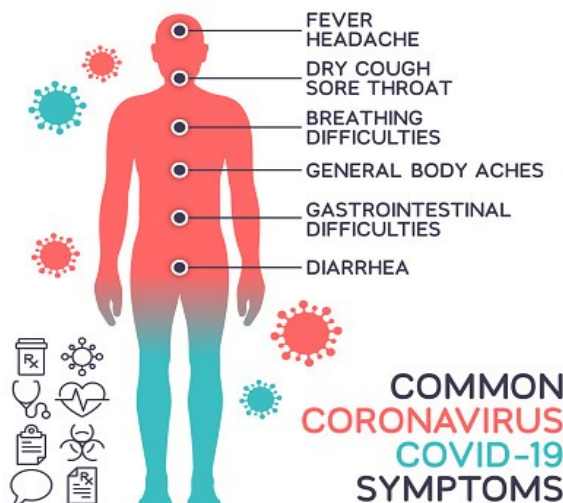


MESSAGE BROUGHT TO YOU BY THE NATIONAL INSTITUTE FOR COMMUNICABLE DISEASES (NICD)

## DON'T LISTEN TO FAKE NEWS



**Provincial Health Operations Centre:**  
**033 846 6000**  
**Operating hours : 24**



**THE POWER IS IN MY HANDS**

# IT IS IMPORTANT FOR DIABETIC CLIENTS TO ADHERE IN THEIR MEDICATION



Mrs N Ndlovu, Sr A Pillay, Mrs S Mthethwa and Port Shepstone Clinic, Clinic Committee Members

Ugu Health District hosted an awareness events to commemorate World Diabetes Day which was in 14 November 2020. One awareness was held at Port Shepstone Clinic on the 13 November 2020 and the second one at Philani Clinic on 20 November 2020. The purpose of these awarenesses was to increase diabetes awareness in communities, to promote Healthy Lifestyle in people living with chronic illnesses and to promote adherence and compliance to medication and diet in people with chronic related illnesses.

Mrs N Ndlovu, Non Communicable Diseases Manager in Ugu Health District encouraged clients to take their treatment properly and also to honour their appointments with health care facilities.

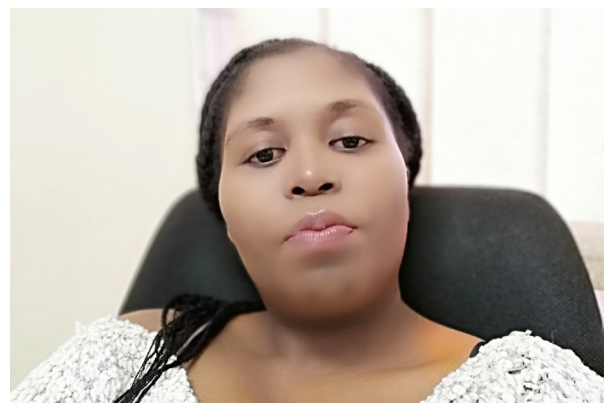
Head Office NCD Manager Mrs S Mthethwa also attended the awarenesses. Promed Technologies supported the district, making sure that every one who attended were being screened diabetic.

**'NURSES MAKES DIFFERENT'**

## ACKNOWLEDGEMENTS EDITORIAL TEAM



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