

Impilo Engcono

UMGUNGUNDLOVU DISTRICT LAUNCHES THE MEC'S "NQO NQO NQO SIKHULEKILE EKHAYA" INITIATIVE WHICH TAKES HEALTH SERVICES TO THE DOORS OF POOR COMMUNITIES

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Basic information about the new Covid-19 Virus
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FOR MORE INFORMATION ON THE COVID-19 VIRUS IN SOUTH AFRICA

- Emergency National Hotline: 0800 029 999
- WhatsApp Support Line: 0600-123456
- <https://sacoronavirus.co.za/>

UMGUNGUNDLOVU HEALTH DISTRICT TAKES SERVICES TO DESTITUTE COMMUNITIES



The District and Bruntville Community Healthcare Centre Teams ready to divide into smaller groups and visit different households during the Nqo Nqo Nqo Sikhulekile Ekhaya launch for uMgungundlovu District. The households chosen live in areas where they receive little resources.

gungundlovu Health District followed suit. The team consisting of senior management from the district visited communities in Mooi Mpfana Municipality, Ward 4 to do their launch.

The Ward was identified as one of those areas where citizens are struggling with basic needs. They do not have running household tap water, some areas do not have nearby schools, there is no electricity, there is a high disease burden, there are high unemployment levels and the community is very far from health services.

The MEC for the KwaZulu-Natal Department of Health, Ms. Nomagugu Simelane-Zulu launched an initiative called "Nqonqonqo – Sikhulekile Ekhaya" late in the year 2019. Ms. Simelane-Zulu and her team, comprised of the department's senior management, launched the initiative at the Mtubatuba area in the Northern Parts of the Kwa-Zulu Natal Province.

The MEC and her team got serious and experienced first-hand, the day-to-day work of staff members who work in communities, especially those in rural areas like the Ward-Based Primary Health Care Outreach Teams (WBPHCOT), and

Community Health Care Workers (CHWs).

This Nqo Nqo Nqo initiative emphasizes the provision of health services at household and community levels. The aim of this initiative is for all Districts to do their Nqonqonqo – Sikhulekile Ekhaya every month and report progress. It should improve health outcomes in the District and Province by focusing on preventative, promotive, curative, and rehabilitative healthcare.

Every month, Districts should choose different wards at local municipalities to visit as part of the initiative. On 28 January, the uM-

The Ward is being serviced by Bruntville CHC which is the nearest health facility, so the district was joined by the Management team and staff from Bruntville CHC. Some citizens reported that they require between R70 and R100 for transport when they need to go to the clinic. Some members said that due to poverty, they rather utilize this money on other necessities like food and clothing. Ward Based Primary Health Care Outreach Teams like Mobile Clinic services play a vital role in delivering basic Primary Health Care services to these communities.

NQO NQO NQO, SIKHULEKILE EKHAYA LAUNCHED IN UMGUNGUNDOLOVU

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Dr Faluade from Bruntville CHC doing a health check for household member during the visit

On 28 January 2020, a group of different staff categories ranging from senior management, Clinicians, Community Outreach Teams, and other staff categories who work at the uMgungundlovu Health District and Bruntville CHC launched the Nqo Nqo Nqo, Sikhulekile eKhaya initiative in Mooi Mpofana Municipality, Ward 4. The team formed four groups that visited different locations in Ward 4. Different households and families had different problems that were identified; some were unavailability of Identity Documents, unavailabil-

ity of childbirth certificates, missed scheduled immunisations for children, children who are raised by relatives due to parents passing away, mud houses that were dilapidated, unemployment, poverty and lack of education to name a few.

Basic needs like food, clothing, and water were also lacking in some areas. uMgungundlovu Health District had envisioned that some of the families struggle with access to food. District staff members willingly donated money and food to be distributed to the identified households. The recipients were very happy about such a display of generosity and kindness.

Most of the problems identified were not serviced directly by the department of health and had to be referred to appropriate government departments, using the Multi-sectoral approach model named Operation Sukuma Sakhe. The Department of Health provided services that were required like provision of nutritional supplements,

referrals to facility Nutritionists, Social Services, and referrals for Medical Assistance.

Some children had scabies and diarrhea. Education on health, cleanliness, personal hygiene, and treatment adherence was provided for all households at the time of the visit. Some adults were no longer taking their chronic medication to keep healthy. Arrangements had to be done for all of them to get back into their medication routines.

Usage of the many available pregnancy prevention methods was also part of the education provided. The teams even identified a woman who was helping with home childbirth as transport was not easily accessible for the community. Arrangements to send the woman to attend traditional midwife training were done.



This mother and her children were happy to receive food that was donated by uMgungundlovu District staff members. The food was distributed to those households who were struggling

COVID-19, A GLOBAL PANDEMIC—BASIC KNOWLEDGE

On the 5th of March 2020, the South African Minister of Health, Dr. Zweli Mkhize announced the first case of confirmed Covid -19 in the country.

A 38-year-old male with a history of traveling had tested positive for Covid-19. He had traveled to Italy with a group of friends and came back to South Africa on 1 March. Upon returning, he displayed symptoms and self-quarantined at home before approaching his doctor for a Covid-19 test. The results came back positive.

This was the first case for the country and it happened in the Kwazulu Natal Province in uMgungundlovu District, uMngeni Sub-District. Everyone who had traveled with the patient and who had been in close contact with him was immediately traced and tested for Covid-19. Those who were confirmed positive were isolated and monitored. They received treatment for presenting symptoms of the virus. Afterwards the number of people confirmed positive with Covid-19 virus increased.

Initially, it was people who had traveled to countries that were already battling the virus then later, it was local transmissions, people with no travel history tested positive.

Most South African citizens were in panic mode when they heard about the first case. It had been widely reported on Global Media that the virus was spreading fast and many people in countries that had high infection rates were dying from Covid-19.

Almost everyone has heard about the Coronavirus Covid-19 which has taken the world and our country by storm.

By the end of March 2020, a lot had changed around the World and in South Africa. This virus is new, lots of research and clinical trials are still being conducted to get more facts. New information is still being gathered, new studies reveal new information. Citizens must keep themselves updated by listening, watching, and reading media reports. Most importantly, avoid fake news and myths by ensuring your sources of information are reliable.

Below is information to refresh your minds about what this virus is.

How is it transmitted?

The spread of the disease is thought to happen mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. It

enters the body via the mouth, nose, and eyes. Surfaces can also be contaminated with the virus because they are touched by many people, some of them who may be infected.

Who can get the virus?

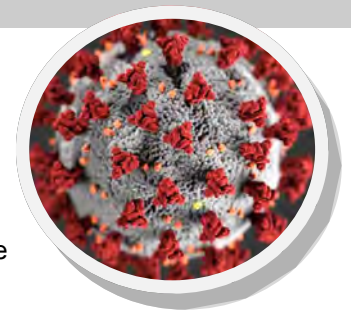
Every living person can get the virus. The age, gender, skin colour, area of residence, and economic status of an individual does not determine whether they can or cannot get the virus. Everyone can get the virus after exposure.

What are the symptoms of COVID-19?

Current symptoms that are reported for patients with COVID-19 have included mild to severe respiratory illness with cough, sore throat, shortness of breath, or fever. Reported illnesses have ranged from infected people with little to no symptoms to people being severely ill.

How is COVID-19 treated?

There is currently no specific antiviral treatment available for COVID-19. There is also no immunization to prevent infection. Treatment is supportive, meaning symptoms of the infection are treated like (providing oxygen for patients with shortness of breath or treating a fever, for example). Antibiotics do not treat viral infections.



WHAT ARE THE RECOMMENDED PREVENTION METHODS FOR COVID-19

Someone once said, "Prevention is better than cure". Citizens must apply the same to deal with the Covid-19 virus.

A lot of lifestyle changes and adjustments must happen to fight the virus. Citizens must re-apply the hygiene methods that have guided humans throughout their lives. Until the virus is completely contained, there are habits that humans should get rid of. In fact, it could be safer to abandon some of these habits forever. Some habits are done without even realizing it.

Humans everywhere are now informed to avoid habits like holding on to or touching surfaces in public places like escalator banisters, avoid hugging, kissing of friends and relatives, shaking hands, being in crowded areas and more

The World Health Organization (WHO) recommends the following measures to provide protection against Coronaviruses and many other viruses that are more common.

1. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. WHO recom-



mends that the hand sanitizer should have 70% or more alcohol in it. This habit will kill the virus from your hands before you transfer it to yourself and others.

2. Avoid touching your eyes, nose, and mouth with unwashed hands. Hands are used to touch many surfaces and objects, hands are often dirty. The virus can be transmitted via your hands by touching your eyes, nose, and mouth.

3. Cover your cough or sneeze with a flexed elbow or a tissue, then safely throw the tissue in the bin.



4. Avoid close contact with people who are sick.

5. Limit gatherings. The virus can easily spread from one person to another. Social gatherings and events have been proven to make the virus spread easily. If you find yourself in an unavoidable situation where there are a lot of people, apply social distancing. Leave a space of 1.5metre between yourself and the person next to you.

6. Stay at home when you are sick. Try and keep a distance from others at home. Seek medical help if you think you may have the Covid-19 virus. Call the free South African Hotline number for more advice 0800 029 999



7. Do not shake hands or hug people. Rather touch elbows as a greeting method. Avoid giving and getting hugs.

8. Clean and disinfect frequently touched objects and surfaces with household cleaning products and disinfectants.



Keep yourself well informed about what is happening in South Africa and the world. Know what new and continuous research finds regarding the Covid-19 virus. For more information, contact the following:

- The World Health Organization's website on who.int
- Call the National Emergency Hotline: 0800 029 999
- Send a message to the National WhatsApp Support Line: 0600-123456



uMgungundlovu District

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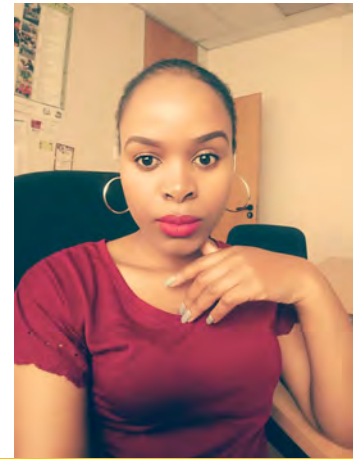
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REMEMBER THESE IMPORTANT UPCOMING HEALTH AWARENESS DAYS AND DO YOUR PART.

WORLD TB DAY: World TB Day is commemorated annually on the 24th of March. The commemoration is designed to build public awareness that tuberculosis (TB) remains an epidemic in much of the world, causing the deaths of several million people each year, mostly in third world countries. TB is still a major problem in South Africa, but it can be cured, provided you get treatment.

WORLD SALT AWARENESS WEEK: World Salt Awareness Week is marked on 11 - 17 March. The public is made aware that excessive salt intake can damage their health and it is linked to serious health conditions such as stroke, heart failure, and more. Take salt sparingly for a better and healthy life.

WORLD HAND HYGIENE DAY: The 5th of May is World Hand Hygiene day. The importance of celebrating this day during the year 2020 when the whole world is fighting an infectious virus that is somehow preventable by regular washing of hands cannot be further emphasised. The whole public is made to recognise that handwashing is one of the most effective actions you can take to reduce the spread of infections, including the COVID-19 virus. Inspire behavior change by teaching your kids, family, and colleagues the importance of washing hands.

WORLD NURSES DAY: On the 12th of May, every year during the anniversary of Florence Nightingale's birth global nations celebrate World Nurses Day. Nurses are Health Heroes, especially this year when everyone in all parts and corners of the world is facing the Covid-19 outbreak.

Nurses are nursing citizens with dedication and patience. Even if they may be scared, they will not show it



to their patients because they know that all citizens rely on them. Respect them, support them, and show them that you care. May God Bless and protect all the nurses!!