



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

**UMKHANYAKUDE**  
HEALTH DISTRICT OFFICE

**SIKHANYAKUDE**

**NEWS**

STAY INFORMED

APRIL-JUNE 2024

# SAVE LIVES, WASH YOUR HANDS



Acting District Director Mr BP Fakude and District IPC Manager Ms ZP Mpontshane preceded staff in signing of a pledge which was a commitment to adhering on safety and hand hygiene standards to curb the spread of germs; thereafter, each staff member signed their own pledge.

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KwaZulu-Natal Department of Health



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KZN Department of Health



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# Hand Hygiene Day Observed

In a concerted effort to strengthen health promotion and raise awareness among staff members, Umkhanyakude Health District observed the internationally recognised World Hand Hygiene Day on Monday 6<sup>th</sup> May 2024 in Jozini, district office auditorium.

World Hand Hygiene Day is observed annually on 5 May to improve hand hygiene standards at home and at the workplace thereby protecting health care workers and communities from infections and curbing the spread of harmful germs.

The 2024 theme is “Promoting knowledge and capacity building of health and care workers through innovative and impactful training and education, on infection prevention and control, including hand hygiene”.

Hand hygiene has proven effective as a preventive measure during the COVID-19 pandemic.

District Planner, Mr VA Zikhali who is a seasoned infection prevention and control enthusiast spoke at length about the importance of maintaining clean hands due to social contact activities such as handshakes and touching which unintentionally spread germs from person to person.

Acting District Director Mr BP Fakude led a hand hygiene pledge where all staff members committed themselves to infection prevention and control practices to ensure safety for themselves, loved ones, patients and

community as a whole. IPC Manager, Ms ZP Mpontshane conducted a simulation of the actual steps of hand washing that must be adhered in order ensure clean hands to save lives.

The awareness campaign was proudly sponsored by Old Mutual, one of Umkhanyakude health district’s esteemed stakeholders.



Hand washing demonstration by staff



# MEN

TAKING CHARGE  
OF THEIR...

# WELL- BEING

Physical wellbeing and seek health services

Emotional well-being & intelligence

Mental health

## IN COMMEMORATION OF THE 2024 MEN'S MONTH...

the Departmental men are encouraged to prioritize their well-being through having access to the information, services and treatment they need to live healthier, longer and more fulfilling lives.

Men are encouraged to seek regular medical advice and early treatment for disease and injury, while ensuring their mental health is also stable.

### All 18525

Departmental male employees are further **encouraged** to take part in the Departmental Men in the Workplace Forum that was formed to advance gender issues pertaining to men.

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# Isibhedlela kubantu eManyiseni



**M**anyiseni community benefitted from Isibhedlela Kubantu community outreach programme, which was held at Mzawu Sport Ground (Ward 15), in Jozini, Umkhanyakude District. The health services that were on offer ranged from basic screening and testing for diabetes, TB, HIV and hypertension; to family planning, medical male circumcision, eye inspection and many others. A community-

Mayor of Umkhanyakude District Municipality Cllr Siphile Mdaka gave a keynote address

Inkosi Lulekwa Matheranjwa

based approach to primary healthcare has been one of the key priorities of the Sixth Administration, and this is poised to continue and be further accelerated well into the future.



Acting District Director Mr BP Fakude

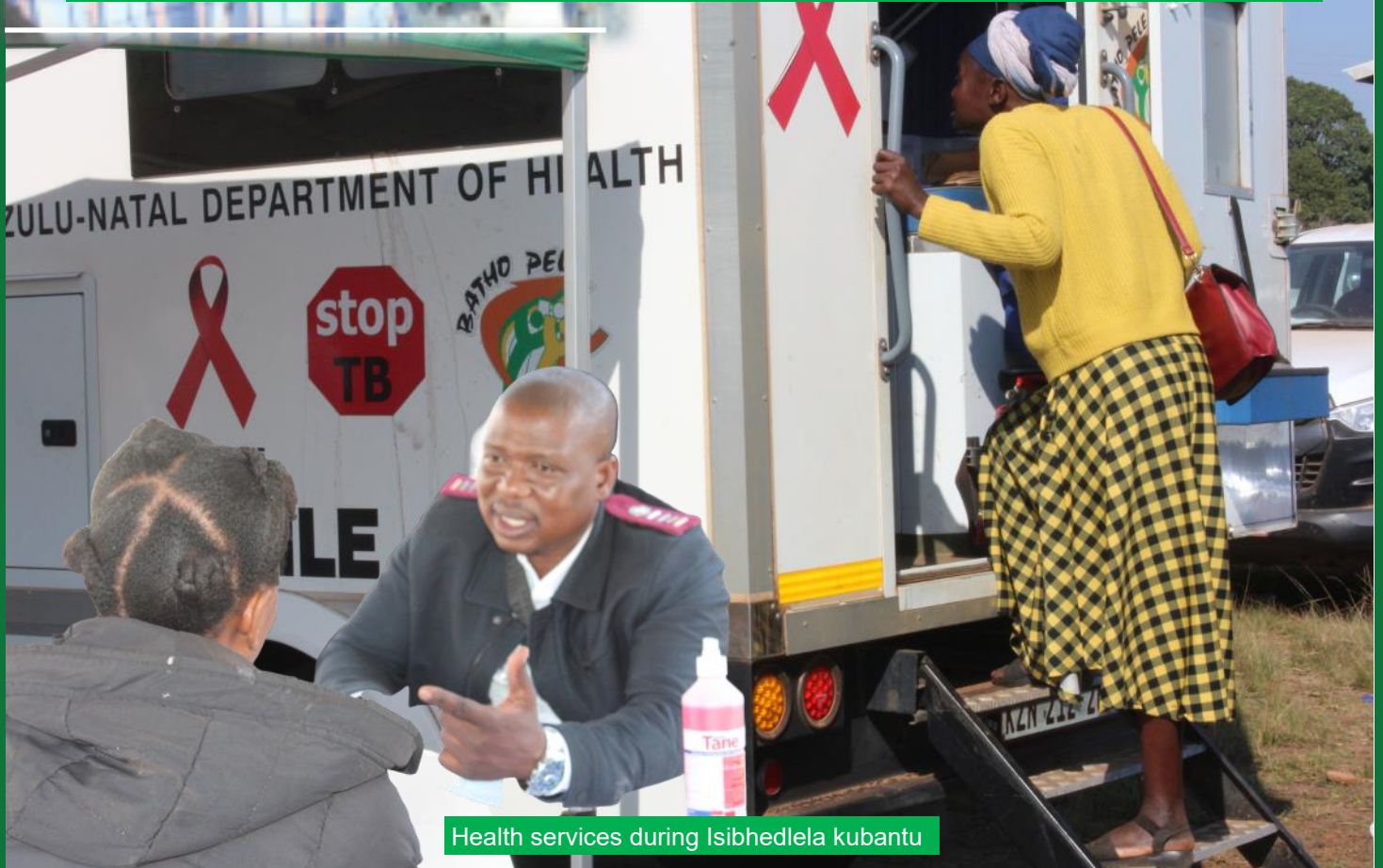
## Health services during Isibhedlela kubantu



# Isibhedlela kubantu eManyiseni



Some of Umkhanyakude hospitals CEOs and members of district management team



Health services during Isibhedlela kubantu



# MONKEYPOX

WHAT YOU NEED TO KNOW



## WHAT YOU NEED TO KNOW ABOUT MPOX

- As there are a lot of rash associated diseases such as chicken pox and herpes, it may be difficult to distinguish, so if you have rash, go to your nearest health facility and have them check it out for accurate diagnosis and discuss your treatment options.
- If you test positive for Mpx, you are required to isolate yourself to minimise the risk of infecting others. Protect others by staying in your separate room.
- Condoms do not protect from Mpx as it spreads through skin to skin contact but they protect against STI's.
- Mpx is rarely fatal. Some people may need to be hospitalised to manage pain or prevent serious complications. If your symptoms get worse, go to your nearest health care facility.

**CARE FOR THOSE WITH MPOX CAN EASE THEIR SUFFERING.  
LET'S SPREAD LOVE, NOT STIGMA.**



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# Amadoda adingida izindaba eziqondene nawo ngqo



Amadoda athamele izikhulumi ezahluahlukene

**P**hela amadoda kuyadingeka ukuba ake ahlangani nje adingide izindaba eziwathintayo. Ikakhulukazi ngoba phela eMkhanyakude Health District kunekomidi lamadoda okuyilona elisekhaleni ukuqinisekisa ukuthi konke okuqondene namadoda kuyenzeka.

Mhla lulunye ku Ntulikazi amadoda aye abungaza inyanga yamadoda ngokuthi ahlangani aqwashiswe ngezihloko ezimbalwa okubalwa kuzo: ezezimali, ukwalulekwa ngokwezengqondo, ezempilo, kanye nokunye nje okuningi esingeki sikusho ngoba okwamadoda wodwa.

Ithimba lokuqhakambisa ezempilo (Health Promotion) kanye nekomidi lamadoda eliholwa uMnu. Msweli yibona phela abahlanganise lokhu nalokhuya ukuze lolusuku lwamadoda lube yimpumelelo.

Wonke amadoda akade ehambele lokhuya kuhlangani aphume

angasafani kunakuqala. Abesifazane kade bangekho phela nabo uma benokwabo ukuhlangani bayaye bangawafuni amadoda ukuba athamele funa ezwe izindaba zabo.



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## EDITORIAL TEAM



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ACTING DISTRICT DIRECTOR  
EDITOR

## MPOX MYTH VS FACT

### MYTH

Home remedies can treat the mpox rash.

Consult your healthcare provider if you see any new rashes or sores or feel unwell

MYTH

FACT

### FACT

Mpox cannot be treated with over-the-counter medications. Visit your health facility for clinical diagnosis and treatment

Mpox is preventable and treatable

