

WHO DECLARED COVID-19 A PANDEMIC

COVID-19 is a developing story that is leading the public discourse on the multi-media platforms across the globe. The latest development is that the World Health Organisation (WHO) has now declared it a pandemic and urged aggressive action from all countries to fight it.



OTHER HIGHLIGHTS ON DEVELOPMENTS THIS WEEK

SA Government to Convene A Special Cabinet Meeting

The South African Government has announced that it will convene a special cabinet meeting on Sunday (15 March) to discuss the coronavirus pandemic and thereafter brief leaders of opposition parties. The country currently has 24 cases.

Repatriated South Africans from Wuhan to be Quarantined in Limpopo

Health minister Dr Zweli Mkhize has confirmed that the Ranch Resort in Polokwane will be used as the coronavirus quarantine site for 122 South African repatriates from China, Wuhan. The site will be guarded by the South

African National Defence Force (SANDF) which is also responsible for bringing back the repatriates.

World Football Summit Postponed

The World Football Summit, which was scheduled to take place 17 to 18 March 2020, has been postponed. Consultations will take place with the WFS team and KZN Arts, Sport and Recreation MEC Hlengiwe Mavimbela to reschedule the much anticipated event.

British Health Minister Tests Positive for COVID-19

Health Minister Nadine Dorries has been diagnosed with coronavirus and has been self-isolating at home.

Britain Reports 83 Positive Cases in One Day

Britain's coronavirus count increased to 456 after 83 more people tested positive on Wednesday alone.

US President Instils Travel Ban; NBA Suspends Season

On Wednesday President Trump instilled a travel ban on travel from most of European countries to the United States for 30 days, commencing on 13 March. Additionally the country's National Basketball Association also suspended its entire season after a player tested positive for coronavirus.

Italy Shutdown; Quarantines 16m

Italy has managed to quarantine a whopping 16 million people thusfar. Prime

Minister Giuseppe Conte also announced the closure of schools, gyms, museums, nightclubs and other venues across the whole country until 03 April.

IMPORTANT NUMBERS

The provincial hotline is

033 395 3367

The national hotline for community members is

0800 029 999



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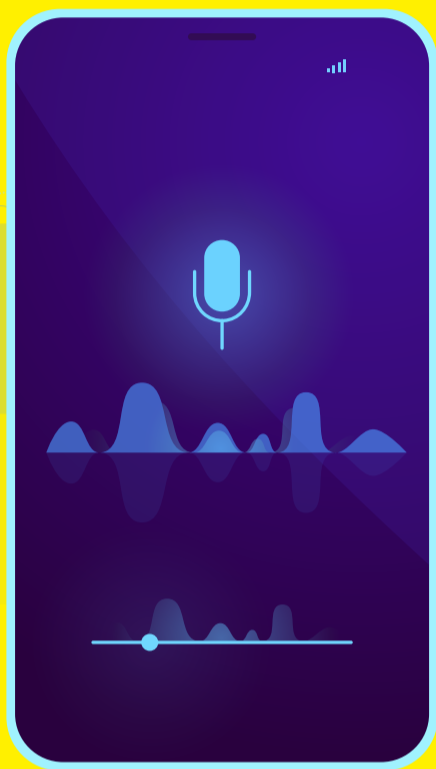


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LABORATORY EMPLOYEE DISCIPLINED FOR ERRONEOUS VOICE NOTE



KwaZulu-Natal Health MEC Ms Nomagugu Simelane-Zulu came out strongly against the creation and distribution of voice note containing false and misleading information about the Novel Coronavirus.

The recording, featuring the voice of a woman, has been widely shared on WhatsApp and other social media platforms. It alludes to a false scenario of "panic" due to the "presence of a number of patients with the Novel Coronavirus at Prince Mshiyeni Memorial Hospital (PMMH – something that has been vehemently denied by hospital management.

The recorded voice has since been traced to an employee of the National Health Laboratory Service (NHLS), who is now facing disciplinary action by both management of PMMH and the state-owned laboratory service.

MEC Simelane-Zulu says she will welcome stringent action against any

individual who is reckless enough to spread false information. "We are always deeply concerned when people resort to creating and spreading false propaganda, which causes a lot of unnecessary fear and anxiety in our communities. This is a particularly sensitive time, and Government is doing a lot of good work to contain the Novel Coronavirus from spreading.

This is a time for cool heads, when we should be expending our efforts and resources on creating awareness about the virus, how it should be prevented, and what people should do if they believe they may be exhibiting its symptoms.

It is for a very good reason

that Government has adopted a stance that only the Health Minister, Dr Zweli Mkhize, is authorised to confirm any cases of Coronavirus, after laboratory tests have been conducted, and the results received.

It is absolutely vital that Government speaks with one voice on this matter, so that all information that goes out to the public is truthful, accurate and credible. We're therefore calling on all of society to exercise restraint and act responsibly.

"While the production and dissemination of fake news is a global problem, it is unbecoming of state employees to involve themselves in such malicious conduct. They really should know better.

"This case should therefore serve as a warning that we will not tolerate anything that serves to undermine all the good work that is being done by Government in responding to this emergency.

We await a report from the hospital with keen interest, and hope that the action that will be taken will serve as a deterrent to others who may be considering doing something similar.



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PROVINCE OF KWAZULU-NATAL



MEC FOR HEALTH
MS NOMAGUGU SIMELANE-ZULU

Siyayinqoba

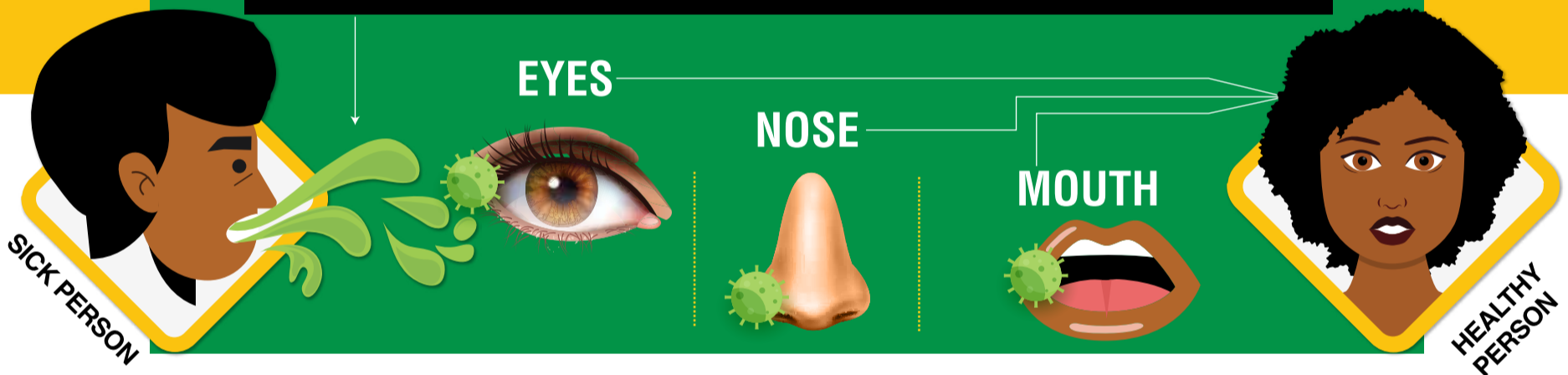
CORONA VIRUS

COVID-19

THERE'S ONLY ONE THING YOU NEED TO UNDERSTAND ABOUT HOW IT SPREADS

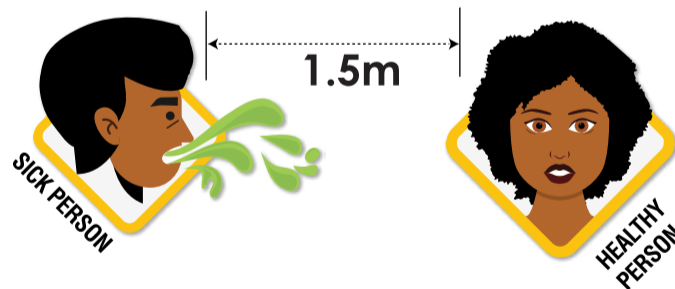
Coronaviruses are a large family of viruses which may cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

THE VIRUS SPREADS WHEN SALIVA DROPLETS GET INTO YOUR:



So if you see someone who is visibly coughing /sneezing/sick, you can choose to:

1. Keep your distance at 1.5 meters.



(1.5m will keep you safe from large droplets)

2. Avoid crowds



(People who are infected can show no symptoms, but are still infectious)

SOMETIMES A SICK PERSON'S SALIVA CAN GET ON OTHER THINGS...



HANDS



DOORS



DEVICES



MOUSE



CUPS



PENS



HANDRAILS



UTENSILS

AND IF YOU TOUCH ANY OF THESE THINGS BY ACCIDENT, AND THEN TOUCH YOUR FACE, RUB YOUR EYES OR YOUR LOVED ONES FACE, YOU MIGHT ALL FALL SICK.

GROWING KWAZULU-NATAL TOGETHER

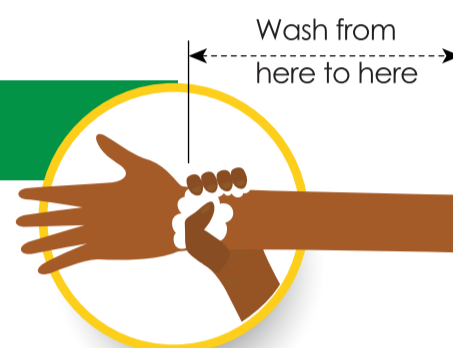


4 PRECAUTIONS TO FOLLOW TO AVOID BEING INFECTED



1 WASH YOUR HANDS

Wash your hands with soap thoroughly. Wash the back of your hands, between the fingers and under the nails. Always wash your hands with soap before you eat and after being out in public.



2 GOOD PERSONAL HYGIENE

Cover your mouth with a tissue paper when coughing or sneezing. Avoid touching your face with dirty hands at all times. If you have to, be sure to wash your hands with soap thoroughly first.



3 DO NOT SHARE FOOD AND UTENSILS

Bacteria can be transmitted onto knives, forks, spoons and straws. Only use clean utensils and do not share drinks. Always clean your hands before eating.



4 SEE A DOCTOR IF YOU ARE UNWELL

Typical symptoms include cough, runny nose, fever and shortness of breath. If you are experiencing any of these symptoms, seek medical attention promptly. Call the clinic or doctor ahead of your visit and inform them of your symptoms and travel history.

24HR NICD HOTLINE 0800 029 999

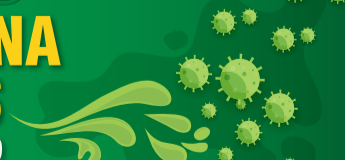
REMAIN VIGILANT AND ADOPT GOOD PERSONAL HYGIENE PRACTICES

The situation is evolving check update on www.health.gov.za and www.nicd.ac.za

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CORONA VIRUS

COVID-19



EMS GRADUATION A BOOST FOR KZN'S CAPACITY TO HELP PATIENTS IN EMERGENCY PRE-HOSPITAL SITUATIONS



KZN Health MEC Ms Nomagugu Simelane-Zulu has congratulated the 74 EMS officers who graduated from the KZN College of Emergency Care, at a joyous ceremony held at the Dundee Civic Hall recently.

The EMS officers have successfully completed a four month skills-based course, which has up-skilled them from Basic Life Support (BLS) to Intermediate Life Support (ILS). Their new qualification enables them to resuscitate patients with cardiac arrest and perform uncomplicated breech delivery, among other competencies.

"we congratulate you. Your graduation is, indeed, a quantifiable improvement in service delivery and quality of care. It means that from today onwards, the people of

KwaZulu-Natal now have an enhanced level of pre-hospital patient management."

MEC Simelane-Zulu said the paramedics were now skilled and competent in providing intermediate medical interventions, such as:

- Nebulisation of patients, with specified medication
- Administration of scheduled drugs
- Administering drips for dehydrated patients, both adults and paediatrics
- Administration of oxygen with specified devices
- Resuscitation of patients in cardiac arrest and none cardiac arrest situations

- Defibrillation in certain cardiac arrest situations
- Management of patients with a decompression of the chest; and
- Conducting uncomplicated breech delivery and normal delivery during labour.

The province's Emergency Medical Service is one of the largest in the country, with 2 503 dedicated paramedics in its employ.

The MEC said the graduation took place at a very important time, when changes are being implemented to take Emergency Medical Services to the next level.

Government, through the Health Professions Council of South Africa, is phasing out all short courses that were offered by Public Colleges. This is being done in order to align the qualification with South African Qualifications Authority (SAQA); professionalise EMS education and training; and improve standards.

In order to continue training paramedics, the KZN College of Emergency Care requires accreditation as a Higher Education Institution (HEI) by the Council on Higher Education (CHE) as well as Health Professions Council of South Africa.



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KIDNEY HEALTH FOR EVERYONE



The plight of kidney disease formed part of the health agenda this week with the commemoration of World Kidney Day on the 12th of March 2020.

The day was used to drive a global awareness campaign about how we need to strive for kidney health for everyone.

This year's Theme says "**Kidney Health for Everyone Everywhere- From Prevention to Detection and Equitable Access to Care**"

This is an important call to make the general public aware of the kidney disease which affects millions of people worldwide, including children who get exposed to the risk of kidney disease at an

early age. This year's theme is calling for increased efforts on the implementation of preventative interventions to delay the onset and progression of kidney disease.

Preventative primary interventions include:

- Promoting of healthy life styles including physical activity and healthy diets,
- Screening for patients at higher risk of chronic Kidney disease

Testing for kidney disease entails:

- Measuring the level of serum creatinine in the blood; and
- Measuring the level of protein in the urine (increased levels of protein show that

kidneys are not working right).

People who are at risk for kidney disease include those who have:

- Diabetes;
- High blood pressure;
- Heart disease;
- A family history of kidney disease; and
- Those who smoke and drink alcohol.

According to a joint initiative between the International Society of Nephrology and the International Federation of Kidney Foundations (IFKF), there are eight golden rules that we need to follow, in order to keep our kidneys healthy.

These are:

- **Keep fit and active.** This reduces your blood pressure and therefore reduces the risk of Chronic Kidney Disease;
- **Keep regular control of your blood sugar level.** About half of people who have diabetes develop kidney damage, so it is important for people with diabetes to have regular tests to check their kidney functions;
- **Monitor your blood pressure.** Although many people may be aware that high blood pressure can lead to a stroke or heart attack, few know that it is also the most common cause of kidney damage;



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- **Eat healthy and keep your weight in check.** This can help prevent diabetes, heart disease and other conditions associated with Chronic Kidney Disease;
- **Reduce your salt intake.** The recommended sodium intake is 5-6 grams of salt per day (around a teaspoon). In order to reduce your salt intake, try and limit the amount of processed and restaurant food and do not add salt to food;
- **Maintain a healthy fluid intake.** Although clinical studies have not reached an agreement on the ideal quantity of water and other fluids we should consume daily to maintain good health, traditional wisdom has long suggested drinking 1.5 to 2 litres (3 to 4 pints) of water per day;
- **Do not smoke.** Smoking slows the flow of blood to the kidneys. When less blood reaches the kidneys, it impairs their ability to function properly. Smoking also increases the risk of kidney cancer by about 50 percent.
- **Do not take over-the-counter pills on a regular basis.** Common drugs such non-steroidal anti-inflammatory drugs are known to cause kidney damage and disease if taken regularly.

If you have kidney disease or decreased kidney function, taking just a few doses can do harm to your kidneys. If in doubt, check with your doctor or hospital.



MARCH IS TB AWARENESS MONTH

TB CAN BE CURED. GET TESTED. COMPLETE TREATMENT. PREVENT NEW INFECTIONS.



TOGETHER WE CAN STOP THE SPREAD OF TB

TB SIGNS AND SYMPTOMS:



A cough for longer than 2 weeks



Night sweats



Loss of appetite and weight



Coughing up blood

If you have one or more of these symptoms, you might have TB.



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MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

WHO SAID WHAT THIS WEEK



"We are bringing back healthy South Africans #Coronavirusupdate" **President Cyril Ramaphosa**

"Medical examination of employees of the RANCH HOTEL by doctors and nurses is currently underway. Repatriated South Africans from Wuhan will be quarantined at the The Ranch Hotel. With MEC @HealthLimpopo @PhophiRamathuba overseeing the process #Covid_19" **Dr Zweli Mkhize, Minister of Health**

"Should you feel sick after traveling from countries with Coronavirus seek medical assistance urgently. Call the Hotline on 0800 029 999 #CoronavirusUpdate #COVID19 #coronavirus" **National Department of Health**

"#CoronavirusUpdate: 8 new confirmed cases, bringing the total to 24. #CoronavirusSA" **SAGovNews**

"During the #COVID19 outbreak, it's an opportunity for a spotlight on the role of women at home that often goes unrecognized, unappreciated & not reimbursed, and also women in the work settings who are at the frontlines. It's women who are carrying this burden." **doctorsoumya, World Health Organisation**



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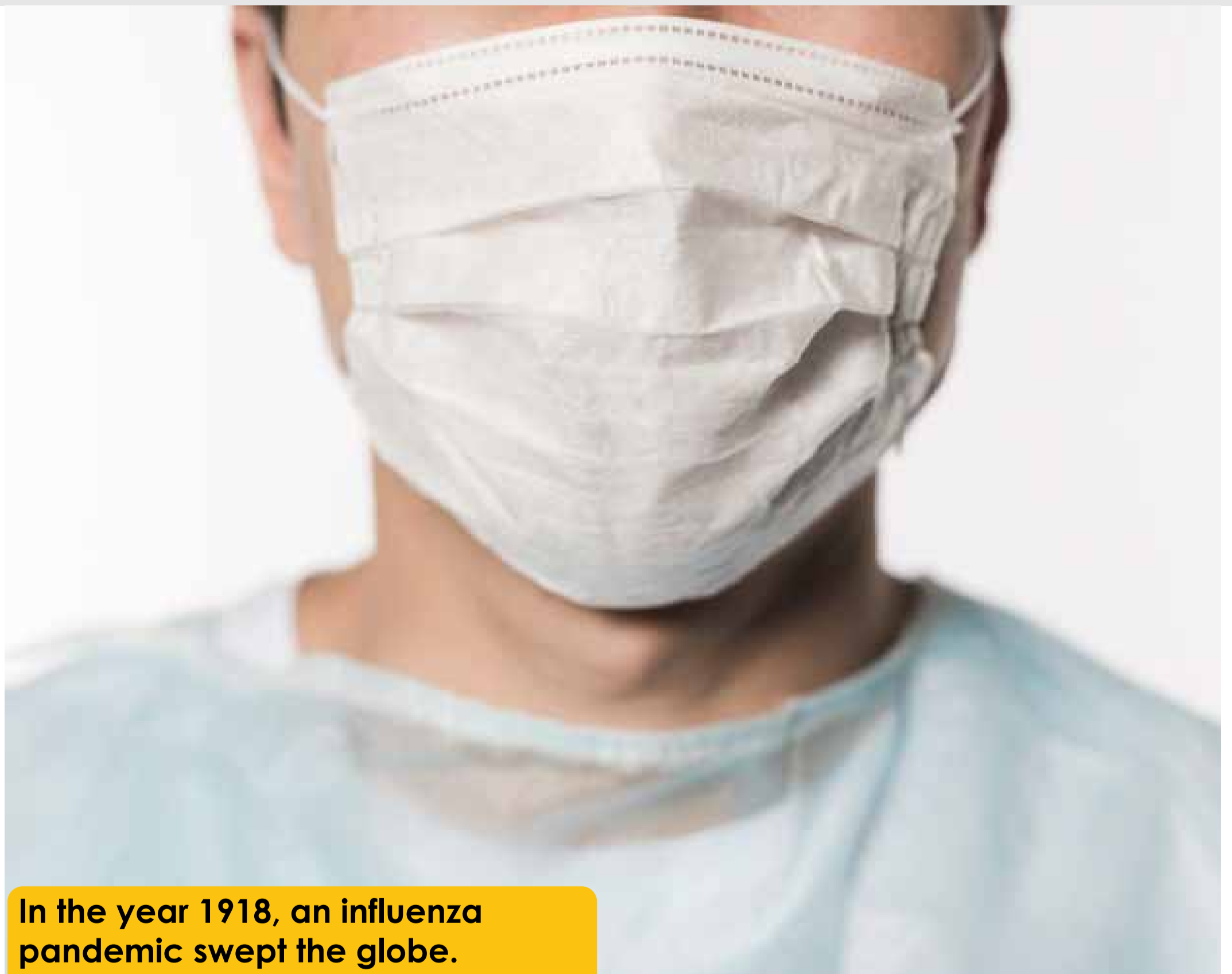
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INVENTIONS THAT SHAPED THE WORLD:

EPIDEMIC MASKS



In the year 1918, an influenza pandemic swept the globe. Vaccines and many other advancements of modern medicine weren't available at the time so the flu claimed the lives of millions.

In response to curbing the influenza, Johnson & Johnson introduced the Epidemic Mask made from sterile gauze. Johnson & Johnson is a multinational company founded in the year 1886. The company develops medical devices,

pharmaceutical and consumer packaged goods. The mask was a simple public health product that helped to effectively block germs and prevent the flu's spread.



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KZN HEALTH IN PICTURES

EMS GRADUATION @ UMZINYATHI DISTRICT



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Department:
Health
PROVINCE OF KWAZULU-NATAL

COMPILED BY:

CORPORATE COMMUNICATIONS
(KWAZULU-NATAL DEPARTMENT OF HEALTH)

TEL: 033 395 2547 OR 033 395 2653 | FAX: 033 342 9477

**SEND STORIES YOU WOULD LIKE TO FEATURE
ON THE KZN HEALTH CHAT BULLETIN TO:**

healthchatbulletin@kznhealth.gov.za

