



WE STILL NEED TO ACT RESPONSIBLY, AND FOLLOW THE COVID-19 SAFETY PRECAUTIONS UNDER LOCKDOWN LEVEL 1:



One of the important things that we ought to remember as the country enters into level 1 of the lockdown from Monday (21 September 2020) is that the COVID-19 pandemic is not over.

We must not even slightly forget that because if we let our guard down, stop following correct procedures, we'll be at a high risk of getting a second wave.

In fact right at the beginning of this week, there were pockets of a new surge of infections in King Cetshwayo District where 60 school children were infected with the COVID-19 virus and 12 children at Pietermaritzburg Children's home.

This clearly shows that we must continue to follow all the safety guidelines at all times; wear our masks, wash our hands with water and soap or use sanitizers.

Even though there is a gradual decline in the rate of COVID-19 infections and deaths almost everywhere, KwaZulu-Natal continues to be the second province with a high rate of infections in the country. This is not the time to celebrate and behave normal like the time when there was no risk of infections.

When President Ramaphosa made an announcement about changes in lockdown restrictions, he also spoke about technological services which alert people about the disease and how to prevent it. The president was talking about the COVID-19 Alert South Africa Mobile App and the COVID Connect which operates via WhatsApp. They both can be accessed through smart phones, and they can alert you if you are closer to an infected person. This is however not meant to encourage discrimination against people with the disease, but assist society to remain safe. The mobile app services are available on Google Play Store.

Let's work together to reduce the risk of people becoming infected with the virus.

It is in our hands and it is possible.

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RESTRICTIONS ON PUBLIC GATHERINGS UNDER LEVEL 1

Restrictions on the following public engagements are as follows:

FUNERALS

- Human remains can only be viewed in a hospital or private mortuary
- The COVID-19 mortal remains must not be kept more than 7 days at the mortuary
- Only close family members should attend a funeral or burial service
- Any person or family member who is ill should not attend a burial service
- Mourners must wear a mask and observe social distancing during and after burial
- Those who are tasked with placing the body in the grave must wear gloves and wash hands with soap and water.
- The burial service must be as short as possible and may not exceed two hours in order to minimise possible exposure.
- A maximum of 100 people only should attend funeral services. Members of the public are requested to abide by this new norm and afford grieving families a farewell to their loved ones without contravening the abovementioned restrictions.

CHURCH SERVICES

Church gatherings are permitted but now limited to 250 congregants indoors, and 500 outdoors per service. Masks are always an essential item of our Sunday outfits when we show up for church services.

EVENTS

- Not more than 250 people are now allowed to attend an indoor event and not more than 500 if an event is conducted outdoors. All people who attend events are requested to follow all safety guidelines and hygiene, and practice proper social distancing.
- Existing restrictions on sporting events remain in place.

We plead with our people to avoid drinking alcohol, or to drink responsibly. Alcohol can have a negative influence on one's consciousness, and lead to misbehaving that turns to regrets. It leads to harmful conflicts and is a cause for many road accidents. If a person drinks and drives a vehicle when it is not easy to be controlled.

We congratulate and praise all those who have been consistently following the safety guidelines in place. We are thankful for them for doing all they can to protect themselves, and again protect their neighbors and all KwaZulu-Natal citizens.

And again we plead with all those that are not following these restrictions to change the way they conduct themselves to protect our community.

LEISURE AND TRAVELLING






- Travel may be restricted to and from certain countries that have high infection rates. A list of countries will be published based on the latest scientific data.
- Travellers will only be able to use one of the land border posts that have remained operational during the lockdown or one of the three main airports: King Shaka, OR Tambo and Cape Town International Airport.
- On arrival, travellers will need to present a negative COVID-19 test result not older than 72 hours from time of departure.
- Where a traveller has not done a COVID-19 test prior to departure, they will be required to remain in mandatory quarantine at their own cost.
- All travellers will be screened on arrival and those presenting with symptoms will be required to remain in quarantine until a repeat COVID-19 test is conducted.
- All travellers will be asked to install the COVID Alert South Africa mobile app.

ALCOHOL

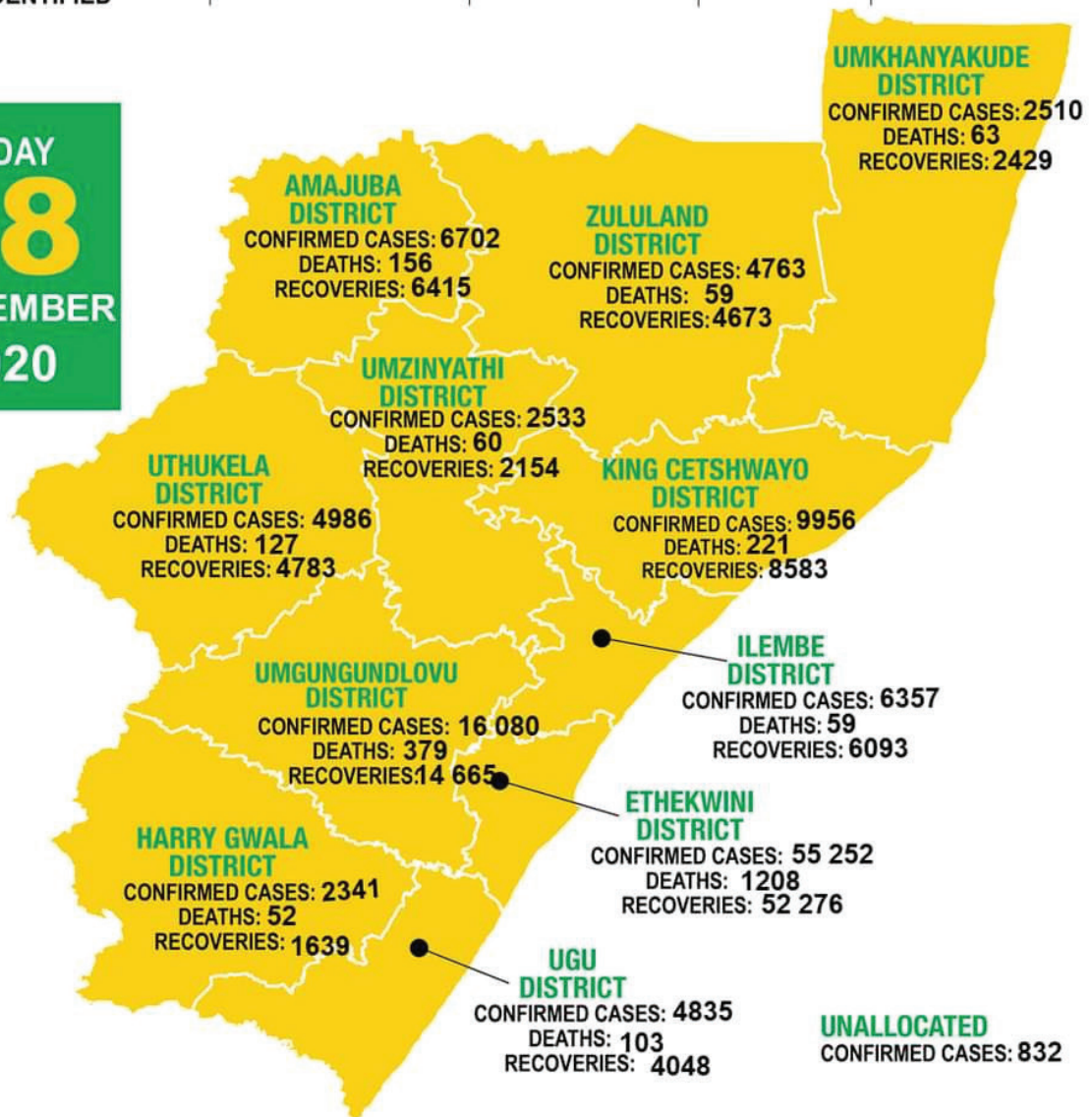
- The hours of curfew have been changed. The curfew will now apply between midnight and 4am.
- The sale of alcohol at retail outlets for home consumption is now permitted from Monday to Friday, from 09h00 to 17h00.
- Alcohol will be permitted for on-site consumption in licensed establishments only and with strict adherence to the curfew.

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COVID-19 STATISTICS IN KZN

				
117 147	6892	107777	2478	236
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY
18
SEPTEMBER
2020



Learn more to Be READY for #COVID19:
www.sacoronavirus.co.za

NICD Hotline: 0800 029 999
WhatsApp 'Hi' to 0600 123 456



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ORAL HYGIENE IS IMPORTANT, GET IT RIGHT

Having bad breath can be embarrassing and unpleasant, more so now with our new normal of having to wear face masks all the time; one is left with having to take a whiff of their breath constantly. While it may have gone unnoticed in the past, it will be something hard to ignore now.

September is National Oral Health Month and it aims to raise awareness on keeping a good oral hygiene routine to avoid things such as bad breath, cavities and other gum diseases. According to the World Health Organization (WHO) most oral conditions and diseases share modifiable risk factors, these include smoking, drinking alcohol and an unhealthy diet that is high in sugar. These are also common to the four leading non-communicable diseases such as cardiovascular disease, cancer, chronic respiratory disease and diabetes.

Having a healthy mouth is crucial for our general well-being and for us to be able to enjoy the simple things we do with our mouths, like talking, eating and smiling. Here are some tips on how you could improve your oral hygiene:

- Brushing & flossing – make sure you brush your teeth twice a day for at least 2 minutes.

Brushing your teeth twice a day and flossing once a day ensures that the food debris and plaque on your teeth that you acquired throughout the day is removed. Using toothpaste with fluoride helps fight against tooth decay by strengthening the outer layer of the teeth that is called the enamel. Fluoride promotes the strengthening of the enamel by helping it to withstand the acid formed by germs and sugar in the mouth.

- Limiting sugary & acidic foods – sugars and acids can cause tooth erosion, that is when the acid attacks the tooth enamel causing the teeth to break. Swapping sugary and acidic drinks for water is the better option for both your health and your teeth, as it decreases your chances of getting cavities or any

sugar-related diseases such as diabetes.

- Limiting alcohol consumption and tobacco products – according to the WHO, alcohol and tobacco are among the leading causes of oral cancer, with that they also play a part in cavities, staining the teeth, bad breath and periodontal disease, which is when the gums and bones that surround and support the teeth become infected and inflamed, also known as gingivitis in its early stages.
- Changing toothbrushes regularly – it is recommended that you change your toothbrush at least 3-4 times a year as the bristles may get frayed and wear out and the brush may lose its effectiveness in cleaning your teeth and removing plaque.

The bottom line

Practicing good oral hygiene daily is important, as it not only affects your teeth but your confidence, self-esteem, speech and general well-being. Consulting a dentist at least twice a year is also another way to prevent any problems that might occur from worsening. You can't always prevent every toothache or tooth problem that might come your way, but you can always reduce the risk by making sure you stay on top of your oral hygiene.

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ALL YOU NEED TO KNOW ABOUT ATTENTION DEFICIT HYPERACTIVITY DISORDER



This week on the 14th of September, was the commemoration of Attention Deficit Hyperactivity Disorder (ADHD) day, to raise awareness and provide correct information about this disease. ADHD is one of the most common childhood brain's disorders and can continue through adolescence and adulthood. It has for many years been recognised as a childhood issue that affects focus, self-control and many other important skills. However, it has only recently been recognised as an adult problem as well. The cause is an imbalance in the brains anatomy and its wiring

This day creates an opportunity for patients, parents, teachers, therapists, caregivers and society to gain a greater understanding about the diagnosis and management of ADHD. Symptoms include difficulty staying focused and paying attention, difficulty controlling behaviour, and hyperactivity (over-activity). These symptoms can make it difficult for a child with ADHD to succeed in school, get along with other children or adults, or finish tasks at home.

Scientists are not sure what causes ADHD, although many studies suggest that genes play a large role. Like many other illnesses, ADHD probably results from a combination of factors.

10 SYMPTOMS TO LOOK OUT FOR

There are many symptoms and symptoms vary with different kids, but these are some of the most common to look out for:

1. Trouble paying attention to details or a tendency to make careless errors in schoolwork or other activities
2. Difficulty staying focused on tasks or play activities
3. Apparent listening problems
4. Difficulty following instructions
5. Problems with organisation
6. Fidgeting or squirming
7. Difficulty remaining seated
8. Excessive running or climbing
9. Excessive talking

10. Problems with interrupting or intruding

ADHD QUESTIONS AND ANSWERS

What is Attention Deficit Hyperactivity Disorder?

ADHD is a neurodevelopmental disorder that presents with behavioural difficulties (e.g. inattention, hyperactivity, impulsivity, being oppositional etc.) in more than one setting; or with poor academic progress, that requires a comprehensive clinical evaluation.

According to the DSM5 (Diagnostic and Statistical Manual for Mental Disorders), it may be specified whether the ADHD is a combined presentation of both inattention and hyperactive/impulsive; predominantly hyperactive/impulsive or predominantly inattentive type.

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What is Attention Deficit Disorder?

This term is used by some, but is actually 'ADHD, predominantly inattentive presentation'

What are the distinguishing factors between the two?

Factors distinguishing each from other is about which symptoms are predominant or whether combination of symptoms.

ADHD or ADD symptoms in Children?

Children with ADHD present with behavioural symptoms that usually include:

Inattention: making careless mistakes; not completing tasks; loses things; easily distracted; difficulty organizing tasks; does not seem to listen; avoids tasks that need sustained attention; forgetful in daily activities

Hyperactivity- impulsive: Fidgets, taps feet/hands, squirms in seat; unable to play quietly; blurts out answer; gets up when expected to remain seated; 'on the go'; difficulty waiting turn; runs and climbs where inappropriate; talks excessively; interrupts others

How is a child with ADHD or ADD affected at school; home and society in general?

- The condition affects school academic progress, behaviours may annoy others, ostracized, getting into trouble, prone to accidents

- Other psychosocial factors also impact on the child.

How can a teacher spot a child with either ADHD or ADD?

- Teachers will pick up behaviour difficulties and may refer for clinical assessment.

What are the treatment methods that parents have for children with ADHD or ADD?

- Parents are usually helped with parenting techniques that provide positivity, consistency, structure, routine etc.

If ADHD or ADD goes untreated how does it affect one as an adult?

- Quality of life and long term effects on health may be affected negatively. There may be an increased risk of having other mental conditions such as anxiety and depression,

as well as substance misuse.

What are the treatment methods in managing ADHD and ADD?

- Behaviour interventions, a psychologist/
Occupational therapist, social worker or specialized nurse may assist
- Medication that a doctor prescribes

How can parents help their children understand they have ADHD or ADD and what it means?

- Clear open positive communication with aid of e.g. children's books on ADHD
- THE South African Depression and Anxiety Group (Sadag) has a toll-free Attention Deficit Hyperactivity Disorder (ADHD) line aimed at assisting those affected by the disorder.



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LET'S SUPPORT PEOPLE WITH ALBINISM

September is Albinism Awareness Month, whereby we do not only create awareness about the condition or remember affected people in our societies but to also highlight the plight faced by people in their daily lives. If you know people living with albinism and their challenges and felt the eagerness to do something about it, then the time is now.



The province of KwaZulu-Natal has a sizeable number of people who are affected by Albinism.

Factual and Important information about albinism:

Albinism is an inherited genetic condition that reduces the amount of melanin pigment formed in the skin, hair and/or eyes. Albinism occurs in all racial and ethnic groups throughout the world.

There are two main types of albinism which are:

- Oculocutaneous, which is the most common type affecting the skin, hair and eyes
- Ocular albinism, which is the rare type that mainly affects the eye.

In the most common form of oculocutaneous albinism, both parents must carry the albinism gene for a child to be born with the condition. Even if both parents carry the gene, the chance of each of their children being born with albinism is 1 in 4.

People with albinism are vulnerable to sun burn, long term skin damage and have an increased risk of developing skin cancer. They need to protect themselves from the sun burn by wearing long sleeves clothes, hats and avoiding being in the sun.

The Department of Health works in collaboration with different organisations at district level to attend to the myriad of issues affecting people with Albinism.

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GUIDE TO COPING WITH ALZHEIMER



Alzheimer's is one of the diseases people most want to avoid, and for good reason. There is no proven way to prevent it. But there's a lot you can do to lower your chance of getting it.

What is the difference between Alzheimer and Dementia?

Alzheimer's is the most common form of dementia. Dementia is deterioration in cognitive function beyond what might be expected from normal aging. It affects memory, clear thinking, language skills and orientation. It reduces comprehension, learning capacity and judgment.

How to reduce your risk of Alzheimer

Although getting older is the biggest risk factor for dementia, evidence shows there are things you can do to help reduce your own risk.

Consult your doctor before making any major lifestyle changes. These include keeping active, eating healthily and exercising your mind.

Signs and symptoms of Alzheimer's disease

Alzheimer's disease is a progressive condition, which means the symptoms develop gradually over many years and eventually become more severe. It affects multiple brain functions. The first sign of Alzheimer's disease is usually minor memory problems.

- Communication and speech
- Focus and concentration
- Reasoning and judgment
- Visual perception (can't see the difference in colours or detect movement, or sees things that aren't there)

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GUIDE TO COPING WITH ALZHEIMER

Who gets affected by Alzheimer?

Most people with Alzheimer's disease develop it after the age of 65, but people under this age can also develop it. This is called early-onset Alzheimer's disease, a type of young-onset dementia.

Can Alzheimer's disease be prevented?

As the exact cause of Alzheimer's disease is not clear, there's no known way to prevent the condition. But there are things you can do that may reduce your risk or delay the onset of dementia, such as:

- Stopping smoking and cutting down on alcohol
- Staying physically fit and mentally active
- Eating a healthy, balanced diet, including at least 5 portions of fruit and vegetables every day
- exercising for at least 150 minutes every week by doing moderate-intensity aerobic activity (such as cycling or fast walking), or as much as you're able to
- making sure your blood pressure is checked and controlled through regular health tests

- If you have diabetes, make sure you keep to the diet and take your medication
- If you have been diagnosed with dementia, or you're caring for someone with the condition, remember that advice and support is available to help you live well.

How Alzheimer's disease is treated?

There's currently no cure for Alzheimer's disease, but medicines are available that can help relieve some of the symptoms.

Various other types of support are also available to help people with Alzheimer's live as independently as possible, such as making changes to your home environment so it's easier to move around and remember daily tasks.

Psychological treatments such as cognitive stimulation therapy may also be offered to help support your memory, problem solving skills and language ability.

If Alzheimer's disease is suspected you can visit your nearest Health institution, or

you may even be referred to a specialist service to:

- Assess your symptoms in more detail
- Organise further testing, such as brain scans if necessary
- Create a treatment and care plan

Tips for successful communication with Alzheimer patient:

- Speak slowly and clearly.
- Smile and maintain eye contact. It shows you care about what he or she is saying.
- Ask one question at a time.
- don't use slang or figures of speech
- avoid interrogating
- don't just talk loudly because you think that the person is older and might be hard of hearing

Caring for someone with Alzheimer's disease or another type of dementia can be a long, stressful, and intensely emotional journey. But you're not alone.

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MANAGING ALZHEIMER'S A PROFESSIONAL PERSPECTIVE

People experiencing dementia, Alzheimer's or Multi infarct dementia, were fully functioning persons before. So they deserve to be treated with respect and dignity.



DR Sally John

Psychologist | McCord Hospital

It is important to keep the senile person's environment orderly and routine. He must find his brush in the same place each day and his clothes in the same place as usual. Meals and other routines should be at times he expects them to be. Money management (working out change or paying accounts) is difficult or can become impossible so early assistance should be rendered here.

Carers and family members should understand if the person becomes angry or does not recognize them. It is frustrating at the least and living misery at the worst to find one's mind power and memory disappearing.

Remembering what has just happened or what one has just said becomes faultier than

ones memory for the old times or long past life experiences.

Family members often become depressed or exhausted when caring for a senile relative. They often need more empathy and support than the person who is demented. He is not always aware of how he may be exhausting his family and can become very demanding.

Antidepressants can slow down the deteriorating brain processes however they might also enable the person to be aware of his deterioration. This is depressing in itself for him. In this case or in any case, counselling is recommended for all parties.

Anti-anxiety medication is recommended in the case where demented people become nervous in strange surroundings or develop other forms of anxiety such as

separation from family members. They often feel carers have stolen their possessions so need help in ensuring their possessions are safe or visible to them.

Where it comes from is hard to say. I have read that it can be genetic. Multi infarct dementia is secularly related and can begin as early as 50s for some people. It is safe to say that both the body and mind need exercising otherwise both can be subject to atrophy. Also old age is old age, we cannot avoid deteriorating.

The ravages of old age come to us all. In which way, is not always predictable in advance. What we do know is that we all have to die and when our time on this earth is over and our God calls us home, we must go. For a demented person, his suffering is now over.

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PHARMACEUTICAL SOFTWARE TO TRACK STOCK

The KZN Department of Health is rolling out new software in all its facilities to make stock tracking more efficient in the Pharmaceutical department.



Why is there a need for this new software?

- To improve the supply management and use of medicine at all levels of care.

How will this new technology be beneficial to health workers, patients, suppliers and the Department as a whole?

- Improved medicine availability;
- Improved reporting rates of stock outs and medicine availability;
- Improved support provided to District and provincial management staff using RxSolution –

increased feedback to National Department of Health: Affordable Medicines Directorate (AMD);

- The various stakeholders in the supply chain take accountability for their role in improving the availability of medicines.

Are there facilities that are already using this software?

- All Hospitals with the exception of Inkosi Albert Luthuli Central Hospital (IALCH) are using RxSolution. IALCH is using MEDITECH.
- All Community Health Centres (CHCs) in the province are using RxSolution.

- A total of 23% (i.e. 133 of the 589) fixed PHC clinics have implemented RxSolution and the roll out is on-going throughout the province.

When did the National Department start using it?

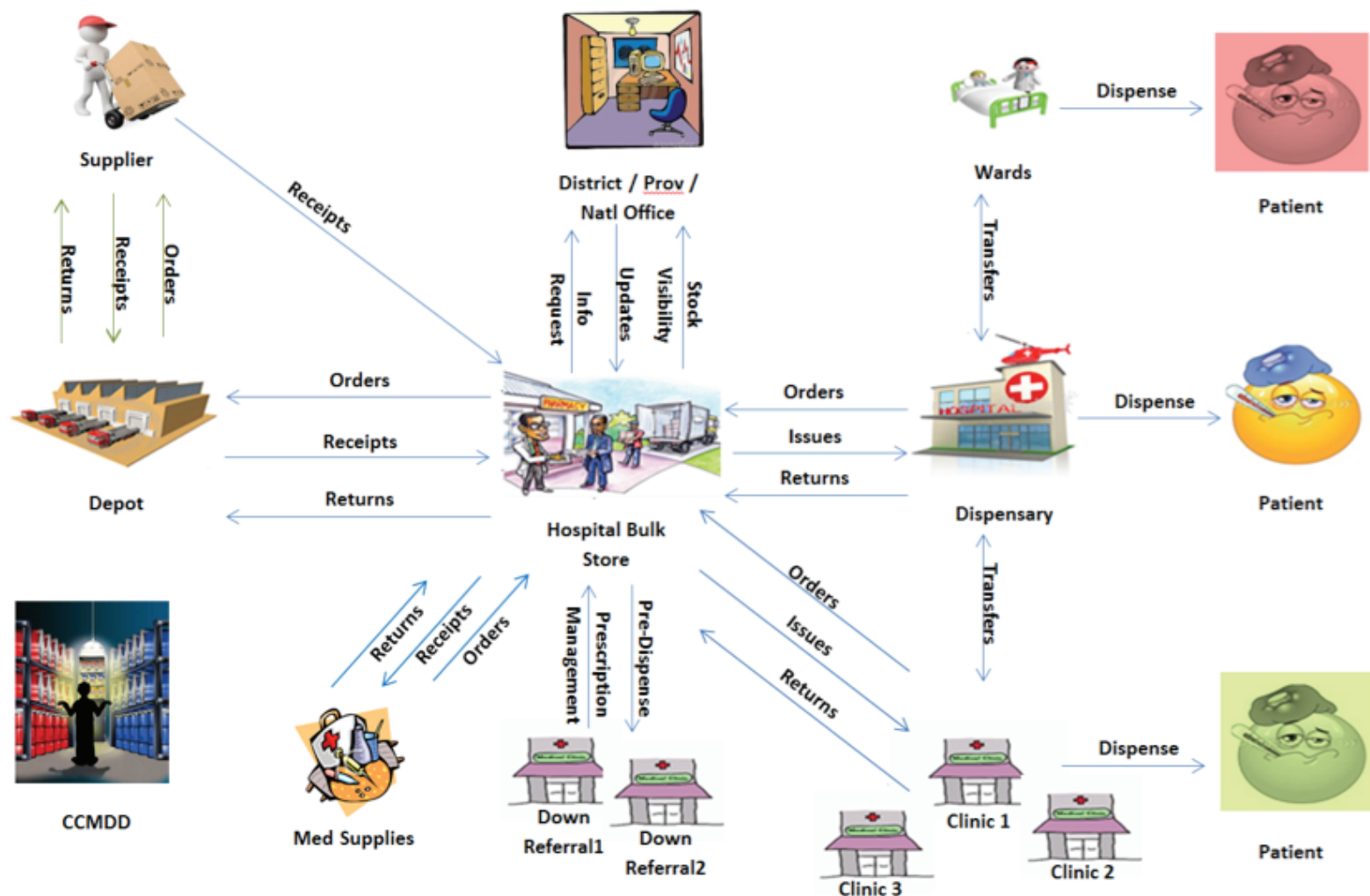
- In December 2013 the Minister of Health announced the need to roll out a transversal electronic stock management system (RxSolution). All Provinces are required to have electronic stock management systems. In KwaZulu-Natal the RxSolution was introduced in 2016, with phasing out of the old system, Plankmed.

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PHARMACEUTICAL SOFTWARE TO TRACK STOCK

Will this device help in reducing stock shortages?

- Stock outs are prevalent throughout the National Supply Chain
 - Standardising key performance indicators (KPIs) and Processes for monitoring of Medicine Availability throughout the Medicine Availability
- Supply Chain, it allows for proactive response to medicine flag as having potential supplier issues.
- The use of RxSolution facilitates prompt escalation and communication of medicine related information and enables interventions by the relevant stake holders.
- Yes, with improved visibility of medicine availability stock shortages due to operational issues are reduced and the residual factor contributing to stock shortages is the supply constraints emanating from the manufacturing processes.



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COMPILED BY:

CORPORATE COMMUNICATIONS
(KWAZULU-NATAL DEPARTMENT OF HEALTH)

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