

WE STILL NEED TO ACT RESPONSIBLY, AND FOLLOW THE COVID-19 SAFETY PRECAUTIONS

We welcome the decision by Government to move the country from lockdown Level 3 to Level 2.



PHOTO BY: SPHIWE MOYO

This transition should, however, not make us complacent and careless. Now is not the time to start thinking that the risk posed by COVID – 19 is no more. This is still a deadly virus, with no vaccine.

Everyone has a responsibility to adhere to all safety precautions, in order to protect themselves and those around them.

To help stop the spread of COVID – 19, it is very important to adhere to the following safety protocols:

WEAR A FACE MASK WHEN IN PUBLIC:

When worn properly, to cover the nose and mouth, a face mask can help prevent the spread of the disease by those who have the virus.

It acts as a physical barrier to protect the person wearing it, and/or others from viral droplets.

HAND WASHING:

Wash your hands often with soap and water or hand sanitizer for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

MAINTAIN SOCIAL DISTANCING:

It is important to avoid close contact with people who are sick, and those who are not, because many people who are COVID – positive do not exhibit the symptoms. Therefore, as far as possible, maintain a distance of at least 1.5m between yourself and others.

NO ALCOHOL ABUSE

No drinking Binge! Drink responsibly!

The relaxation of alcohol ban is a privilege which must be undertaken with great caution and stick to the stipulated guidelines. Alcohol will still expose us to the same risks which flagged when the ban was initially introduced. It is in our hands to make sure that we do not allow alcohol to be the catalyst for the second wave of infections. Together let us promote good behaviour, avoid consumption of alcohol and if we can't, then promote responsible drinking.

AVOID LARGE GATHERINGS:

Gatherings of more than 50 people are still prohibited under Lockdown Level 2. This includes funerals and religious events. We are appealing with all citizens to stay at home as much as possible. Those who are over the age of 60, or have underlying conditions, are urged to work from home.

HOW TO SECURE A COVID-19 QUARANTINE OR ISOLATION BED?

Government strongly recommends that people who suspect they might be COVID – 19 must come forward so they can be screened and tested. Those who are awaiting their results and those who test positive are urged to make use of Government's quarantine and isolation facilities, respectively. There is plenty of space available at hospitals and off-site facilities.

For more information on how to secure a quarantine or isolation bed within your district, visit

www.kznhealth.gov.za; or the Department's official Facebook page: KwaZulu-Natal Department of Health.

Siyayinqoba

I-CORONA VIRUS

COVID-19

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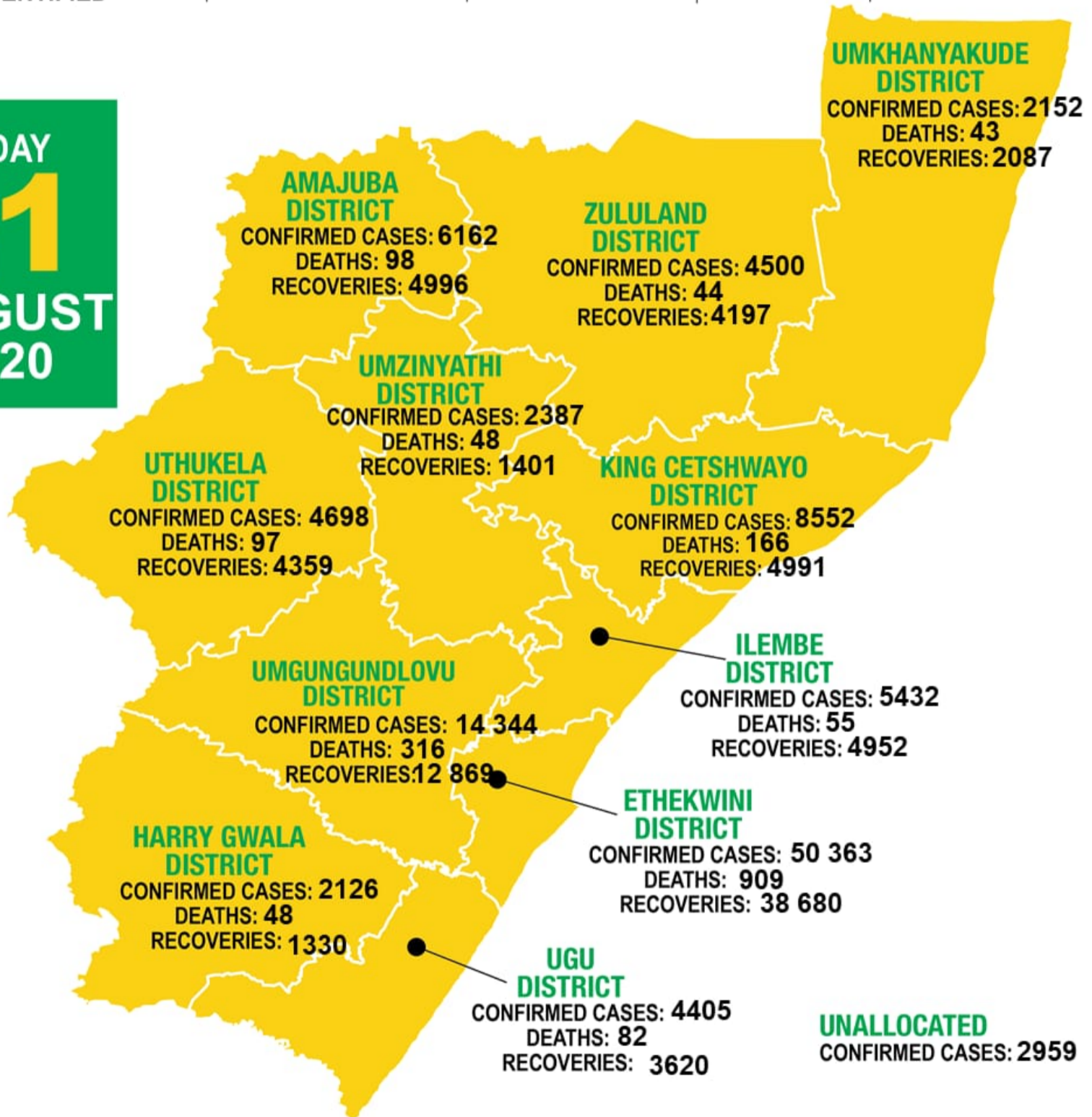


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COVID-19 STATISTICS IN KZN

				
108 080	22 692	83 482	1906	805
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY
21
AUGUST
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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LEVEL 2

Do's & Dont's

Last week President Cyril Ramaphosa announced what many South Africans were longing to hear; certain restrictions would be relaxed and alcohol permitted under Level 2 of the National Lockdown. In case you missed it, these are the key changes he announced:

1. All restrictions on inter-provincial travel would be lifted.

2. Accommodation, hospitality venues and tours would be permitted according to approved protocols to ensure social distancing.

3. Restaurants, bars and taverns would be permitted to operate according to approved protocols as to times of operation and numbers of people.

4. Restrictions on the sale of tobacco would be lifted

5. The suspension of the sale of alcohol would be lifted subject to certain restrictions.

6. Alcohol would be permitted for on-site consumption in licensed establishments only up until 10pm.

7. Liquor outlets would be allowed to sell alcohol for off-site consumption from Monday to Thursday during the hours of 9am to 5pm only.

8. Restrictions on family and social visits would also be lifted, although everyone is urged to exercise extreme caution and undertake such visits only if necessary.

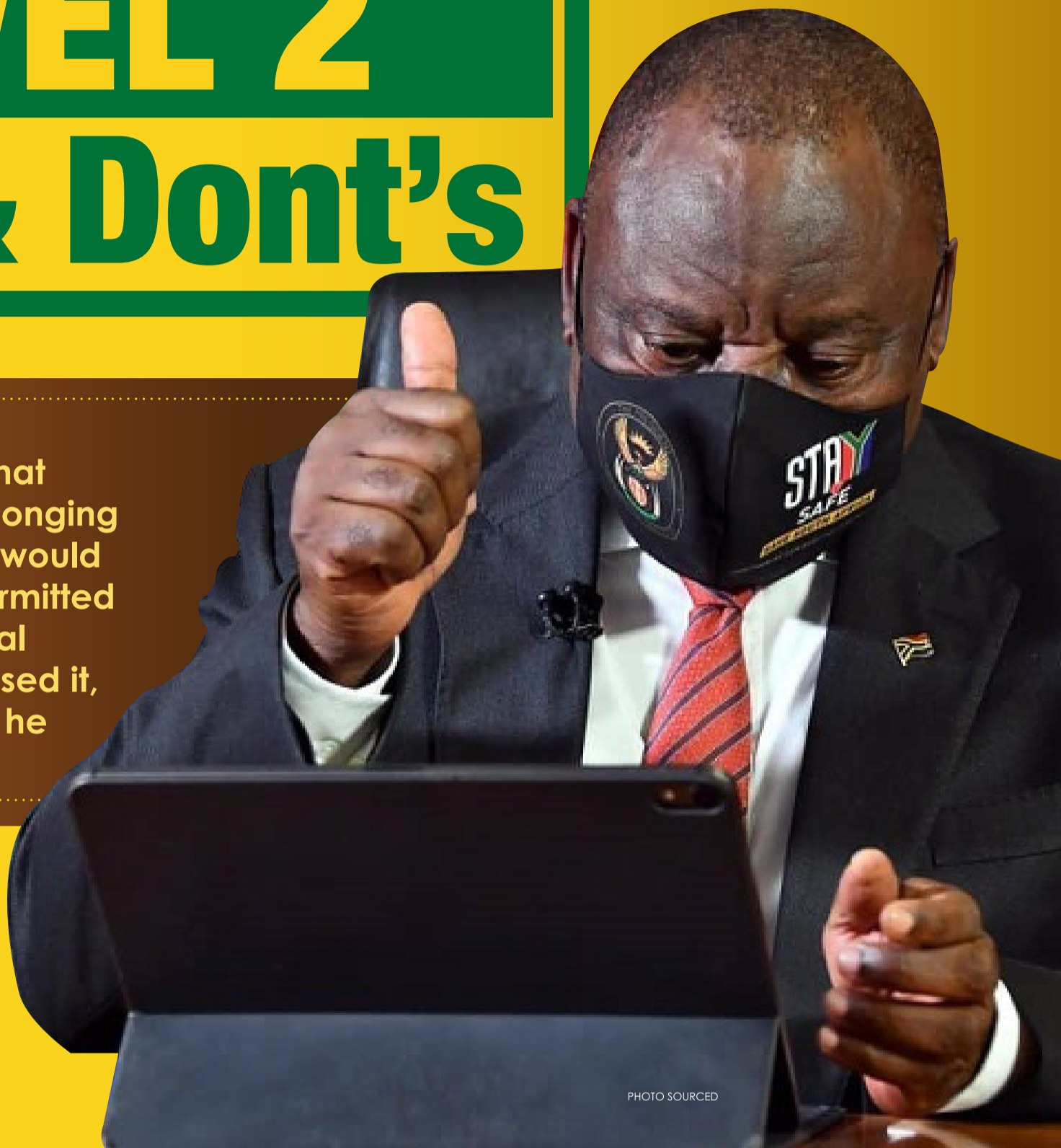


PHOTO SOURCED

These prohibitions would remain;

- Current restrictions on international travel would remain in place.
- No gatherings of more than 50 people would be permitted. Among others, this includes funerals and religious events.
- Spectators would not be permitted at sporting events.
- The curfew would remain in place between the hours of 10pm and 4am.

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KZN-NOW THAT WE ARE IN LEVEL 2, WE MUST EMBRACE THE 'NEW NORMAL' TO AVOID A 'SECOND WAVE'



PHOTO: SUPPLIED

Prof Mosa Moshabela
Dean and Head of School, Nursing and Public Health
UKZN College of Health Sciences

As South Africa has now entered Alert Level 2, we welcome the opportunity to engage more with each other, especially the ability to travel between district and provinces, and to visit family members. Whilst the easing of these restrictions bring us closer to some sense of normality, it is now clear that we are unlikely to go back to the same 'normal' we knew before the arrival of Covid-19. We therefore have to prepare ourselves for the new 'normal', the 'normal' with Covid-19. Some of us already have some ideas as to what this means, since back in the 1980's and 1990's we had very little HIV amongst us, and we had to learn to live with HIV in the new millennium. Although the speed of infection is different, and there is hope that someday soon we may have a vaccine for Covid-19, for now we have to learn to live with Covid-19 amongst us, and do this without the fear of continuing the daily activities of our lives, to the extent possible.

- The question is, what does it mean to live with Covid-19 amongst us, and to make it part of our new 'normal'? Firstly, it means that we must accept that the easing of the lockdown does not mean Covid-19 is gone. On the contrary, this is the time to be even more careful by sticking to the prescribed regulations and prevention measures. We saw with the shift from Alert Level 4 to Alert Level 3

lockdown that the numbers of people with Covid-19 increased very quickly. This was because, as more people interact with each other, they are likely to pass the Covid-19 virus from one person to another. Meaning that, the more people interact with each other in our communities, we increase the rate of social contact, and this facilitates the spread of the infection. Therefore, Alert Level 2 will bring about even more social interactions, and with that we expect the spread of the virus to increase again. The way to

prevent this, is to keep our social contact to the most minimum, leave home only when necessary and maintain social distancing.

- Secondly, we have now seen the danger of Covid-19, from which we remain at risk, and we must therefore commit to protecting ourselves and one another from this disease. We have seen countries in the world that had successfully battled and brought Covid-19 under control struggle with what is called the 'second wave', and there is enough evidence for us to believe that this may happen to us as well. The second wave in this case means that after the 'surge' and 'peak' we have already seen, and as the numbers of new cases come down, there is a risk of seeing another surge and peak, and this is because there are still many people who are not immune to Covid-19 infection. To protect ourselves and others from infection, we must continue to wash our hands regularly and thoroughly, practice hygiene when we cough and sneeze, and wear face masks when we leave the house, and hard as this may sound, even when we engage with our friends and colleagues. We must be careful of the feeling of safety we may feel because people are familiar,

and know that Covid-19 exploit us when we drop our guard. We do this to protect the people we love and care about. The new normal may be hard at first, but we eventually get used to these changes.

- Finally, we now know that people who suffer the most from Covid-19 are those with chronic illnesses like high blood pressure, diabetes mellitus, renal disease, HIV, TB etc. Therefore, we must take extra precautions when we interact with people who live with chronic diseases. We must make sure that we know who lives with chronic illnesses amongst us, and commit everyone to using a mask, distancing and hand hygiene when they interact with those who are chronically ill. Also, Covid-19 causes more severe disease and increased death among people who are older, and we must do all we can to make sure that the elderly amongst us do not get infected with Covid-19. We must follow all these precautions all the time, and this is because Covid-19 is not going to come knocking on the door when it comes, and we must always be prepared.

Let us embrace this new normal, and accept the responsibility of uBuntu to protect one another.

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COVID-19 SURVIVOR STORY

Two months ago I tested positive for COVID-19, I was one of the first interns who tested positive and now that number has increased drastically. I had been in contact with a positive patient and shortly after I decided to test even though I was mostly asymptomatic and assessed as low risk. I was more tired than usual but attributed that to the shift work in the labour ward and other than that I was lucky to have no symptoms.



Priyanka Singh

2nd Year Medical Intern
at King Edward VIII Hospital

PHOTO: SUPPLIED

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I remember lying in bed before my labour ward night shift and casually logging into TrakCare to check my result only to find it was positive. I jolted out of bed and immediately called my parents.

The main reason I tested was because I live with both my parents whose lives matter more than anything else to me and they're also at high risk because they're healthcare workers and both of them have co-morbidities. My mum is a neonatologist and works with the most vulnerable of the population.

After testing positive, I also realized how lucky I was to be able to self-isolate at home with my own facilities which most South Africans are unable to do. My family was extremely supportive, making my stay the most comfortable even though I was in a different part of the house. To add to that, I had very supportive friends and the O&G department where I'm currently working was very supportive, understanding and constantly checked up on me.

After this past month, I realised that life is too short to wake up

with regrets. For the longest time, I've been wanting to donate my hair to cancer, but I was too attached to my long hair to let it go. After everything I had experienced I thought this would be the perfect time to give someone something that is so precious to me.

Everyone can do their bit by wearing a mask, adhering to social distancing and helping those in need in some way. It's a difficult time for everyone both mentally and physically and a simple act of kindness can go a long way.

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COVID-19 SURVIVOR STORY

I foreground my piece of writing about my medical observations on the following disclaimers:

1. This is not a scientific engagement but personal medical experience with COVID-19

2. My medical nomenclature may not be correct

3. This is not an academic engagement, so not all writing discipline and protocols have been observed so don't read with a red pen in your hand.

It has been argued that there are standard and established symptoms for COVID-19 like lack of smell and taste. I never experienced all that until I got admitted and the results came back positive. This proves that the presentation of the virus symptoms differs from person to person. The key thing is listening to your body; I had many symptoms that I did not pay attention to because they were never mentioned like wanting to sleep all the time and not having an appetite.

I will use sub topics to structure my observations.

FLU

I had flu symptoms which I tried to self-medicate but they became worse after a few days and I went to the doctor and got an injection and antibiotics. On Thursday, 16 July, the chest pain and cough became unbearable. On Friday my wife decided to take me to the hospital and I was admitted straight to ICU and that became my home for 18 days. I was put on oxygen for all those days.

BEING IN HOSPITAL

In my 51 years of existence it was for the first time I went to hospital let alone being admitted. The first thing that happened was to panic for two reasons, being in hospital and that I could not breathe on my own. First night when I woke up, I jumped and the nurse said calm down you are in hospital.



Muzi Mahlambi

Chief Director of Communications at KZN Department of Education

At that time I had already taken the mask from my mouth and I failed to breathe so the nurse quickly took it back. She had to counsel me not to panic and accept that I was not well and in hospital. In the morning I felt like escaping but the thought of needing oxygen brought sanity. The long and short of it is that a lot of people die from panic; it is the second wave of attack that is dangerous more than the virus itself.

COMORBIDITIES

I am diabetic and have high blood pressure. It's very much true these twins are very tricky on their own. They would just shoot up and that would be the better devil because when they are too low it can delay the medication that should be administered.

At times you are given steroids, antibiotics and drips that should fight the infection but the very medication can cause complications if underlying conditions exist. Doctors have to keep changing the regimens to attack the virus which is not quiet but keeps on mutating.

LUNGS

My lungs were severely affected; this led to a painful chest and severe cough. Everyone in the ICU was coughing in different tunes but the sound of the coughing was a norm. It was painful so much so that when it was not you coughing you would not only hear the sound of another person coughing but you would feel his/her pain as if it's you coughing.

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EXERCISING

In the hospital we had the privilege of having physiotherapists taking us through phases 3 times a day for a maximum of 2 minutes. They changed the combinations of the exercises depending what they wanted to achieve in terms of your body adaptation.

It was emphasised that our immune system, more especially our lungs, were compromised so taking it easy was key. All the exercises were done on the bed to avoid dizziness and breathing complications.

How fit you used to be before you got sick does not matter, take it easy, and exercise very mildly. Those who know me will tell you how much of a gym fanatic I generally am but the 2 minutes session with the physiotherapist felt like 2hrs because my lungs were compromised, TAKE IT EASY.

SLEEPING POSITIONS

It is recommended that you sleep on your stomach 3 sessions of 2hrs a day. This helps with the breathing, to lessen chest pain and the cough. Never sleep on your back because you cause pressure on the lungs. When you get tired of sleeping on your stomach, rather sleep on your sides. If tired of sleeping, rather sit on a chair or sit straight up on your bed.

STIGMA OR TAGGING

Once in hospital and you are COVID-19 positive, your name changes. You become a code or a case. In your presence you are referred as a positive case and that is drummed throughout more especially when they change shifts, they would say, "This is Mr Mahlambi, COVID-19 positive, and this is his medication." You can imagine

having stayed in hospital for 20 days, I have had to hear that at least 40 times because there are 2 shifts a day, morning and evening. It was worse when I had to be moved from ICU to high care ward, my bed had to be wrapped in a big plastic with me inside. I said yeah! COVID-19 you really have brought a new normal.

RE -INFECTION

On the day I got admitted in hospital I was taken straight to ICU where I spent 18 days. On day 13 the doctor noticed something and ordered blood tests and scans to be done. Results indicated that I got re-infected on day 13. I had not left the room, let alone my bed. Three Doctors discussed this and I heard one of them saying the problem with COVID-19 is that there is no textbook to refer to. So I don't know whether the re-infection can happen to everyone or I am just a rare case.

COVID-19 DEATHS

In the 18 days that I was in ICU 6 people died. It was so traumatic to get to a point of knowing that once they rally around one bed and run around with a lot of machines that there is serious trouble. The next thing, another new patient comes and occupies that bed. The small terrified person in you wants to tell him or her, "People die in that bed" but you are quickly reminded that you might be next.

TRACING HOW YOU CONTRACTED THE VIRUS

If there is one painful thing you want to do to yourself, is tracing how, when, where you contracted the virus. I tried to do that and I failed. Before you know it you have created in your mind a list of people that you are starting to hate or

to be angry with. I remember this one coming to my office without a mask, this one was coughing. On the other hand when they hear that you are in hospital they too will start to say, "Eish I was with this guy yesterday and he never said he was sick." The fact of the matter now is that you are infected and should use the little energy that you have to be more focused on your recovery.

SOUTH AFRICA IS A PRAYING NATION

Whenever I posted something regarding my condition, per post I would get a minimum of 700 comments and each and

every comment would touch on God. The prayers kept me going. At some stage I was accepting friend requests from people that I did not know on Facebook, as long I saw that they are men and women of the cloth I would accept them and little did I know that one day they would become my women and men of God who would carry me by sending me verses and voice notes praying for me every day. I thank you all that have been praying for me, I will go out tell others what prayers have done for me and I now know that I also have authority and power to pray for others and they will be healed.



Muzi Mahlambi

Chief Director of Communications
at KZN Department of Education

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TEACHING CHILDREN ABOUT COVID-19 AND HOW TO PROTECT THEMSELVES

The COVID-19 pandemic has forced us all to adapt to a new way of doing our normal day-to-day activities, such as going to work, to school and grocery shopping, amongst others. While some of us might be well-educated on the pandemic and its dangers, we need to ensure that children are just as well-educated on it as they go back to school.



PHOTO: SORCED

The first step to protecting children starts with you as the adult educating yourself on COVID-19 and giving facts, not myths, about it.

Many children probably have heard the terms 'COVID-19' and/or 'coronavirus' being thrown around in the media, school or home environment. However, their knowledge on these terms could still be somewhat limited or they might not understand them at all.

Tips on how to speak to children about Covid-19

The key when speaking to

children about Covid-19 is being as calm and reassuring as possible, not evoking any fear or panic on them. Some questions that you could use to start the conversation could be:

- What is COVID-19 /Coronavirus?
- How does one become sick?
- What happens when one is sick?
- How can you tell when one is sick?
- What can you do to protect yourself and others?

Tips on how children can protect themselves from COVID-19

As an adult, you can encourage children to engage in:

- **Hand washing** – explaining the importance of hand hygiene, how to wash their hands properly for at least 20 seconds with water and soap, especially before and after meals, after using the toilet, after playing outside and arriving back from school.
- **Sanitizing** – encouraging regular use of a hand sanitizer (70% alcohol) and purchasing a pocket-sized hand sanitizer for them to use at school or when out.

- **Face masks** – explaining the importance of a face mask, what it does, teaching the proper way of wearing it, making sure the nose and mouth are fully covered, also teaching them how to wash the mask if it is a cloth mask and how to dispose of one if it is a surgical mask.

Lastly, you as the adult need to lead by example, as children tend to observe actions and try to imitate them, so you as the adult need to be responsible in making sure that you also follow COVID-19 protocols to protect yourself and those around you.

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QUIT SMOKING AND SAY YES TO LIFE

There has never been a better time to quit smoking.

Highlighting the benefits of quitting smoking for women and the impact tobacco has on people's lung health, the fundamental role lungs play for the health and well-being of all people has never been more important than now in the midst of the COVID-19 battle.

According to the World Health Organisation (WHO), there is a risk of an epidemic of tobacco-related diseases in the developing world, where tobacco use is increasingly becoming a major health issue for women as well as men.

When responding to a question about the ban of cigarette and alcohol, National Health Minister Dr Zweli Mkhize during his tour in hospitals in KwaZulu-Natal, said "the Health department focuses on the lives of people and therefore where we think that certain practices will compromise the health of our people, we will not hesitate to stand on the side of the health of our people".

Smoking can create several negative effects on your health, such as an increased risk of developing serious diseases like cancer and heart disease. It can also lead to an earlier death.

We know quitting can be hard for some people because of withdrawal side effects such as irritability, headaches, and intense nicotine cravings. Remind yourself why you want to quit. It's never too late to quit-regardless of your age or how long you've been smoking. Be that as it may, the earlier you quit, the better. Even though quitting can be a challenge, the benefits on your physical and mental health are worth it.

Quitting smoking has many benefits for your physical and emotional health

(10) Benefits of quitting smoking for women

1. Your immune system becomes stronger
2. Your "smoker's cough" starts to go away
3. Your skin looks healthier
4. Your teeth and fingernails stop yellowing.
5. The oxygen in your blood rises to a normal level.



6. Quitting prevents permanent damage to your lungs
7. Quitting reduces belly fat and lowers your risk of diabetes
8. Quitting lowers the risk of heart disease if you are a woman on the contraceptive pill.
9. Quitting smoking will increase your chances of having a healthy pregnancy.
10. Quitting now will increase your chances of having a healthy baby.

THE FOLLOWING RESOURCES HELP TOBACCO USERS QUIT

The National Council Against Smoking's quit line (011 720 3145), online materials
www.againstsmoking.co.za

The Cancer Association of South Africa's online quit tobacco program www.ekickbutt.org.za are some good resources accessible to tobacco users to help them quit.

The Heart and Stroke Foundation can also be contacted at 084 250 7374 for support and assistance in quitting smoking during lockdown.



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LONGEVITY-REINVENT YOURSELF, INVENT YOUR FUTURE!

The search for the fountain of youth is as old as time and while we are still to find the elusive fountain of youth, longevity is not an elusive goal. What is longevity? Longevity is basically defined as `long life` or a prolong existence and endurance.

While growing old used to mean weakness, frailty and reduced stamina, this is no longer true. Longevity is not only about long life, it is also about endurance and the way we age. While longevity is determined by genes, genetics only account for 30 percent of life expectancy, the rest comes from lifestyle behaviour, attitudes and environment factors. Living longer involves three key focus areas.

AREA ONE: MENTAL FITNESS

When the brain ages it becomes difficult for the nerve cells to protect themselves from highly reactive, free radicals. As a result, memory loss and mental decline can become common place. However, diets rich in antioxidants can shield your body and brain from decline.

Key nutrients for better mental health fitness

1. Omega 3

Consume plenty of foods that are rich in omega3 fatty acids such as leafy, greens (spinach,

kale, water cress, and Brussels sprouts); as well as oils (flaxseed, chia seed oil), eggs and walnuts.

2. Flavonoids

Flavonoids are good for improving your memory, reducing inflammation and reducing the risk of disease. Eat plenty of berries (blueberries, strawberries, and blackberries), leafy greens, colourful vegetables and fruits such as butternut, red grapes and avocados as well as dark chocolate.

3. Vitamin E

Vitamin E protects your brain and prevents cell damage. Eat plenty of nuts and seeds, oil such as wheat germ oil, sunflower oil, corn oil and soybean oil as well as leafy greens.

Emotional wellbeing and productivity in later life is crucial to mental longevity. Therefore as you grow older, engaging in spiritual and learning activities as well as dealing with your emotions through constant engagement with family and friends, keeping a journal, yoga or meditation are important in reducing stress responses in the body.

AREA TWO: PHYSICAL FITNESS

Physical fitness is a critical part of longevity and exercising regularly can actually roll back the clock on your DNA. Transformation of your body through strength training is not only about looking aesthetically beautiful in your old age but gaining muscle and strength can help your body endure more and enable better flexibility as you grow older. Strength training and muscle building helps ensure that your body is not eroding faster than your chronological age. An average 30-year-old can lose quarter of his or her muscle strength by age 70. Thus, aerobic exercise alone is not adequate to ensure physical longevity.

Eating a healthy diet such as specific food included in the Mediterranean diet, namely; whole grains, fibre, fish, plant-based proteins and healthy fats are essential in physical longevity.

Make small, smart changes, these can add up to sizeable benefits.

Women and men globally are turning to the cosmetic and personal care industries in their bid to look more youthful in their old age, particularly when it comes to skin products that reduce the aging of skin.

Despite progress made cosmetically, clinical care of yourself goes a long way to ensuring longevity.

AREA THREE: FUTURE PLANNING

No matter where you are in your lifespan, you need to have a life plan. Planning for later life is critical in terms of your longevity. Making sure that you've planned for your health care needs, your social roles, retirement as well as finances and living arrangements is critical in enhancing longevity.

Gender & longevity

In general women tend to live longer than men. However, the gap in life expectancy between women is narrowing as more women begin to engage in risky lifestyle behaviours. Modern women have a lot on their plates and aren't taking time for themselves both physically and emotionally. As a result, issues mount up particularly in their forties. Sleep begins to suffer, blood pressure and cholesterol levels creep up.

Protecting your health and planning for longevity starts in early adulthood.

Your choices are within your control. Do everything you can to make your long life a healthy one.

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