

AKUSENSUKUZATSHWALA SIVULWE NGOKUSEMTHETHWENI ISIBHEDLELA I-DR PIXELY KA-ISAKA SEME MEMORIAL

Akusensukuzatshwala sivulwe ngokusemthethweni isibhedlela i-Dr Pixley Ka-Isaka Seme Memorial (DPKISH) esisha ceke esinemibhede engama-500 obekulokhu kulindwe ngabomvu, kulandela ukukhishwa kwezikhangiso zezikhala zemisebenzi okusengezokuqala kule mpelasonto.



Lesi sibhedlela sesifunda, esizogcina sesiqashe abantu abayi-1 513 sizoba nongoti abadingeka kakhulu ekwelapheni iziguli ezizobe zithunyelwe kuso yilezo zikhungo zezempilo ezakhelene naso kodwa ezinezinsiza ezingaphansi kwesaso.

UMphathiswa woMnyango wezeMpilo KwaZulu-Natali, uMhlonishwa Nkz. Nomagugu Simelane-Zulu uthe lesi sibhedlela esisha sizohlinzeka ngengqalasisinda yezempilo esezingeni eliphezulu kakhulu kubantu abahlala ngasenyakatho yalesi sifunda. Njengengxenywe yemizamo yokwehlisa izindleko nokutholakala kalula kwezinsiza zezempilo esifundazweni sonke, uMphathiswa Simelane-Zulu uphinde ahole uhlelo lomkhankaso wokuthuthukisa izibhedlela ezithile zezifunda (ezincane) ezisezindaweni ezisemakhaya kuso

isifundazwe ukuze nazo zihlinzeka ngezinsiza ezifanayo nalezo ezitholakala kulezi zezifunda ezinkulu. UMphathiswa Simelane-Zulu uphinde wathi lesi sibhedlela i-DPKISH sizosebenza ngendlela ehluke kakhulu kunezinye ngokuthi imisebenzi efana neyokuhlansa, eyokuqapha neyokupheka izokwenziwa ngabantu abaqashwe yisibhedlela ngokugcwele okuyisinyathelo esihambisana nesinqumo sengqungquthela yenqubomgomo yeqembu elibusayo i-African National Congress

UMphathiswa uphinde wakugcizelela ukuthi azikho izikhala zomsebenzi kaHulumeni ezidayiswayo waphinde wanxusa umphakathi ukuthi ubabike bonke labo bantu abafuna ukubakhokhisa imali ukuze befake emsebenzini.

"Isibhedlela i-Dr Pixley Ka-Isaka Seme Memorial

sizoba yisibhedlela sesifunda sesine ngaphansi kwesifunda iTheku, ukwengezela kulezo ezikhona njengamanje okuyisibhedlela i-RK Khan, i-Addington kanye ne-Prince Mshiyeni. Kusithokozisa kakhulu ukuthi ukwakhiwa kwalesi sibhedlela sekuphuthuliwe njengamanje nanokuthi sesize safika esigabeni lapho sisebenza khona udaba lokuqashwa kwezisebenzi" kusho uMphathiswa. "Kusukela kule mpelasonto, sizobe sikhapha izikhangiso sichaza ngezikhala zomsebenzi ezahlukahlukene esinazo. Sikhethe ukwenza ngale ndlela ukuze sikwazi ukulawula lolu hlelo njengoba silindele ukuthi kube ngabantu abaningi kakhulu abazofaka izicelo zomsebenzi."

"Engifisa ukukugcizelela ukuthi akukho namunye umuntu okuyomele akhokhe imali ekhokhela ukuthi asebenze esibhedlela. Uma kukhona umuntu oza kuwe ethi 'khokha' intshontsho

elithile ukuze uzothola umsebenzi' lowo muntu uyisigebengu. Kumele sikuqonde ukuthi uma kukhona umuntu okucela ukuthi ukhokhe imali 'kadrinki' ...lokho kwenza kwawena ube nesandla ebugebengwini. Ungazithola kwawena usuboshwa. "Sesikutholile ukuthi kunabantu asebeqalile ukuqala umphakathi izimali. Wonke lawo macala sesiwadlulisele emaphoyiseni futhi aseiyaphenywa."

UMphathiswa Simelane-Zulu uphinde wakucacisa ukuthi uzosizakala kanjani umphakathi waseNanda, eNtuzuma nowaKwaMashu (INK) namaphethelo ngokuba khona kwalesi sibhedlela.

"Yebo, lesi sibhedlela sisendaweni eyaziwa ngokuthi yi-INK, kodwa sizosetshenziswa yibo bonke abantu besifunda saseThekwini. Impela kunjalo,

iyaqhubeka ekhasini 02 >>>

abantu abakhele lesi sibhedlela yibona abazonikwa ithuba kuqala kuleyo misebenzi engadingi iziqu zemfundo ezinkulu, kodwa kulezo zikhala zomsebenzi ezidinga iziqu zemfundo ezinkulu noqeqesho oluphezulu zizovuleleka kuzona zonke izakhamuzi zaKwaZulu-Natali."

INDLELA OKUZOKHISHWA NGAYO IZIKHANGISO ZOMSEBENZI NEYOKUFAKWA KWEZICELO:

- Kusukela manje kuyaphambili, izikhala zomsebenzi zizokhangiswa ngohlelo oluyizikhawu (kuba nezikhala ezintsha zomsebenzi njalo ngesonto) emaphephandabeni ahamba phambili kanye nakwisizindalwazi soMnyango esisemthethweni esithi: www.kznhealth.gov.za.
- Izaziso ezimayelana nezikhangiso zemisebenzi zingakhishwa nasemakhasini ezinkundla zokuxhumana zoMnyango (ku-'facebook, ku-twitter naku-Instagram)
- Uhlelo lokufakwa kwezicelo zomsebenzi luzovulwa isikhathi esiyizinsuku eziyi-14. Asikho isidingo sokutatazela noma uyoma emigqeni emide ufuna nje ukuyoshiya isicelo sakho.
- Ukwamukelwa kwezicelo kuyokwenziwa kusukela ngoMsombuluko kuze kube uLwesihlanu kuphela.
- Uvunyelwe ukufaka isicelo esisodwa ngesikhala ngasinye somsebenzi.
- Zonke izicelo zemisebenzi engaphansi kwesigaba sesi-6 (okuyimisebenzi ejwayelekile njengeyokuba ngabahlanzi, onogada, yizithunywa (abahambisimiyalezo), abakhaphi (abaphelekezeli) nabasiza endaweni yokuphekela ukudla zona zivumelekile ukuthi zishiywe khona esibhedlela, la

kuzobe kubekwe khona ibhokisi okufakwa kulo izicelo elizobe lingaphandle kwesakhiwo saso esibhedlela.

- Izikhangiso zalezi zikhala zomsebenzi zizophinde zifakwe nasemabhodini ezokwazisa asezikhungweni zezempilo zikahulumeni, ezikhungweni zikahulumeni ezisiza umphakathi ezaziwa ngokuthi yiSizakala Customer Care Centre, enkantolo kaMantshi nasenxanxatheleni yezitolo e-Bridge City.
- Izicelo zomsebenzi zivumelekile futhi ukuthi zishiywe ehhovisi lesifunda saseThekwini (kuleli kheli lomgwaqo elithi: 83 Jan Smuts Highway Mayville Durban). Leli hhovisi livula kusukela ligamenxe elesi-07h00 lize livale ngele-16h00.
- Abafakizicelo kulindeleke ukuthi bazitholele bona amafomu okufaka izicelo aziwa ngokuthi ngama-Z83 futhi basebenzise izitephla zabo ukuzihlanganisela wonke amafomu abo ndawonye.
- Zonke izicelo zezikhala zemisebenzi engaphezulu kwesigaba sesi-6 zona kumele zithunyelwe eNhlakohhovisi ngeposi (ekhelini elithi: P/Bag X9051 Pietermaritzburg 3200), noma bazishiye ehhovisi lesifunda;
- Zonke izicelo zezikhala zemisebenzi engaphezulu kwesigaba sesi-6 kumele iposwe iqonde ngqo kuMqondisi oMkhulu kuleli kheli elithi: The Chief Director: Human Resource Management Services KZN Department of Health Private Bag X9051 Pietermaritzburg 3200 NOMA zihanjise kuleli kheli lomgwaqo elithi: 330 Langalibalele Street Natalia Building, Registry, Minus 1:1 North Tower.
- Uhlelo lokuhlunga izicelo kulindeleke ukuthi luphothulwe ngenyanga kaNhlolanja 2021, ngenxa yomthamo omkhulu olindelekile wokufakwa kwezicelo zomsebenzi.



**GROWING
KWAZULU-NATAL
TOGETHER**


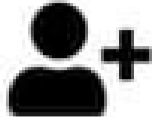



 KwaZulu-Natal Department of Health

 kznhealth

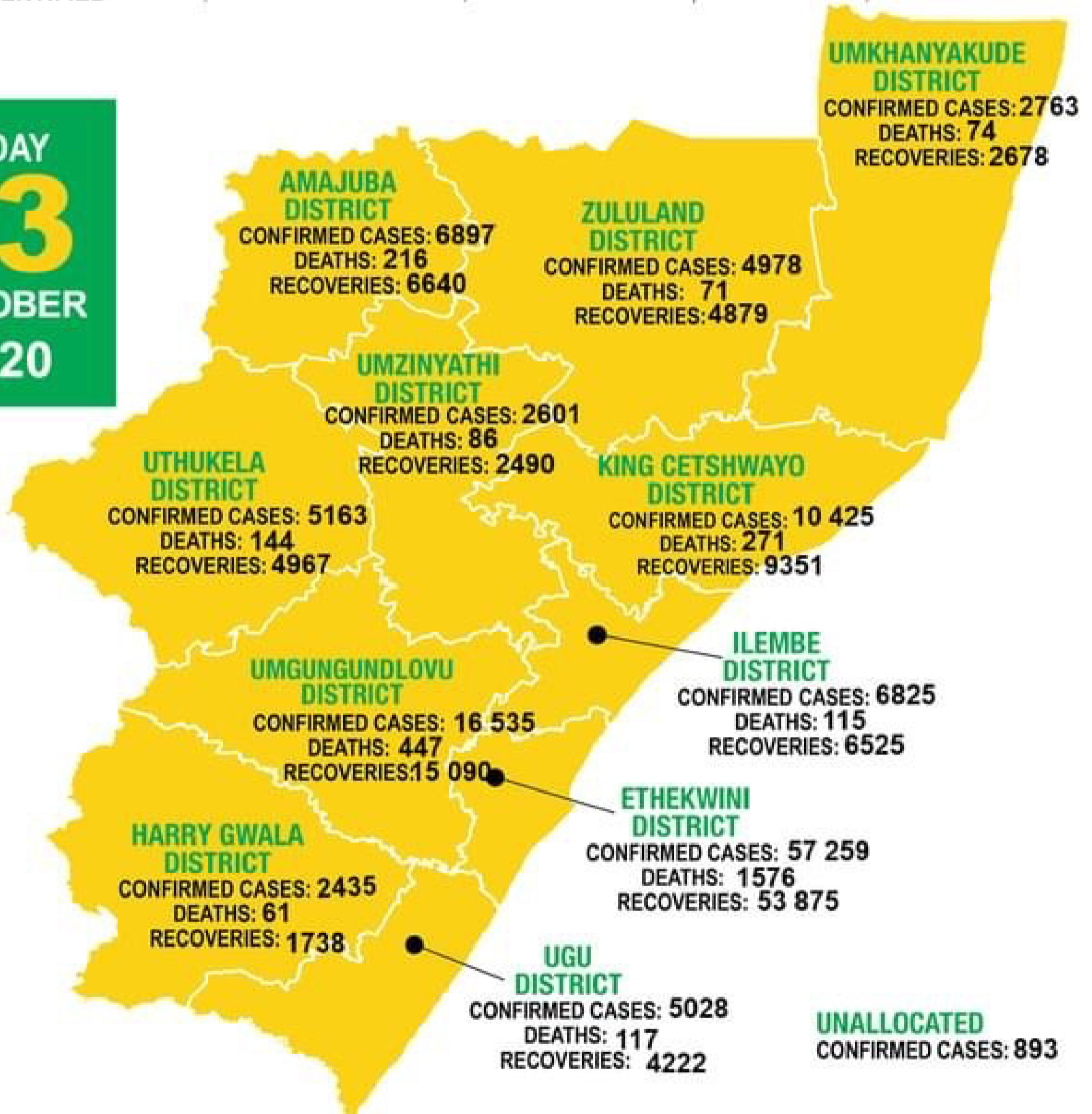
 KZN Department of Health

 @kznhealth

COVID-19 STATISTICS IN **KZN**

				
121 802	6169	112455	3184	155
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY
23
OCTOBER
2020



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

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

**GROWING
KWAZULU-NATAL
TOGETHER**

 KwaZulu-Natal Department of Health

 kznhealth

 KZN Department of Health

 @kznhealth

NGABE ULALA NGOKWANELE NA?

Into elula njengokuthi uzinike isikhathi esanele sokulala ibamba iqhaza elikhulu kakhulu ukuqinisekisa ukuthi umzimba wakho usebenza ngendlela efanele eseqophelweni eliphezulu. Abantu esikhathini esiningi bazishaya indiva izikhathi okumele ngabe balala ngazo ngenxa yokuxakwa yizinto ezifana nomsebenzi, izinto zasemndenini noma uma bebuka imidlalo ewuchungechunge abazifelayo ngayo. Yize kunjalo, kodwa ukungasifaki isikhathi sokulala ngokwanele ezintweni ojwayele ukuzenza nsuku zonke kungaholela ekutheni ube nesifo sokukhuluphala ngokweqile, uphathwe wuhlobo lwesi-2 lwesifo sikashukela, ube nesifo somfutho wegazi ophezulu, isifo senhliziyo, uphathwe yisifo sengqondo ngisho nokusheshe ufe imbala.

Ukungalali kahle nje ubusuku obubodwa kungakulimaza kakhulu ngakusasa ngokuthi ungabi nawo amandla, ungakwazi ukusebenza kahle futhi ube nenhliziyo encane.

IMITHELELA YOKUNGALALI NGOKWANELE

- Ukuba namasosha omzimba abuthaka – ukungalali isikhathi esanele kwenza kube nzima ukuthi umzimba wakho ukwazi ukuzilwela namagciwane angakubangela ukuthi uhlaselwe yimikhuhlane, bese umzimba wakho uba sengcupheni yokuba yisizinda sawo wonke amagciwane akhona.

- Ukuqwashwa ebusuku kungaholela ekuhlaselweni wumdlavuza – ukuncisha umzimba wakho ukulala ngokwanele kungakudalela ukuthi uhlaselwe yizinhlobonhlobo zomdlavuza ezinjengowamathumbu, owebele nowamakhwahla.

- Isifo somfutho wegazi ophezulu nokuba sengcupheni enkulu yokuhlaselwa yisifo senhliziyo – ukungalali isikhathi esanele kungaholela ekutheni uhlaselwe yisifo sokuba nomfutho wegazi ophezulu kona okungagcina kukuholele ekutheni uhlaselwe yisifo senhliziyo.

IZIMBANGELA

Ukuqwashwa ebusuku kungadalwa yizimbangela eziningi ezifaka phakathi:

- Ingcindezi – ukuba nengcindezi kunemithelela eminingi empilweni yabantu ngezindlela ezingefani. Kungaphazamisa indlela ojwayele ukulala ngayo uma usuhlala ukhathazekile njalo futhi uzizwa unexhala lokho okuzokwenza ukuthi uqwashe ebusuku.

- Izifo zokuqwashwa ebusuku – izifo zokuqwashwa ebusuku ziyizifo ezikwenza ukuthi bungakufikeli nhlobo ubuthongo njalo ebusuku. Lokhu kungadalwa ukuba nengcindezi noma wukuba nezinye izifo emzimbeni. Abantu abaningi babanakho ukuqwashwa ngezikhathi ezithile ebusuku, yize kunjalo, kodwa uma lokhu sekuyinsakavukela lokho kungaba yinkomba yokuthi usuhlaselwe yizifo zokuqwashwa ebusuku ezinjenge-“insomnia, i-“sleep apnea” noma i-“narcolepsy”.



- Umkhuba wokungalali ngokwanele – lokhu kufaka phakathi izinto ezifana nokuzijwayeza ukulala njalo isikhathi sesidlule kakhulu, ukudla phakathi nobusuku noma ukuchitha isikhathi eside kakhulu ubuka ithelevishini noma usebenzisa ikhompuyutha ngaphambi kokuthi ulale. Zonke lezi zinto ziphazamisa izigqa (amahomoni) zokulala bese zikwenza ukuthi uqwashe, zinciphise amahora okuthi umzimba wakho ulale futhi uphumule kahle.

IZINDLELA ZOKUSILUNGISA LESI SIMO

Enye yezindlela ezisebenza kahle ekunqandeni ukuqwashwa ebusuku wukuqinisekisa ukuthi ulala isikhathi esanele, isikhungo sokuLawulwa kweziFo nokuziVika (CDC) sona sikhuthaza abantu ukuthi balale okungenani amahora ayisi-7 ngobusuku ngabunye.

Nanka amanye amasu ongawasebenzisa ukuze uphumule kahle ebusuku:

- Ukuba nenhlalanjalo – ukulala ngesikhathi esifanayo njalo ebusuku. Ukuhlela isikhathi esisodwa olala ngaso kwenza ukuthi ubuchopho nomzimba wakho kuhambisane ekudedeleni izigqa eziletha ubuthongo lokho okuzokwenza ukuthi ulale ubuthongo obumnandi futhi obufanele.

- Ukususa impahla esebenza ngogesi egunjini olala kulo njenge-TV, izingcingo nekhompuyutha kungakusiza kakhulu ngoba lezi zinto ezisebenza ngogesi ziphazamisa ukusebenza kwezigqa (kwamahomoni) eziletha ubuthongo ezaziwa ngokuthi yi-“melatonin”. Kuyasiza kakhulu futhi nokuqinisekisa ukuthi egunjini lakho lokulala akunamsindo, kupholile futhi kube yindawo entofontofo ezokwenza ukuthi ufikelwe wubuthongo obumnandi.

- Gwema ukudla inqwaba yokudla, ukudla noma iziphuzo ezine-“caffeine” eningi nokuphuza uphuzo oludakayo ngaphambi kokuyolala – yize umzimba wakho ukwazi ukulala uphinde ugaye ukudla ngesikhathi esisodwa kodwa udinga ukuthi ukwazi ukugaya kahle ukudla osukudlile ngesikhathi ungakalali, njengoba ukulala nje usaqeda ukudla kungakudalela ukuthi ube ne-esidi eningi emzimbeni, isilungilela nokungagayeki kahle kokudla.

- Ukuzivocavoca – ukunyakazisa umzimba wakho ngosuku kungakwenza ukuthi ufikelwe kalula wubuthongo obumnandi ebusuku kanti futhi ukuzivocavoca kuyaziwa ukuthi kwehlisa amathuba okuba nesifo somfutho wegazi ophakeme futhi kwenza nokuthi inhliziyo isebenze kahle.

**GROWING
KWAZULU-NATAL
TOGETHER**



UKUZICHAMELA ULELE: UNGAKUYEKA KANJANI?



Wonke umzali wengane esencane uhlale ekulindele ukuthi kumele ashintshe ingane yakhe inabukeni. Ngenhlanhla, sesiyagwemeka lesi simo sokuthi kumele avuke ashintshe amashidi ebusuku ngokusebenzisa amanabukeni enganeni esencane kakhulu kanti esikhulakhulile yona isuke isiqala ukufundiswa ukuthi izivukele iyozechamela.

Yize kunjalo, kodwa abanye babazali bazithola besabhekene nayo le nkinga yize izingane zabo sezidlulile esigabeni sokuba zinsana. UDkt. Sally John, ongudokotela wezengqondo, esibhedlela e-McCords unikeza ngeziluleko zokuthi kungabhekwana kanjani nale nkinga.

Ukuzichamela ulele kungaba wumphumela wokuthi unesifo

esinyeni noma unesinye nje isifo kodwa eselaphekayo. Yize kunjalo, kodwa ngikholelwa ekutheni lesi simo siba wumphumela wokuhlukumezeka emoyeni ngesimo sasekhaya noma ukuba sesimweni esingazinzile njengokuba nabazali abahlala ngokwehlukana, ukuba sendaweni ekhungethwe wudlame, ukuba yingane enentukuthelo noma ukuba nentukuthelo ngekhaya ingane ekhulela kulo.

Ezinye izingane ziba nalesi sifo sokuzichamela zilele zizezibe ndala impela zibe neminyaka eyisi-6 nangaphezulu sibe singaqondakali isizathu salokho. Ngiyezwa ukuthi ngokwendlela yesimanje yokwenza izinto kuthiwa ingane akumele ifakwe ngaphansi kwengcindezi ukuthi ikuyeke ngaphambi kwesikhathi, kodwa kumele ingane ivunyelwe isebenzise amanabukeni ize izinqumele yona ukuwayeka ngoba ingasazichameli uma ilele

noma kuze kube isiyakwazi ukuzibamba uma ifikelwa ukuthi izikhulule ebusuku.

Uma udinga isisombululo esisheshayo, nanka amanye amacebo ongawazama:

- Ukugwema ukuthi ingane izichamele uma ilele, abazali kumele bangayivumeli ingane yabo ukuthi iphuze amanzi emva kwehora lesi-4 ntambama.

- Bangayivusa njalo ingane yabo phakathi kwamabili ukuthi iyochama endlini encane. Kungasetshenziswa iwashi noma insimbi ekhaliswayo ukuze ikhumbuze ingane ngesikhathi sekumele iye endlini encane. Ungenza ngisho ucwaningo ngalezi zinyathelo.

- Uma lesi simo sidalwa yisimo senhlalo sasekhaya noma esikoleni, lesi simo kuyomele silungiswe. Umndeni kungamele ukhulumisane nodokotelo wawo wezengqondo ukuze awululeke ngezindlela

ongazilandela uma ukhuza ingane ukuthi ingoni noma uma ukhombisa yona ingane uthando, njll. Ngale kwalokho kuzosho ukuthi kuzomele kuyolungiswa isimo sasesikoleni ingane efunda kuso. Okungenzeka ukuthi ingane esikoleni ibhekana nesimo sokuhlukunyezwa ngobubhoklolo noma kube wukuthi ingane ayikwazi ukumelana nomsebenzi wesikole.

- Uma kungaphephile noma kumnyama ukuthi ingane ingaphumela ngaphandle iyosebenzisa indlu encane engandle kwendlu, ingane ingancamela ukuthi izichamele isembhedeni wayo. Abazali nababheki bezingane kumele baqinisekise ukuthi indawo ikhanya ngokwanele uma izingane zisaba ukuphuma ziyosebenzisa indlu encane engaphandle kwendlu.

**GROWING
KWAZULU-NATAL
TOGETHER**

UKUGUJWA KOSUKU LWESIFO I-'DOWN SYNDROME' KUZWELONKE: "SITHATHA ISINQUMO"



Usuku lwabantu abanesifo i-'Down Syndrome', lugujwa ngomhla wama-20 kuMfumfu minyaka yonke, ukuqwashisa nokukhuluma amaqiniso mayelana nalesi sifo.

Indikimba okwakugxilwe kuyo emazweni onke omhlaba jikelele ngesikhathi kugujwa lolu suku lwabantu abanesifo se-'Down Syndrome' kulo nyaka wezi-2020 ngenyaka kaNdasa yayithi "Sithatha Isinqumo" eyayikhuthaza bonke abantu abane-'Down Syndrome' ukuba babambe iqhaza ngokugcwele ekuthathweni kwezinqumo ngezinto eziphathelele nempilo yabo.

Ngabe siyini isifo i-'Down Syndrome'?

I-'Down Syndrome' yisifo esiphathelene nokungasebenzi kahle kwezithwalafuzo (amakhromozomu) esiqala ngesikhathi imbewu yowesilisa ihlangana nembewu yowesifazane. Kuba nesibalo sezithwalafuzo esingaphezulu kwaleso esijwayelekile esingama-21 okudala ukuthi ingane ingakhuli kahle emzimbeni futhi ibe nokuphazamiseka nasemqondweni. Izingane zihlaselwa yilesi sifo ngenxa yokuhluleka ukuzihlukanisa kwezicutshana ngesikhathi kukhiqizeka iqanda esibeletweni sowesifazane noma ngesikhathi kukhiqizeka imbewu yenzalo kumuntu wesilisa. Yize umzali esidlulisela ezinganeni zakhe lesi sifo, kodwa izingane eziningi ezihlaselwa yi-'Down Syndrome' zizalwa ngabazali abangenaso bona lesi sifo.

Amaqiniso ngesifo i-'Down Syndrome'

- Abantu abanesifo i-'Down Syndrome' banokuphazamiseka kancane noma okunamandla emqondweni.
- Imbangela yesifo i-'Down Syndrome' akusibo ubudala ngokweminyaka, ngokobuhlanga, ngokwenkolo noma ngokwesimo somnothohlalo.
- Umntwana oyedwa kwabayi-1 000 ozalwa emazweni asethuthukile kwezomnotho noyedwa kwabangama-650 abazalwa emazweni asathuthuka kwezomnotho uzalwa enesifo i-'Down Syndrome'.
- Yize isifo i-'Down Syndrome' singelapheki, kodwa kunemithi eminingi eyahlukahlukene yokwelapha izinkinga ezihambisana nalesi sifo.
- Izingane ezinesifo i-'Down Syndrome' nazo zingafunda ezikoleni ezijwayelekile ezinenqubo yokufunda nokufundisa elandelwa yizo zonke.

Yize izingane ezinesifo i-'Down Syndrome' zingabukeka zehlukile kwezinye izingane, kodwa zingaphila isikhathi eside, ziziphilele nje impilo yazo ngokuzimela njengabantu abadala ngaphandle kokuqashelwa ngabazali. UMnyango unxusa abazali nemindeni ukuthi uma benokusola ukuthi izingane zabo zinaso lesi sifo ukuba bavakashela isikhungo sezempilo esiseduze ukuze bezodluliselwa ezikhungweni ezifanele lapho bezothola khona ukwesekwa nokwelulekwa okufanele.

Abesifazane abakhulelwe bona, uMnyango ubanxusa ukuba bakhulume kodokotela babo mayelana nokukhulelwa kwabo kanye nengcuphe yokuhlaselwa yisifo i-'Down Syndrome'.

**GROWING
KWAZULU-NATAL
TOGETHER**





KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

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

