

HATS-OFF TO **WOMEN** FRONTLINE WORKERS AND ALL **WOMEN** IN HEALTH



PHOTO BY: SPHIWE MOYO

KwaZulu Natal Department of Health will close-off Women's Month (August) by hosting a momentous virtual celebration of their own women in the health sector on the 31st of August 2020. The Webinar will be hosted by the KZN Health MEC Ms Nomagugu Simelane Zulu together with a host of women experts in the health sector who will be speaking on a variety of topics under the theme "GENERATING EQUALITY: REALISING WOMEN'S RIGHTS"

This will draw participation of women stakeholders in the sector as well as all women employees of the KZN Department of Health, from the frontline staff in the medical field - including nurses, doctors, allied healthcare workers, support staff, general workers and officials in our District Offices and at Head Office - to Community Care Givers and all Community-Based Teams on the ground.

The main objective for hosting this Webinar is to create a platform where the Department can address the women workforce and hold crucial conversations about things that are central to them.

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BE PART OF THE CONVERSATION BETWEEN MEC FOR HEALTH, MS NOMAGUGU SIMELANE-ZULU AND HEALTHCARE WORKERS

AS THEY
**CELEBRATE
WOMEN'S MONTH**

**Generation Equality:
Realising women's rights for an equal future**

TOPICS	1	2
1	Covid-19 pandemic and women's health	By Professor Tshidi Sebitloane
2	A shift in focus from seeing women as GBV victims to seeing them as survivors	By Ms Ayanda Ngema

MONDAY, 31 AUGUST 2020

VIRTUAL

11H00 – 12H30

RSVP






via WhatsApp before 16:00
on Friday, 28 August 2020
082 314 1167
TO RECEIVE THE STREAMING LINK



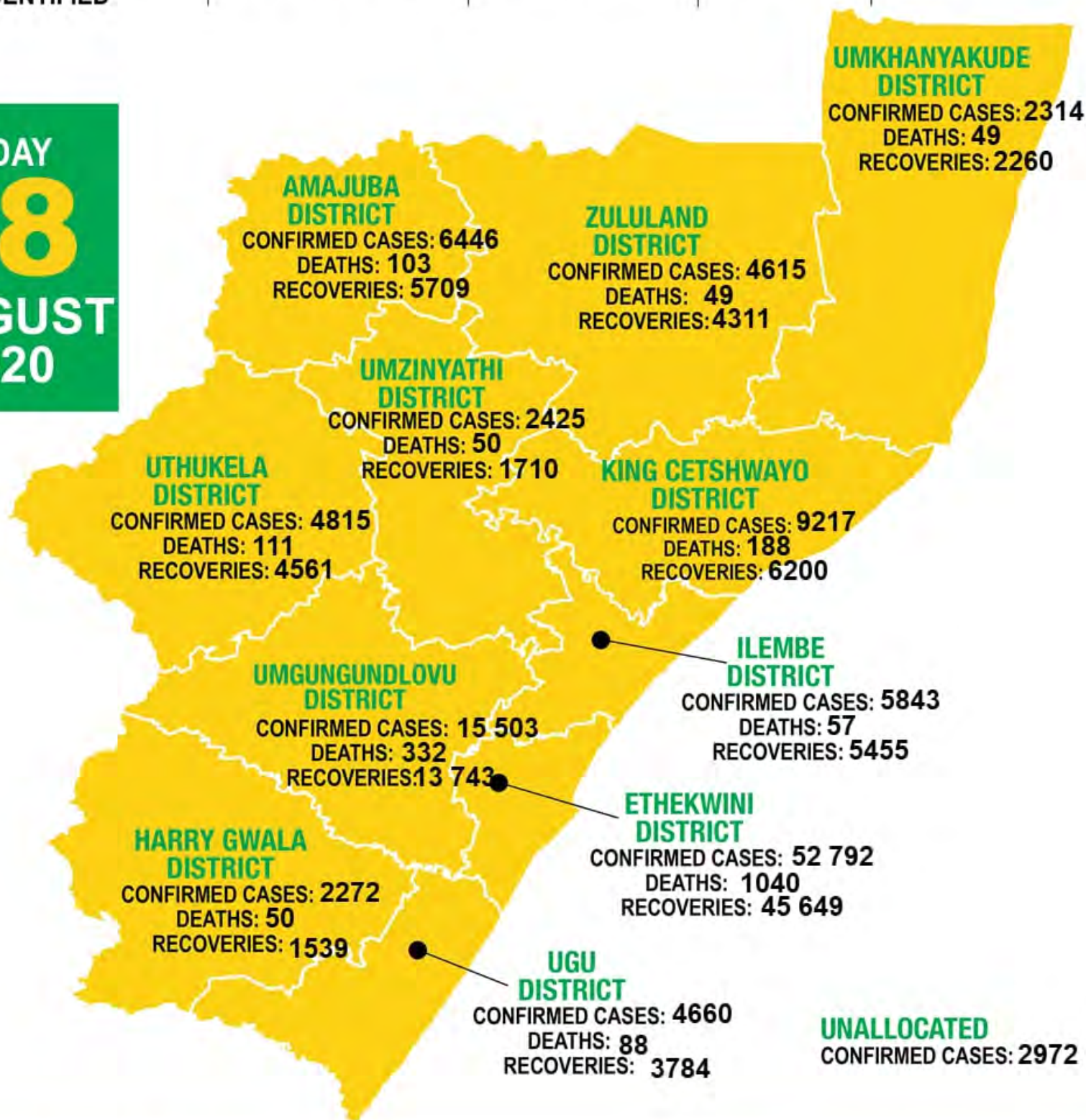
KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA




COVID-19 STATISTICS IN KZN

				
111 585	14 457	95 011	2 117	488
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY
28
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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 KwaZulu-Natal Department of Health
 KZN Department of Health

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REALIZING LGBTQI+ RIGHTS TO HEALTHCARE SERVICES

The Department will host an inaugural virtual meeting for the Lesbian, Gay, Bisexual, Transgender, Queer and Intersex (LGBTQI) persons, to engage them about their fundamental rights to access healthcare services in its facilities. The Webinar is aimed at advancing the work of building a good rapport with this key population group through the “Fabulous about Health” programme which is targeting the LGBTQI community.

The Webinar will be hosted by Health MEC Ms Nomagugu Simelane Zulu on the 30th of August 2020. Around the world, the pandemic is having a disproportionate effect on LGBTI+ people who have been historically discriminated against in their access to healthcare, housing and employment. Through the #FABULOUS ABOUT HEALTH programme, the department had a series of activities and events lined up to encourage, support and empower LGBTI+ community to be healthy, providing a wide range of care to improve their health and well-being.



BE PART OF THE CONVERSATION BETWEEN MEC FOR HEALTH, MS NOMAGUGU SIMELANE-ZULU AND THE LGBTI+ COMMUNITY

UNDER THE THEME

Generation Equality: Realising LGBTI+ Rights

TOPICS

- 1 Sexual and Reproductive Health Rights. By Dr Jean-Re Jones
- 2 Accessing health services during Covid-19 National Lockdown. By Fanele Mdletshe
- 3 Ending barriers experienced within rural contexts. By Zinhle Ndimeni
- 4 Wellbeing and Psychosocial services and support. By Dr Gareth Goldman

DATE: SUNDAY, 30 AUGUST 2020
TIME: FROM 3PM - 4:30PM

VIRTUAL zoom

RSVP

via WhatsApp before 16:00 on Friday, 28 August 2020

082 314 1167

TO RECEIVE THE STREAMING LINK



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KZN DOH DRIVES CONVERSATIONS WITH HEALTHCARE USERS

Have you heard about Lunchtime Chat.Gov?

Well! Follow the conversation below to learn about this Brand New Illustrious Programme which keeps the Department connected with healthcare users. KZN Health MEC Ms Nomagugu Simelane-Zulu explains



PHOTO BY: SPHIWE MOYO

HC: What is LunchtimeChat.Gov?

MEC: Lunchtime Chat. Gov is our social media show where relevant different topics are discussed for the benefit of the public and our employees. Right now, however, due to the COVID-19 pandemic we're mainly using it as a tool to update the public on the statistics and any other useful information on this topic. In the future we aim to host a variety of guests such as medical experts, officials from other Departments, and even social media influencers.

HC: What brought about the idea or the need for this platform?

MEC: As a Department that is serious about heightening the level of health literacy in our province and country, we are always looking for innovative ways to reach out and be more accessible to the public. We already have a number of online platforms on Facebook, Twitter, and Instagram that are very effective, and have massive potential to get our very important messages across to the public, in an unmediated approach. My favourite part of the show is when I get to respond to the

public's comments, voice notes and calls because I strongly believe government should be accessible to its people. That's why even last year we took a decision to publicise facility managers' contact details.

HC: In which areas have these shows been hosted?

MEC: We've hosted it in Port Shepstone Hospital (UGu), Hlabisa Hospital (UMkhanyakude) and in the Department's Head Office (UMgungundlovu), among other facilities. Our aim is to have it in every district eventually because the province isn't just

Pietermaritzburg or Durban. We want all people, including our staff in health facilities, to know that they're equally important and that their voices are heard.

HC: For those who might have missed the live show on Facebook, or may have challenges with data, where else can they view the show?

MEC: Fortunately, the show is also aired on 1KZN (on DSTv Channel 261) on Saturdays. Alternatively, people can simply watch the recorded show on Facebook.

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RENEWED ATTEMPTS TO DERAIL SECURITY TENDER ADJUDICATION PROCESS WILL NOT SUCCEED

HEAD OF HEALTH, DR SANDILE TSHABALALA

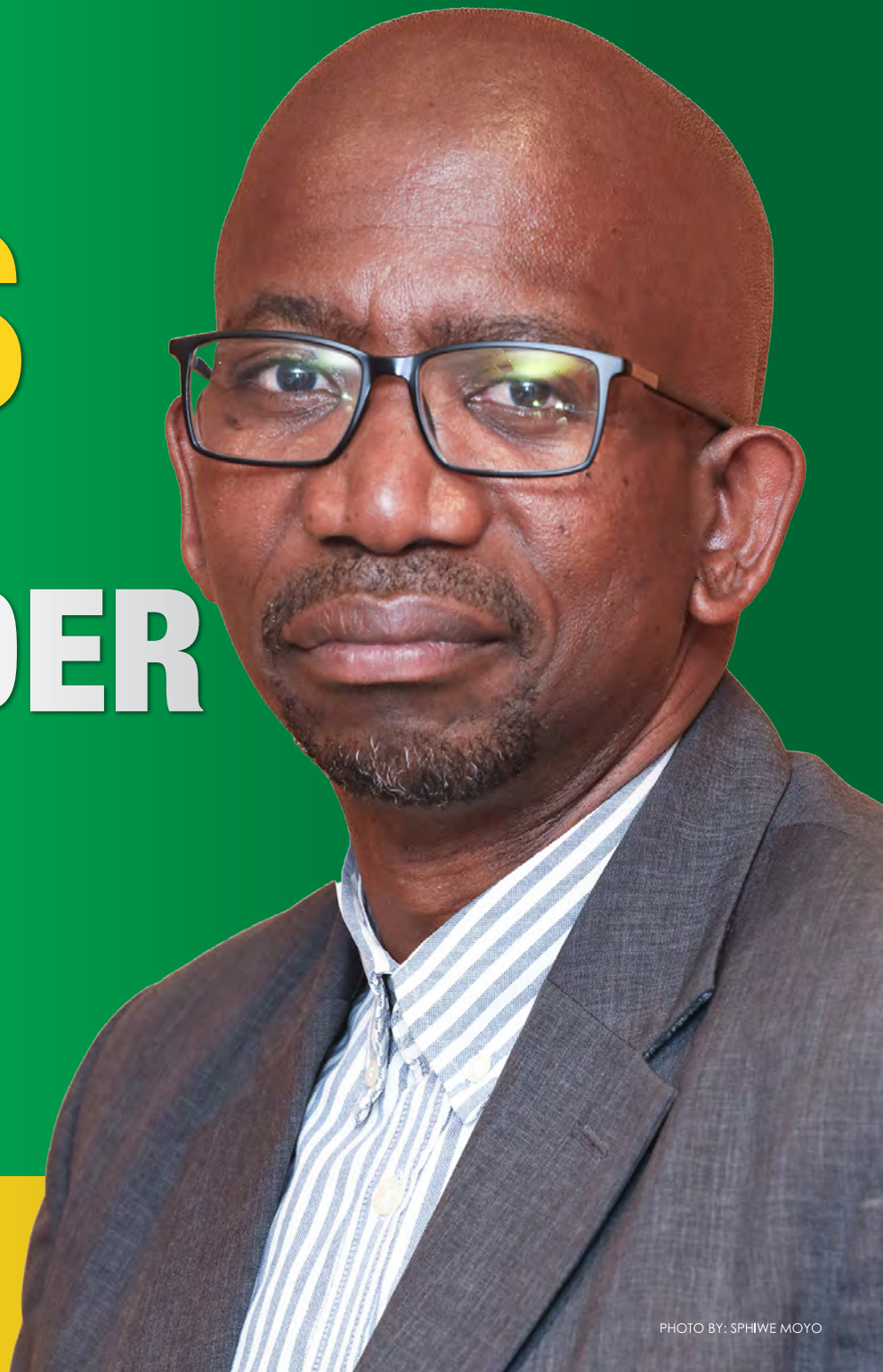


PHOTO BY: SPHIWE MOYO

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As the KwaZulu-Natal Department of Health, we have noted with serious concern attempts to once again derail the process of the adjudication of the security tender bids, by certain unknown individuals.

We have become aware of correspondence that has been circulating on social media, containing what is purported to be official 'leaked documents' relating to the adjudication process.

This correspondence contains a number of spurious and inflammatory claims.

We wish to state, once and for all, that these documents are fabricated, do not exist, and are not known to the Department.

Previously, confidential documents of the Department were illegally accessed and published on social media, compromising the integrity of the process.

It appears that forces have now resorted to a new strategy in the hope of creating uncertainty and confusion among stakeholders.

As a Department, we have taken every conceivable step to safeguard the integrity of this process, and we intend to see it through to finality.

The intention to award the security bids will be published in the Government Gazette in due course.

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FREQUENTLY ASKED QUESTIONS ABOUT COVID-19

MS NOMAGUGU SIMELANE-ZULU
MEC FOR HEALTH

What is Coronavirus?

Coronaviruses are large groups of viruses that are common amongst animals. These viruses can make people sick, usually with a mild to moderate upper respiratory tract illness, similar to flu. A new coronavirus called Covid-19 was identified in China and is associated with an outbreak of viral pneumonia.

What is COVID-19?

Covid-19 is the new infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

Is there a vaccine, drug or treatment for COVID-19?

Not yet. To date, there is no vaccine and no specific antiviral medicine to prevent or treat Covid-19.

What are the symptoms?

Mild to severe respiratory illness with: fever, cough – usually dry, fatigue, myalgia (sore muscles/ body), difficulty breathing. Note that a sore throat and runny nose tend to be less common in Covid-19 than in flu or other upper respiratory tract infections.

How does COVID-19 spread?

The Covid-19 spreads mainly via respiratory droplets produced when an infected person coughs or sneezes. These droplets are then transferred through close personal contact such as touching or shaking hands, or touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands. Because the virus is spread through the droplets it is important to stay more than 1,5 - 2 meters away from a person who is sick.

Who is at greatest risk for severe disease from COVID-19?

Some members of our community are more vulnerable to Covid-19. People who are: Older than 60 years, Overweight, Unfit, Multiple medical conditions, Medical conditions not well controlled, and the people who have the following comorbidities: Hypertension, Diabetes, Chronic kidney, heart and lung disease, Cancer, HIV, TB, obesity and other chronic medical conditions appear to develop serious illness more often than others.

How long does the COVID-19 virus survive on the surfaces?

It is not certain how long the virus that causes Covid-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

What must I do if I suspect I have COVID-19?

How do I get screened or tested? and how much does it cost?

It's important to seek care in a way that prevents you from spreading Covid-19 to others: If you have access to private healthcare call your general doctor. Testing done in private is by private laboratories following a referral by your healthcare provider. It's difficult to know exactly how much these cost as each lab may charge own rates. These may cost around R900 to R1000.

You can also call NICD Hotline on 0800 029 999 or the Provincial Hotline on 033 846 6000. Explain your symptoms, or with whom you have had contact. You will receive advice on what to do. If you are unable to make a call, go to your local facility. You can get tested at government facilities for free but please note that not everyone requires testing.

Each public healthcare facility can screen all individuals coming through their doors and all persons that meet the criteria for testing are directed for testing within that facility. These are only people who exhibit symptoms for COVID-19. These are fever, cough, sore throat, myalgia/arthritis, loss of taste, loss of smell.

This list of signs and symptoms is evolving with the evolving understanding of the COVID-19 virus. Please note that being a contact doesn't automatically qualify one for testing. You have to be monitored for 10 days from the last day of contact with a known infected person. Only if you start having sign and/or symptoms within this time of observation do you get tested. If you test too early, before having symptoms, you are likely to get a false negative result.

The most effective ways to protect yourself and your loved ones against Covid-19 are to stay at home, frequently wash your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least 1-2 meters from people who are coughing or sneezing.

What happens when I call NICD Hotline?

The NICD Hotline 0800 029 999 is there only to advise. You will still need to go to your local healthcare service provider for further screening and testing if warranted. NICD will be able to advise after the screening of the steps that you will need to take.

Where can I get tested for COVID-19?

COVID-19 testing is done at all government healthcare facilities i.e. PHC clinics, CHC's and hospitals. You do not need to make an appointment to go and test. You present at the healthcare facility for screening to establish if testing is warranted. If so (based on current NICD guidelines), the clinic will inform you and then test you.

It is not necessary to make an appointment or to notify your healthcare facility before going to the clinic as all patients are screened at the entrance and directed accordingly if testing is warranted. Therefore, there is already practicing of physical distancing, hand washing, cloth masks for everyone because as a country, we are now treating everyone as if they have COVID-19 because we now know that a lot of people will be infected without showing any symptoms.

Who organises transport to quarantine and isolation facilities?

Where possible it is recommended that individuals use own transport. The DOH does provide transport for transporting of COVID-19 positive persons to isolation or quarantine facilities. However, due to limited resources, this may not always be possible in certain circumstances. Your local healthcare facility or members of the contact tracing team will advise you accordingly.

Which categories of healthcare workers are authorised to conduct a COVID-19 test?

A trained nurse and all doctors are authorised to take swabs for COVID-19 testing.

How can I follow up on my results if they are not forthcoming?

If you have tested, this means that you might be infected. You would have been advised to self-quarantine at home or if this was not possible, you would have been admitted into one of the state quarantine sites. It is important that while you wait for the results, you remain in quarantine conditions for 10 days. If your results do not come back and 10 days has expired, you do no longer need to be in quarantine. Due to various challenges with testing, the turn-around time for results has been longer at times. However, you may follow up with your healthcare facility for guidance as they may need to call the lab for advice on reasons for delay.

What is an incubation period for COVID-19 and how long is it?

The "incubation period" means the time between catching the virus and beginning to have symptoms of the disease. Most estimates of the incubation period for Covid-19 range from 1-14 days, most commonly around five days.

What happens if I test positive?

If you test positive, a member from the DOH contact tracing team will call you to establish who your contacts are and whether you can isolate at home. If it is established that you cannot, they will facilitate your referral to a government isolation facility or get you the necessary support.

Where possible it is recommended that individuals use own transport. The DOH does provide transport for transporting of COVID-19 positive persons to isolation or quarantine facilities. However, due to limited resources, this may not always be possible in certain circumstances. Your local healthcare facility or members of the contact tracing team will advise you accordingly.

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If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

Can I breast feed if I have COVID-19?

There is currently no clinical evidence to suggest that the virus can be transmitted through breast milk. Infection can be spread to the baby in the same way as to anyone in close contact with you. The benefits of breastfeeding outweigh any potential risks of transmission of the virus through breast milk or by being in close contact with your child.

If you wish to breastfeed, take precautions to limit the potential spread of Covid-19 to the baby by:

- washing your hands before touching the baby, breast pump or bottles
- avoiding coughing or sneezing on the baby while feeding at the breast
- cleaning any breast pump as recommended by the manufacturer after each use
- considering asking someone who is well to feed your expressed breast milk to the baby.

If you are feeding with formula or expressed milk, sterilise the equipment carefully before each use. You should not share bottles or a breast pump with someone else.

What is a quarantine site?

If you are a contact or a COVID 19 suspect, you will be tested, whilst waiting for your results you are expected to self-quarantine at home. But if the situation at home does not allow you to self-quarantine you can then quarantine in the government facility known as quarantine sites.

We need to remember that being in quarantine doesn't mean that you are infected but that you have been exposed. While in quarantine there are strict infection prevention and control measures in place that will prevent cross infection between patients and between patients and staff. This includes the maintenance of laundry services. On discharge, you should not be going home with contaminated clothing. Should you have such concerns you must report this to the sister in-charge of the facility.

Who cleans the private residents (flats/complex/communal blocks) if there is a COVID-19 case?

The cleaning of private residences can be done by residents of that household using recommended methods with house bleach and water as used for cleaning of surfaces. In communal residential areas, as these are private, the management structures such as home owner associations that oversee the management of communal property must develop guidance for own residents. It's not possible to prescribe how private parties conduct decontamination, but guidance is available where guidance is needed, through local health authorities for both households and business settings.

What to do when the worker test positive?

Guidance on what to do when a worker tests positive is available from the Department of Employment and Labour. However, local health authorities can advise and support a COVID-19 outbreak in the workplace. The priority is to send the COVID – 19 positive employees to isolation for 10 days, identify all those who were exposed and might be infected, send all those that are at risk of having been infected to quarantine for 10 days, and identify all areas that will need to be closed for decontamination. It is important that the workplace is assessed for areas that might pose a risk of COVID-19 transmission where proper Infection Prevention and Control (IPC) measures might have been breached. These need to be addressed as a matter of urgency.

What to do to prevent workers from transmitting COVID-19 amongst each other?

At work, on our way to work, at home, at the supermarket. We need to follow these instructions:

- Stay at home when we feel unwell
- Keep to physical distancing always
- Wash our hands as frequently as possible, when hands are not visibly dirty and you have no access to water and soap, use an alcohol based hand rub with no less than 70% alcohol
- When coughing practice proper cough etiquette by coughing into a tissue and discard into a bin immediately or cough into your sleeve
- If you think you have sign and symptoms of COVID-19, get tested and follow advice from your healthcare provider.
- Avoid crowded areas
- If you test positive, inform your employer so that they can take the necessary steps to protect fellow workers and others that come to your place of work

Should I wear a mask to protect myself from COVID-19?

Yes, you must wear a cloth face mask or a homemade item that covers the nose and mouth when in a public place, or another appropriate item to cover the nose and mouth. You will not be allowed to use any form of public transport, or enter a building, place or premises, if you don't wear a cloth face mask or a homemade item that covers your nose and mouth when in a public place, or another appropriate item to cover the nose and mouth.

Your employer must provide every employee who may come into direct contact with members of the public as part of their duties with a cloth face mask to cover their nose and mouth or a homemade item that covers the nose and mouth when in a public place, or another appropriate item to cover the nose and mouth. Disposable face masks can only be used once.

What is the correct and safe way to dispose of the hand gloves and face masks to limit the exposure to refuse collectors?

In a hospital or clinic, it will be part of the healthcare risk waste (medical waste) that gets removed under contract. In your household or workplace, you can dispose of gloves and masks in your normal refuse, but you can wrap the gloves and masks in newspaper before putting it in the bag. If you have been in contact with an infected person, then your domestic waste must be double-bagged and stored in the sun for a period of 3 to 5 days before placing it in the general waste bin for collection by the municipality.

At work who or what determines whether or not the business or facility or building needs to close?

After an investigation into how many people were exposed to the infected worker and at risk of having been infected and need to go on quarantine for 10 days. This together with the establishment of which areas in the workplace need to be closed for decontamination. This decision then becomes a collaboration between the management of that business and health authorities. The decision is informed by how long the decontamination will take, whether the unaffected areas and unaffected employees can still safely continue to work.

Whose responsibility is it to do the decontamination?

This is the responsibility of management in that organization. Guidance on how to decontaminate is available from both the Department of Health guidelines and guidance from the Department of Employment & Labour.

What to do if I live in an informal settlement or a place where we use shared taps and toilets?

Don't touch the tap, toilet or door handle with your bare hands. Hold the tap, door handle or toilet lid with newspaper. You can also use your foot or shoulder to open the toilet door and lift the lid. Stand at least 6 steps away from other people when you queue for a toilet or tap. After using the toilet or tap – do not touch your face, eyes, nose or mouth until you wash your hands with soap and water. Clean the toilet or tap with 1 litre of water mixed with 4 teaspoons of Jik™/bleach (but keep this bleach mixture away from children).

COVID-19 NEWS AROUND THE WORLD

NEW COVID-19

TEST KITS

APPROVED FOR SOUTH AFRICA

The South African Health Products Regulatory Authority (SAHPRA) has approved new Covid-19 antibody tests for South Africa.



Coronavirus : - +

PHOTO : SOURCED

The regulatory body explained that new 'rapid-test' kits are different from the Polymerase chain reaction (PCR) test currently used in the country.

Health minister Zweli Mkhize confirmed that the tests are now available in a statement on Monday evening (24 August).

-Business Tech

Spain Calls In Its Army to Fight COVID-19 Resurgence

Spanish Prime Minister Pedro Sanchez announced on Tuesday he was making the army available to help regions fight a new explosion of coronavirus cases.

"The Spanish government will provide the regions with the strength of the armed forces to carry out the tracing" of cases, he said during a televised address, specifying that 2,000 soldiers would be deployed for this purpose.

Sanchez said the evolution of the pandemic in Spain is "worrying" but stressed it is still far from its height in mid-March.

-Euronews

COVID-19: China Approves Human Testing for Vaccine Grown in Insect Cells

China has approved human testing for a potential coronavirus vaccine cultivated within insect cells, local government in the

southwestern city of Chengdu said.

China is in a global race to develop cost-effective vaccines to curb the COVID-19 pandemic.

Using insect cells to grow proteins for the coronavirus vaccine - a first in China - could speed up large-scale production, the city government of Chengdu said in a notice on social media WeChat

-eNCA

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EATING AND EXERCISING YOUR WAY TO HEALTHIER BONES

To close off Women's Month we will be tackling a condition that mostly affects women, especially in menopause: osteoporosis. Osteoporosis is a condition that affects the bones and makes them weaker and brittle, making them more susceptible to fractures and breaking. About one-third of women over the age of 65 will suffer a fracture of a vertebra in their old age with the common site for fractures in elderly women being the hip bone. V



Causes

Much like other parts of our bodies, our bones are in a constant state of renewing themselves. When new bone is formed, the old bone gets broken down. Our bodies are usually able to keep up with the constant remodeling of the bones, however as we grow older, an imbalance develops when bone mass is lost faster than it is being created.

Prevention

There are a few factors of osteoporosis beyond our control, such as getting older or having a family history of osteoporosis. However, there are factors that fall within your control, and they include:

- Diet – by making better food choices, it is one step forward to taking control of your health. Increasing your

calcium intake in the food that you eat will help your body maintain strong bones. Milk, yoghurt and cheese are good sources of calcium. Calcium can also be taken in the form of supplements, for those who are lactose intolerant. Vitamin D also plays a vital role as it enhances the absorption of calcium in the body. You can get a dose of Vitamin D by getting at least 15 minutes of sunshine a day or by eating Vitamin

D enriched foods including fatty fish such as pilchards, salmon and tuna and other foods such as eggs, mushrooms and fortified foods.

- Lifestyle – exercise has an array of short-term and long-term benefits, such as helping in controlling weight, boosting the immune system and helping improve heart and bone health amongst others. Walking and jogging for an hour at least 3 times a week is recommended as well as avoiding or reducing alcohol and coffee intake and quitting smoking.

THE BOTTOM LINE

Osteoporosis is a condition that affects millions of women all around the world; however, prevention is always better than cure. Good nutrition and regular exercise are essential for keeping your body and bones healthy from conditions such as osteoporosis and many others.



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FACILITY Thank You LETTERS

Grey's Hospital

Dear Mr Mntungwa (Public Relations Officer)

I'm not sure if you remember me. You kindly helped me arrange a travel permit for my sister when my mom, Lorraine Theresa Fynn, was first admitted to Greys on 04/06/2020.

My family and I would like to convey our sincerest gratitude to the surgical team lead by Dr Dasrath and the staff of F2, in particular, for the care rendered to my mother Lorraine Theresa Fynn, who passed away on 29/07/2020. I have tried, several times, to get hold of the Sr Madiba, in charge of F2, but she has been busy in meetings all morning.

As a token of appreciation we would like to gift the ward with an appliance they will find useful such as a microwave, toaster etc.

Please could you let me know if this would be allowed and if so, could you let me know what would be most beneficial to them.

Sincerely grateful,

Elmarie Peters and Family



Northdale Hospital

Best care possible. Staff wonderful. People best ever. Doctors are a blessing. Nurses are the healing hands. To the best medical staff with the vision of the future.

Fayonna Mooideen



Q Ward: I would like to thank all the nursing staff from Casualty to Q-Ward for being Co-operative during my stay in the hospital and they were always there to comfort and giving us hope. Keep up the good work. Operational manager thank you for your hands on and you were so amazing from day one. Cleaning service you were so amazing.

Khethiwe Sokhela



KZN HEALTH IN PICTURES

HEAD OFFICE (NATALIA) STAFF RESPOND TO THE JERUSALEM CHALLENGE AND HIT THE DANCE FLOOR



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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

