

AKE SIPHILE KUBE SENGATHI SISESESIGABENI SESI-5 SEMVALELWANDLINI KUSHO UMPHATHISWA WEZEMPILO E-KZN



Isiqubu sesibili sokubhebhetheka ngamandla kwegciwane elingumashayabhuge i-COVID-19 singagwemeka uma izakhamuzi zaKwaZulu-Natali zingaziphatha kube sengathi sisesesigabeni sesi-5 semvalelwandlini.

Lokhu kushiwo uMphathiswa wezeMpilo e-KZN uMhlonishwa Nkz. Nomagugu Simelane-Zulu ophinde waveza ukukhathazeka kwakhe mayelana nokuphindela komphakathi endleleni endala yokuziphatha ebeka abanye abantu engcupheni enkulu yokutheluleka kusukela ngesikhathi izwe lehliselwa esigabeni sokuqala (1) semvalelwandlini.

Lokhu kubandakanya imicimbi yokuzijuxuza okungalawuleki nokusetshenziswa kotshwala, ukuhluleka ukufaka izifonyo nokugcina ukuqhelelana ngebanga elanele, kanjalo nokubhema uhlobo lukagwayi olubizwa ngokuthi yi-“Hubbly-bubbly”, oluphinde lwaziwe ngele “hookah”, okwabelwanwa ngalo emaqenjini abantu abasebenzisa iziphuzo/izidakamizwa eziyingozi, ezibeka

abazisebenzisayo emathubeni okuhaqwa yigciwane i-COVID-19 ngenxa yamathe.

UMphathiswa akathokozile ngokungabinazimpawu ze-COVID-19 kwabayisabalalisayo okumataniswa kakhulu nabadala, okungababulala/ okungaba nomphumela ongemuhle.

Emiphakathini eminingi yasemazweni anjengo-Spain, i-Italy,

i-South Korea, i-China, i-United States ne-United Kingdom, abehlaselwe kakhulu yimikhuhlane eqhamuke ngesikhathi se-COVID – 19, - aseqalile ukusimama egciwaneni Okwamanje, lehlile izinga lemikhuhlane eNingizimu Afrika, ngokusimama kwangamaphesenti angama-89.9. Okubalulekile,

iyaqhubeka ekhasini 02 >>>

uMphathiswa
uSimelane-Zulu uthi
akusona isikhathi
sokuqholosha/sokuzigqaj
a/sokweneliseka.
Ezweni abebehaqwe
yi-COVID-19
bebeyizinkulungwane
ezingama-669 498
nabayizi-16 376
abashonile,
iKwaZulu-Natal ibe
nenani labahaqekile
abayizinkulungwane
ezingama-118 350,
bayizi-6740
abesahaqekile,
nabangama-108 993
(noma 92%) abasindile.

Okungenani bayi-175
abahaqekile
ababhaliswe
esifundazweni
emahoreni angama-24
edlule. Okubhulungu,
isifundazwe sesibhale
inani labayizi-2617
abashone ngenxa
yegciwane.

Ekhuluma ohlelweni
lwe-LunchtimeChat.Gov,
emposambuzweni
yoMnyango wakhe
wokuqhamuka namasu
amasha nokuxhumana
ngengxubevange
yemithombo yokwazisa,
uMphathiswa
uSimelane-Zulu uthi:
"Siyaxusa ukuba
izakhamuzi ukuba
zisebenzisane/zibambisa
ne nathi ngoba uma
zingenzi njalo, sizozithola
futhi sesihaqhawa yile
mikhuhlane yangalesi
sikhathi segciwane.

Inselelo engqala ukuthi
akekho owaziyo ngokuthi
ingasithinta/ingasilimaza

kangakanani
lemikhuhlane, nakuba
okusobala ukuthi
inamandla
kunemikhuhlane
yesiwombe sokuqala.
Siyaxusa kubantu
bakithi ukuba bawashe
izandla kaningi
ngensipho namanzi
noma
ngesibulalamagciwane
sezandla, bagqoke
izifonyo futhi bagcine
nomyalelo
wokuqhelelana ibanga
elenele."

"Kungcono kakhulu futhi
kuphephile ukuhlala
ekhaya ngendlela
ongakhona ngayo
nokuvakashela abadala
uma kunesidingo.
Kusemqoka kakhulu
lokhu ngoba kwesinye
isikhathi abantu abasha
bangahaqeka kodwa
bangabi nezimpawu.

Lokhu ngeke
kubavimbele ukuthi
bangalidlulisi igciwane
kwabadala,
okungenzeka bagule
noma bashone.
Kuyakhathaza kakhulu
esikubona ezindaweni
zokudlela, ezindaweni
zokuphuza
nasezindaweni
zobumnandi.

Ungafunga ukuthi
izikhathi zokusebenza
ezijwayelekile. Kunalesi
sitayela sokubhema
lokhu okubizwa
nge-'hubbly-bubbly',
okungenye yezindlela
ezisheshayo zokudlulisa
i-COVID - 19.
Kungabukeka kumnandi
futhi kuthokozisa, kodwa
iqiniso ukuthi sonke

sinesibopho
sokunakekela impilo
yethu. Yebo, ukhona
uhulumeni kodwa
esikhathini esiningi
kusezandleni zethu
ukwenza umehluko.

Uhulumeni ngeke
athathe isifonyo asifake
emlonyeni womuntu.
Ngeke sigade abantu
kuyona yonke into
abayenzayo ngaso
sonke isikhathi. Yingakho
njengemiphakathi
kufanele sizibophezele...
Yingakho sigculisekile
ngoMphathiswa
wezokuThutha uMnu.

uBheki Ntuli,
osezingxoxweni nemboni
yamatekisi ukuze
kutholakale indlela
yokuqinisekisa
ezokuphepha/ezokuzivik
ela, okubandakanya
ugqokwa kwezifonyo
ngabagibeli. "Indlela
efanayo nesathi uma
siba nobhubhane lwesifo
seNgculazi neSandulela
sayo, umuntu ngamunye
ngamunye akaqinisekise
ukuthi ugqoka ijazi
lomkhwenyana ukuze
azivikele.

Uhulumeni wenza
amajazi omkhwenyana
atholakala mahala
kodwa ukuwasebenzisa
kuncike kumuntu
ngamunye. Esikushoyo
kuyinto efanayo
ngezifonyo. Abantu
kufanele bagqoke
izifonyo zabo ngaso
sonke isikhathi ukuze
baphephe

kwi-COVID - 19. Lokhu
kumayelana
nokuphepha kwethu.

Kufanele sijwayele
indlela yokuphila
njengoba sasinayo
esigabeni sesihlanu
semvalelwakhaya,
nakuba sesisesigabeni
sokuqala. Ngale ndlela
sizokwazi ukuvikela
ubungozi bokuhaqeka
emikhuhlaneni
ehambisana negciwane.

Kuqaphelekile, ukuthi
uMphathiswa uphinde
wamemezela ukuthi
uMnyango uzoqhubeka
nezinhlelo eziningi
ezibhekelela umphakathi
njengoba isiFundazwe
siphokophele ejokeni
lokunciphisa isifo.

Lokhu kuzokwenziwa
ngokugcina imibandela
edingekayo
yokuhlangana.

COVID-19 STATISTICS IN **KZN**



119 212

POSITIVE CASES
IDENTIFIED



5807

ACTIVE CASES



110673

RECOVERIES



2732140

DEATHS



140

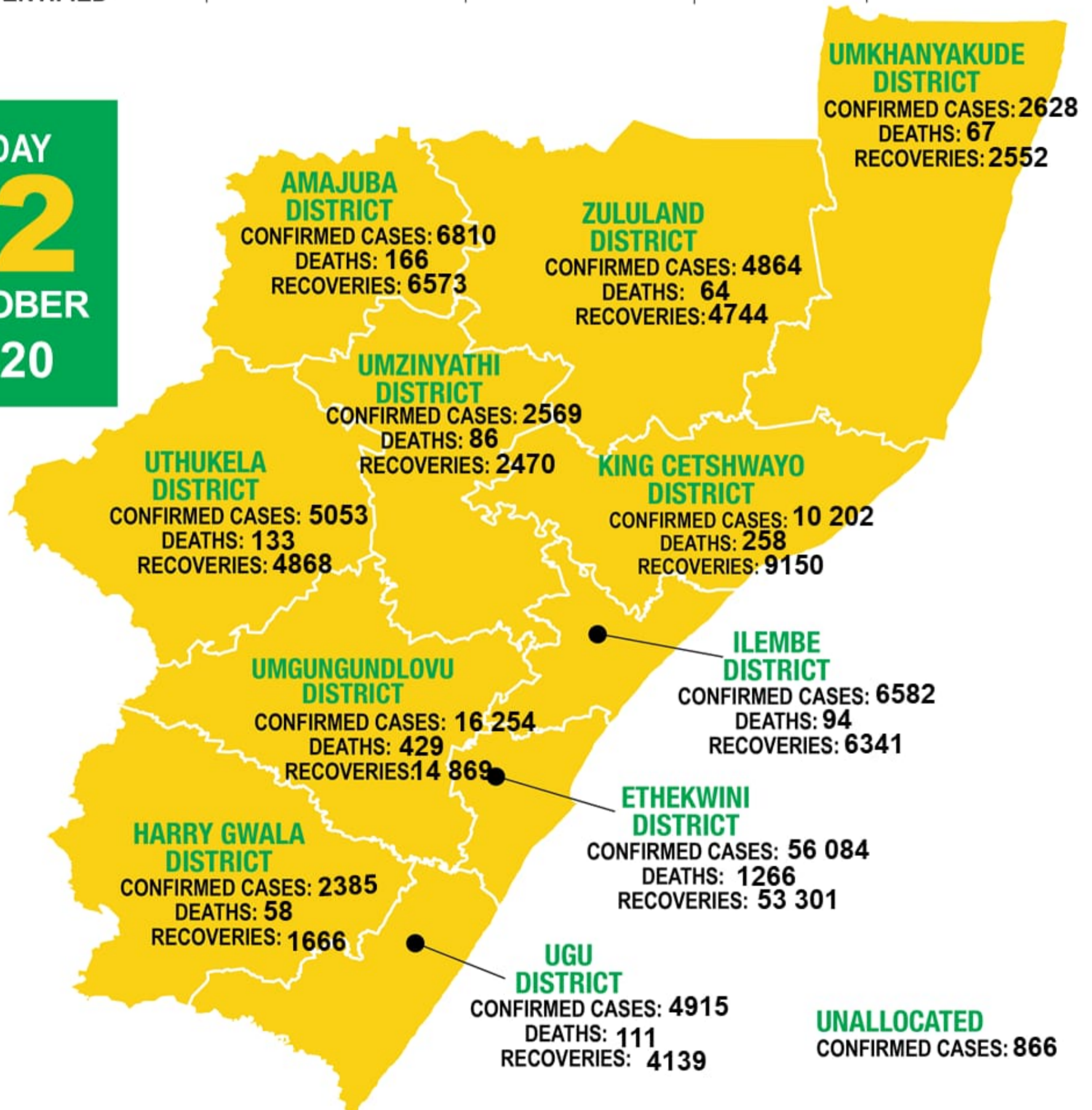
NEW CASES

FRIDAY

02

OCTOBER

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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UNGGONGQOSHE WEZISEBENZI ZIKAHULUMENI NEZOKUPHATHA UVAKASHELE ISIKHUNGO ITHUTHUZELA ESISIBHEDLELA I-EDENDALE



**NgeSonto eledlule
UNggongqoshe wezeMisebenzi
nezokuPhatha, uMhlonishwa
uSindisiwe Chikunga uvakashele
isiKhungo sesiBhedlela
sase-Edendale eyokwenza
izincomo ngokubamba kwaso
iqhaza oDlameni lobuLili
oluBhekiswe kwaBesifane.**

UNggongqoshe u-Chikunga uthe, "[Sizele ukuzoncoma] ukuzoncoma abaphathi besiBhedlela sase-Edendale ngokuqinisekisa ukuthi kunabasebenzi bezempilo abaseqophelweni, uPhiko lwamaPhoyisa aseNingizimu Afrika neNhlangozi yezokuPhepha kweziGuli kaZwelonke ehlonyiswe ngamakhono okukwazi ukubhekana nokuya kubagilwa boDlame lobuLili oluBhekiswe kwaBesifazane.

Ngale kwezingqinamba okutholakale ekusebenzeni

kweSikhungo kuqaphelekile ukuzinikela ekuhlinzekeni kwabaSebenzi abaNakekelayo eSikhungwini saseThuthuzela.

Kule Nyanga yezokuPhathwa kwezeMisebenzi siyakuncoma ukusebenza ngokuzinikela, niyisibonelo esihle semigomo ye-Batho Pele.

Niphila umoya woMqulu wezokuPhathwa kweMisebenzi nsuku zaphuma ekuhlinzekeni umphakathi."

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ABAHLENGIKAZI BASESIBHEDLELA I-PORT SHEPSTONE “SEBEYE NGAWO AMAGAMA ENKEHLI” NGOKUGQUGQUZELA NASEKUPHATHENI KAHLE IZIGULI



Abahlengikazi basesiBhedlela i-Port Shepstone sebephinde bakhombisa futhi ukuthi abaholeli ukukhuluma kahle ngokunakekela amakhasimende kuphela, kodwa baholela okungaphezu kwalokho.

Lokhu kufakazeleke ngesikhathi abahlengikazi abangamashumi amahlanu bebamba iqhaza ohambweni lwamakhilomitha amathathu obelusuka esibhedlela lubheke

eHhotela lase-Kapenta Bay. Abasebenzi bezempilo abalindanga ukuthi izulu libe ngcwaba: ilanga nomoya wasolwandle wenze ukuhamba kube kuhle.

Ngalesi sikhathi kwenzeka lokhu, isingathekiso esithi 'kuya ngamagama enkehl' sisetshenziselwe ukuqinisa abahlengikazi' ukuqhakambisa nokwenza okuhle kokwenziwa abahlengikazi nosiko lokubhekelela iziguli uma benza imisebenzi yabo yansuku zaphuma.

Njengoba owezi-2020 usathathwa njengonyaka wokubungaza abahlengikazi emhlabeni jikele, yonke

imikhakha yabahlengikazi ibambe iqhaza kulokhu okwenzekile. Okhulumelane ngaphambi kohambo, umphathi wabahlengikazi uNkosikazi Thembi Mkhize, uhalalisele ababambe iqhaza futhi wababonga ngokusebenza ngokuzikhandla ngokuzinikela, ngisho nangesikhathi esinzima sobhubhane lwe-COVID – 19.

Ubanxenxe ukuba babekezele futhi baqhubeka nokuphatha iziguli ngokuzinakekela, ngothando, ngenhlonipho nokuthi bazeseke njalo. “Njengabaqeqeshiwe, kufanele ngaso sonke

isikhathi sibe ngamanxusa okuziphatha/okuhleleka nawokwenza okufanele kahle, ngeqiniso, ukuzibophezela nangokwethembeka kwesikwenzayo njengoba kubaluliwe eMigomweni yokuZiphatha kwabaHlengikazi,” ubeke kanjalo.

Emva kohambo, abahlengikazi nabaphathi babo babambe iqhaza emisebenzini eyehlukene, kubandakanya imidlalo egqugquzela ukusebenzisana.

Badla kamnandi futhi base bebuyela esibhedlela ukuqhuba amagama enkehl.



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YEKA IMIKHUBA EMIBI UKUZE UGWEME UKUHLASELWA YILOLU BHUBHANE OLUHAMBAPHAMBILI

NgokweNhlangoano YezeMpilo eMhlabeni jikelele izifo eziphathelene neMithambo yeNhliziyo yizona eziyimbangela ehamba phambili emhlabeni jikelele: ngonyaka baningi abashona ngenxa yezifo eziphathelene neMithambo yeNhliziyo uma kuqhathaniswa nezinye izimbangela.”

Le nhlangano iphinde yabika ukuthi ngoLwezi-2016 silinganiselwa kwabayizigidi eziyi-17.9 isibalo sabantu ababulawa izifo eziphathelene neMithambo yeNhliziyo, emhlabeni wonke jikelele bangamaphesenti angama-31 abashonile futhi bangamaphesenti angama-43 abadala baseNingizimu Afrika abashone ngowezi-2017. Kulaba abashonile, bangamaphesenti angama-85 ababulawe yisifo senhliziyo nesohlangothi.

Ngenhlanhla, ukushintsha indlela esiphila ngayo kunganciphisa amathuba okukhula kwesifo senhliziyo.

IMIKHUBA OKUFANELWE IYEKWE

- **Ukubhema: Yekani ukubhema ndawonye.**

Nakuba ukubhema kungakhuthazwa kubona bobulili, iNhlangoano yeNhliziyo eMhlabeni Jikelele idalule ukuthi ukubhema kuyingozi noma kwabesifazane ababhemayo abangamaphesenti angama-25 okuthi bathole isifo senhliziyo uma kuqhathaniswa nabesilisa ababhemayo.

Ukubhema noma ukuhlafuna ugwayi (tobacco) kubulala imithambo yegazi, kunyusa umfutho wegazi futhi kunciphise amandla okuzivocavoca. Ngokunciphisa umoya esiwuphefumulayo igazi lethu lingahambisa ugwayi okunyusa amathuba okopha okungaholela esifweni sohlangothi nasekufeni masishane.

- **Ukuphuza: Zikalele ukuphuza.**

Ngokusho kweNhlangoano YezeMpilo eMhlabeni jikelele utshwala buqukethe isimo sokuvikela umzimba futhi benyuse amathuba okuba buthaka empilweni. Ngakho-ke, abantu kufanele banciphise ukusebenzisa utshwala nganoma yisiphi isikhathi, futhi ikakhulukazi ngesikhathi sobhubhane lwe-COVID-19.

- **Ukungazivocavoci:**

Zama izindlela eziningi zokunyakazisa igazi njengokudansa, ukuthabatha uhambo nokuzivocavoca ekhaya. Kuyancomeka ukusubatha njalo ngosuku imizuzu engamashumi amathathu.

- **Ukudla okungempilo/okungenamsoco:**

Ukudla okungemsoco kuneqhaza ezifweni ezingamahlakhona njengoshukela, ihayihayi namafutha amaningi angadala amahlalakhona esifo senhliziyo. Ukudla izithelo noma okunye okunempilo njengophophukhoni kunamazambane athosiwe noma inkukhu eyosiwe kunethosiwe.

iyaqhubeka ekhasini 07

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SEBENZISA IBHITHI

Isiqubulo sakulo nyaka soSuku lweNhliziyo eMhlabeni jikelele sithi

“Sebenzisa iNhliziyo ekuHluleni izifo eziphathele neMithambo yeNhliziyo”

IKhanda lakho

Ukuqonda ukuthi kusho ukuthini ukuphila impilo enehliziyo ephilile nokuba nolwazi, ukushintsha izinto ozenzayo mayelana nempilo esezingeni elingcono nekusasa.

Umthelela wakho

Umuntu ngamunye angaba yisibonelo kwabathandiweyo bakhe.

Njengabasebenzi bezempilo abakuqeqeshelwe ukusiza iziguli nokwenza ushintsho empilweni yazo.

Njengomqashi khuthaza inhliziyo ephephile

kubasebenzi.

Njengohulumeni qalisa inqubomgomo nezinyathelo eziholela umphakathi enhliziyweni enempilo engcono, njengeziphuzo ezikhandwe ngendlela engawubandakanyi kakhulu ushukela, izimpawu ezixwayisa ngokubhema ezindaweni ezithile nokunciphisa ukungcola komoya.

Uzwelo lwakho

Ukubheka nokwenza izindlela zokweseka labo abasengcupheni emphakathini; labo abanamahlakhona ezifo zenhliziyo angababeka engcupheni ye-COVID-19.

- *INhlangano yezeMpilo eMhlabeni Jikelele*



UKUNAKEKELA AMEHLO KUSEMQOKA

Inyanga Yokunakekela Amehlo Emhlabeni wonke jikelele, eqale ziye-15 kuMandulo kuya kuMhla ziye-18 kuMfumfu, isaqhubeka. Umnyango Wezempilo KwaZulu-Natal unxusa izakhamuzi zesifundazwe ukuthi zinakekele kahle amehlo azo ukuze bagweme izinkinga futhi basukume ngokushesha uma kuqala ukugula.

Izifo eziningi zamehlo zingalapheka kahle uma zibanjwe kuseva.

Nanku umhlahlandlela olandeleka kalula kabi wokuvikela amehlo:

- Hlola amehlo akho bese uthatha imigomo ejwayelekile yokuwavikela ekulimaleni.
- Vakashela udokotela wamehlo, udokotela ojwayelekile noma umhlengikazi njalo emtholampilo futhi ungazishayi indiva izinkinga zamehlo akho. Ngale ndlela-ke ungathola futhi welaphe izimo zamehlo kuseva.
- Vikela amehlo akho ekulinyazweni yizinto ozibukayo ezingaholela ezifweni noma ekulimaleni. Gqoka izibuko zakho zamehlo ezivikelayo uma usebenza ngamathuluzi ukuze ugweme ukungena kwezinto esweni.

- Gqoka izibuko zamehlo ukuze uvikeleke ekulinyazweni yimisebe yelanga.
- Yiba nesikhathi sokuphumula, uma kade usebenzisa ikhompuyutha yakho ukuze unciphise ukukhathala kwamehlo nokuqala kwezinkinga zokungaboni kahle kwamehlo.

Ukuhlolwa kwamehlo okugcwele ngeke kusho ukuthi kufanele uthole izibuko kuphela kodwa kungaphinde kuhlonze nesifo samehlo esikhona. Izifo zamehlo ezejwayelekile kubalwa kuzo lesa esaziwa ngokuthi yiglawukhoma (isifo esinciphisa kancane kancane ukubona kwamehlo), azinazo izimpawu zokuqala ezixwayisayo futhi zingaholela ekupheleni kokukwazi ukubona okungeke kulapheke uma kungabanjwa ngesikhathi. Kunalokho-ke, ukubona konakala kancanekancane futhi akunabuhlungu kuze kube wukuthi kuholela ekubeni yimpumpithe.

Uma igilawukhoma itholakala kuseva bese yelapheka kahle, ukungakwazi ukubona nobumpumpithe kungagwemeka. Ubumthqu, nokuphelelwa ulwelwesi nemelanomasi (umdlavuzi oba yibadlana elimnyama) kudlangile eNingizimu Afrika ngenxa yokuba nokukhanya kakhulu.

Udokotela wakho wamehlo uzokwazi ukukweluleka mayelana nezibuko ezivikelayo zamehlo namasu okunakekela amehlo. Cishe ubumpumpithe obungama-80% buyagwemeka, okungaba ngokuthi ukugweme noma ukwelaphe, yingakho-ke kubalulekile ukuhlola amehlo okungenani kanye ngonyaka.

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MAWAQEDWE AMARABI: NGOKUBAMBISANA, NANGOKUGOMA



Leli sonto kugxilwe kakhulu ezilwaneni zasekhaya ezilunge kakhulu ezihlala ngapha nangapha nabantu, ezihlala njalo zibalwa njengamalungu abalulekile omndeni.

Lezo zilwane yizinja esizigcina emakhaya ethu. Lapha bekubukwa ukuhlolwa kwempilo yazo, ikakhulukazi ezifweni ezejwayelekile okubalwa kuzo amarabi.

Usuku Lwamarabi Emhlabeni wonke jikelele lubungazwa njalo ngonyaka, mhla zingama-28 kuMandulo ukuze kwenziwe uqwashiso mayelana nokuvikela amarabi futhi luhlinzeka ngenkundla yokwenza ngcono uqwashiso, ukugwema amarabi nokuhlinzeka ngenkundla yokwenza ngcono uqwashiso ngokuthi kubandakanyeke imiphakathi nokusiza amazwe avame kakhulu ukwakha izinhlelo zamarambi eziphumelelayo futhi eziqhubekayo.

Uqwashiso nemfundo kusemqoka empumelelweni yomkhankaso i-Zero By 30 okuwuhlelo olunamasu emhlabeni wonke lokuqeda ukushona kwabantu ngenxa yamarabi okucatshangwa ukuthi atholakala ezinjani. Indikimba yangowezi-2020 igxile ekugomeni nasekubambisaneni. Namuhla, imigomo yezilwane nabantu

ephephile futhi esizayo ibalwa nezinye izinsiza ezibalulekile zokwehlisa ukushona kwabantu bebulawa ngamarabi ngenkathi uqwashiso lungumlawuli osemqoka wempumelelo esebenzayo yemiphakathi ukuze ibandakanyeke ekugwemeke amarabi.

AMAQINISO ASEMQOKA MAYELANA NAMARABI

- Amarabi yisifo sezilwane okusho ukuthi asabalala ngokusuka ezilwaneni aye kubantu.
- Amarabi yisifo esidalwa amagciwane, esigwemeka ngomgomo, okwenzeka cishe emazweni angaphezulu kwayi-150 nasemhlabeni.
- Izinja yizona eziyisusisa samarabi enza kushone abantu, okwenza kube ngama-99% okutheleleka kwabantu.
- Abantu abangama-40% abalunywe yizilwane okusolwa ukuthi zinamarabi, yizingane ezineminyaka engaphansi kweyi-15 ubudala.
- Ukugeza ngokushesha nokugezisa inxeba ngensipho kusemqoka futhi kungasindisa impilo.
- Ukubandakanyeka kwemikhakha eminingi nokubambisana ne-One Health okubandakanya ukufundisa umphakathi, izinhlelo zoqwashiso nemikhankaso yokugoma isemqoka.
- Inhlangothi Yezempilo Emhlabeni Wonke Jikelele (WHO) ihola lokhu kuhlanyanisa okubizwa ngokuthi "Wubumbano Olulwisana Namarabi" ukuze kube nenqubekelaphambili ekutheni "Bengashoni abantu ngenxa yamarabi atholakala ezinjani ngo-2030".

Ukubonakala kwamarambi kubantu kubandakanya:

Ukuphathwa yikhanda nomkhuhlane, ukunsonsotha, ukugcogcoma kanye nexhala, ubuhlungu bemisipha nokubuyisa, inkinga yengqondo, ukugxaza amathe, nobunzima uma begwinya.

Ngesikhathi sokushicilela, iKwaZulu-Natali ibisinabantu aba-4 abesebeshonile ngenxa yamarabi ezinyangeni ezintathu ezedlule (ukufa kwaba-3 kona kuqinisekise wukuhlolwa okwenziwe emalebhu bese kuthi lo o-1 yena ukushona kwakhe kube wukuhlawumbisela). Bonke laba abashonile bebesesifundeni saseThekwini futhi kuyizingane.

Isifundazwe sigcizelela lokhu okulandelayo ukuthi kuqhubekayo kuzo zonke izifunda nakwezempilo:

- Kugcizelelwa ukubaluleka kokufuna ukwelashwa emveni kokulunywa yisilwane noma ukukwebheka.
- Bonke abasebenzi bezempilo kumele bakwazi ukubhekana neziguli ezilunywe yizinja ngokulandela imigomo ekhona njengamanje.
- Isidambisamarabi esitshenziswa emva kokulunywa yinja enamarambi, siyatholakala kuzo zonke izikhungo zezempilo.
- Kumele kube noqeqesho oluqhubekayo lwabo bonke abasebenzi bezempilo kubandakanya nodokotela.
- Sebenzisa ulayini wenombolo yamahhala we-NICD: Inombolo Yocingo. 082 883 9920. Le nombolo ngeyabasebenzi bezempilo kuphela yokuxhumana nenombolo yamahhala ye-NICD mayelana nezaluleko zokwelashwa uma zidingeka.

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KAYIKHO IMPILO NGAPHANDLE KOKUPHILA KWENGQONDO

Inyanga Yoqwashiso Lwezengqondo Emhlabeni wonke jikelele ngowezi-2020 (uMfumfu) ifike ngesikhathi lapho ukuphila kwethu okwejwayelekile kwansuku zonke kuphazanyiswe wubhubhane i-COVID-19.



Ngalolu bhuhane, sekube khona ukwesaba, ukwantalala nokungakhululeki, kanti kuyaqondeka ukuthi lena bekuyinkanankana engalindelekile enezingqinamba ezinhlobonhlobo ebantwini abahlukahlukene, emindenini nasemnothweni.

Ubhubhane i-COVID-19 lwenze abasebenzi abaningi bezempilo basebenza ngaphansi kwengcindezi, uhlelo

lokufunda nokufundisa belwenzeka ngezinhlelo zezobuchwepheshe, abasebenzi bakhathazeka ngemisebenzi yabo nokuphila kwabo kanti abanye abaningi bekumele babhekane nokugula ngokwezengqondo ngenkathi bezihlalela ngabodwana ekhaya.

UMfumfu uthathwa njengeNyanga Yokuqwashisa Ngezengqondo futhi ihlose ukufundisa umphakathi mayelana nokuphila kwengqondo bese isiza ekwehliseni

ukudideka nocwaso oluthinta impilo yezengqondo nabantu abagula ngayo.

Nansi eminye yemibuzo emayelana nokuphila kwengqondo engase ikusize ekutheni uyiqonde kangcono:

Yini ukuphila kweengqondo futhi kungani kubalulekile kanjena?

Inhlangano Yezempilo Emhlabeni wonke jikelele ichaza ukuphila kwengqondo 'njengesimo sokuphila

kahle okuyiyona umuntu abona ngayo amandla okwenza izinto, engamelana ngayo nokhwantala olwejwayelekile lwempilo, angasebenza kahle ngayo bese ekwazi ukufaka isandla emphakathini wangakubo.'

Ukuphila kwengqondo kubalulekile empilweni nasekwenzeni kahle jikelele, umuntu kumele abe nengqondo ephilileyo ukuze abe nomzimba ophilileyo. Ukuphilakwengqondo kuphinde kube semqoka

iyaqhubeka ekhasini 11

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ekuphileni kahle okwejwayelekile kwazise kuthinta ukukwazi ukucabanga komuntu, ukuxhumana nabanye abantu, ukusebenza nokuthakasela impilo yansuku zonke.

Yiziphi izinhlobo ezahlukene zokugula ngokwengqondo?

Abantu kungenzeka babe nezinhlobo ezahlukene zokugula ngokwengqondo futhi kwenye inkathi zingenzeka ngesikhathi esisodwa.

Njengoba ziningi izinhlobo zokugula ngengqondo, lezi yizinhlobo ezejwayeleke kakhulu:

- Ukucindezeleka
- Isifo senjikanamizwa (ibhayiphola) siyisifo esihlobene nokucindezeleka kwengqondo
- Ukugula emveni kokuthinteka ngenxa yokhwantala (i-PTSD)
- Isifo sokuphazamiseka kokucabanga nokukhuluma ngokunjalo nokuba yinkoma idla yodwa
- Ukuphazamiseka Okuphoqayo Bokuthatheka (i-OCD)
- Ixhala
- Isifo sengqondo sabantu abadala ngokweminyaka

Yiziphi izimpawu zokugula ngokwengqondo?

Nakuba konke ukugula ngokwengqondo

kunezipawu

nezinkomba, ezinye izimpawu ezejwayelekile zingabandakanya:

- Izinkomba zokuba nozwela olufana nokuphatheka kabi, ukudumala noma

ukwesaba

• Izinkomba eziphathelene nokuqonda okubalwa ukuthola kunzima ukucabanga ngokucacile nokuphazamiseka kwamandla okukwazi ukukhumbula

• Izinkinga zokuziphatha ezifana nobudlova, ukungakwazi ukwenza imisebenzi yansuku zonke ejwayelekile, ukusebenzisa kakhulu izidakamizwa okubawa kuzo amaphilisi, utshwala nezinye izidakamizwa ngokunjalo nokuhhema

• Ukubonakala kwezinto, okuyisimbelambela okubalwa kuzo ukuzwa amazwi abanye abantu abangawezwa nokubona izinto abanye abantu abangaziboni, ngokunjalo nokuzizwa engathi uthintwa yizinto abanye abantu abangazizwa.

Ungakwenza kanjani kube ngcono ukuphila kwengqondo yakho?

• **Ukukhuluma ngemizwa yakho** – ukuthola umuntu omethembayo noma umeluleki nokutshela lowo muntu ngemizwa yakho yokuphatheka kabi nexhala lakho.

• **Ukuzigcina uphilile** – ukuzivocavoca kungacina ingqondo nomzimba iphilile futhi kungaphinde kwenze ngcono nesimo sakho.

• **Ukudla kahle** – ukudla esikudlayo kudlala indima enkulu ekutheni sizwa kanjani ngokwengqondo nangokomzimba. Izingqondo zethu zidinga imisoco ukuze zisebenze kahle futhi zihlale ziphilile, ukudla uhlaza, izinhlazi ezinonile namaqanda

kuzoyisiza ingqondo nomzimba wakho ukuthi ibe sesimweni esisebenza kahle.

• **Ukulala ngokwanele** – isilinganiso esiphakathi sokulala komuntu omdala, okuphansi kumele kube ngamahora ayi-7 ubusuku ngabunye. Ukuqwashwa kuthikameza isimo sengqondo nempilo

yengqondo yakho, nalezo zimi ezingaholela ekutheni uqwashe noma ezinye izinkinga zokulala.

• **Ukugwema utshwala** – ukuphuza utshwala kuhlobene nezinkinga zezengqondo nokuziphatha, okubalwa kuzo ukuba ngumlutha wotshwala, isifo senhliziyo nezinkinga zesibindi.

Ukuthola usizo

Ukugula ngengqondo kungalashwa ngemishanguzo noma ngoluleko. Kubalulekile ukuqeda uhlelo lokwelashwa olunikiwe.

I-South African Depression and Anxiety Group (i-SADAG) inikezela ngokulekelelwa ngezeluleko, kanti ngenxa yokubakhona kobhubhane i-COVID-19, ihlinzeka ululeko ngokohlelo xhumano.

Ungavakashela isizindalwazi sabo ku-www.sadag.org noma ushayele ulayini wabo wokusizakala ku-**0800 456 789**. Umnyango uphinde ube nezibhedlela eziningi zabagula ngengqondo okubalwa kuzo i-Townhill ne-Fort Napier eSifundeni saseMgungundlovu.

UKUBALULEKA KOKUHLALA UHLANZEKILE

Inhlazeko ibaluleke kakhulu ngezinto ezimbili, ibaluleke ngenxa yezizathu zezempilo nezenhlalakahle. Uma unenkinga yenhlazeko, iququ akulona lodwa eliwumxhantela wobubi. Ngokusho kweNhlangothi Yezempilo Emhlabeni emhlabeni wonke jikelele ((i-WHO)), kahlehle, ukungahlazeki ngendlela efanele kungasabalalisa ukugula.

Kuphinde kuthinte ubudlelwane nabanye abantu, ukuxhumana komphakathi nomsebenzi noma ukusebenza kwezikole. Ngakolunye uhlangothi, inhlazeko ikwenza ube ngumuntu ofanele, okwaziyo ukubaluleka kwakhe nokuzethemba kwakhe. Iphinde isize wena ekutheni uhlale uphilile, ubukeke uhlanzekile futhi ungokhangayo.

INHLANZEKO EJWAYELEKILE IBANDAKANYA:

- Ukuhlamba umzimba wakho zonke izinsuku
- Ukushintsha, ugqoke izimpahla ezihlanzekile
- Ukuvala umlomo wakho nekhalo ngethishu (noma ngomkhono) uma uthimula noma ukhwehlela
- Ukunqinda njalo izinzapho zeminye nezoqokuba bakho
- Ukuxubha amazinyo kabili ngosuku
- Ukuhlamba izandla zakho ngensipho emveni kokuya ngaphandle
- Ukuhlamba izandla ngensipho ngaphambi kokwenza ukudla noma ukudla nje
- Ukugeza izinwele ngensipho noma isihlanzinwele (ishampu) okungenani kanye ngesonto

AMASU ASIZAYO OKUZEJWAYEZA INHLANZEKO ABANDAKANYA LOKHU OKULANDELAYO:

- **Ukwenza kube wumkhuba:** Ngokuzejwayeza njalo ngosuku, umkhuba omusha ungaba yingxenywe ejwayelekile yempilo. Khetha okukodwa ozogxila kukho bese uzejwayeza khona kuze kube yindlela yesibili yokuphila.
- **Hlela isikhumbuzo:** Ukusebenzisa izinhlelo ezikukhumbuzayo ezikumakhalekhukhwini wakho kungaba yindlela enhle kakhulu yokugwema ukukhohlwa noma ngabe yimuphi umsebenzi.

• **Sebenzisa imiklomelo:**

Ukusebenzisa ishathi lezigqebhezana kungaba yisiqhubekazo esihle ezinganeni ukuze zigcine ukuhlanzeka kwazo.

• **Yiba nemikhiqizo yasendlini yangasese enuka kahle:**

Ukusebenzisa imikhiqizo enuka kahle kungakhuthaza abanye abantu ukuthi bangasuki kwisejwayezi sokuhlanzeka.

• **Ukuzejwayeza**

kuyasiza: Kuthatha isikhathi ukufunda umkhuba omusha. Qala ngomkhuba omusha ekuqaleni kwesonto bese uwenza ube yinto yakho eseqhulwini.

ndlela kuhle ekuphileni komzimba wakho ngokunjalo nokuphila kwengqondo.

Uma ukuthola kunzima ukuguqukela kule mikhuba, khuluma nodokotela noma udokotela wamazinyo. Kwenye inkathi, izincazelo nemibukelo iyiziqalo ezihle zokuzinakekela wena kahle. Lokhu kuyenzeka ezinganeni.

Udokotela engachaza kangcono imiphumela yokungazinakekeli, kanti umzali engayisebenzisa njengendlela yokulekelela ekwakheni imikhuba ezothatha sonke isikhathi sokuphila.

KWENZE KUBE NGOKWAKHO

Ukuqala imikhuba yenhlazeko kusho ukufunda nokuzilolonga isikhathi sokuphila kwakho konke. Ukuzinakekela ngale



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