



## UKUBHEDUKA KABUSHA KWE COVID-19:

UNGQONGQOSHE WEZEMPILO KWAZULU-NATAL  
UKHIPHA ISIXWAYISO EMUVA KOKUBA IZINOMBOLO  
EZINTSHA ZOKUTHELELANA NGE COVID-19  
ZIKHOMBISA UKUBHEDUKA KABUSHA



UNgqongqoshe wezeMpilo KwaZulu-Natal uNomagugu Simelane usekhiphe isexwayiso emuva kokubonakala kokukhuphuka kwezinzombolo zabatheleleke nge-Covid-19 njengoba sezingaphezu kuka 1000 kusuka ekuqaleni kuka April.

Ngolwesihlanu mhlaka 22 April 2022, isifundazwe siqophe izinzombolo zabathelelekile abangu 1020 kanti lesi sibalo esethusayo silandelwe ukwehla kancane kwezinzombolo njengoba zehle zafinyelela ku 923 zaphinde zehla nangosuku olulandelayo zaba ngu 818.

Bekuqala ukubonakala izinzombolo eziphezulu kangaka emuva kwezinyanga ezimbalwa kanti lokhu kungadalwa

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ukuba khona kwetwetwe lokhudlondlobala kohlobo lwe Omicron.

UNgqongqoshe uSimelane ukhathazekile nangonyuka kwezibalo zalabo abangeniswa egumbini lababucayi kanye nabagula kakhulu esifundazweni.

Emasontweni ambalwa edlule, isifundazwe sesibe nezigameko ezishintshashintshayo zezigameko ezintsha. Kodwa sekubonakale ukukhula okukhulu kamuva nje njengoba izibalo ezilingene zezinsuku ezingu 7 zisuke ku 228 zafinyelela ku 511.

Emuva kokubikwa kwezinombolo ezingaphezu kuka 1000, kusobala ukuthi isifundazwe sibhekene nokubheduka kabusha kwegciwane.

UNgqongqoshe uSimelane uyachaza: “Ngokwezinhlelo zethu zokuhlola, ukunyuka ngamaphesenti ayishumi ezinsukwini eziyisikhombisa kusabalalisa isexwayiso; kanti ukunyuka ngamaphesenti angamashumi amabili ezinsukwini eziyisikhombisa, nokunyinto esesiyibonile, kungadala ukubheduka kabusha.

“Ngakho ke lezi zinombolo ziyasikhathaza ngempela. Empeleni kukhona okwenzekalayo. Okwamanje asinaso isiqiniseko sokuthi ngabe sekuyihlandla lesihlanu leli noma cha kodwa lokhu okwenzekayo kuyasikhathaza kakhulu.

Yingakho sinxusa bonke abantu bakulesi sifundazwe ukuba

bahlale beqaphele futhi benze zonke izaba ezibekiwe ezifana nokufaka izifonyo, ukuhlala ngokuqhelelana kanye nokugeza izandla ngensipho nangamanzi kanye nokusebenzisa isibulali magciwane.

Babalelwa ku 16 074 abantu asebelahlekelwe izimpilo zabo ngenxa ye-COVID-19 KwaZulu-Natal kanti uNgqongqoshe uSimelane usephinde wagcizelela isidigo sokuba abantu baphume bayogomela i-COVID-19 ukuze baqinise imizimba yabo futhi bavikele nalabo abasondelene nabo uma betheleleka.

IsiFundazwe sesikwaze ukugoma abantu abangu 2,7 million kanti kusele abangu 4,4 million ukuba bagome.

UNgqongqoshe uSimelane uthi: “Sinxusa labo asebegomile ukuba basondele nganeno bazothola umjovo. Lokhu kuzosiza bona ngoba abantu abangagomile banamathuba amaningi okutheleleka ngegciwane le-COVID-19 futhi banamathuba amaningi okuthelelela nabanye.

“Uma sebethelelekile bangatheleleka kakhulu bagule isikhathi eside. Ngakho ke sithanda ukubanxusa ukuba bacabangisise kahle ubungozi abazifaka kubo kanye nabathandiweyo babo ikakhulukazi abantu asebekhulile kanye nalabo abanenkinga yesifo somfutho wegazi, ushukela kanye nezinye izifo ezingamahlalakhona nokuyingakho kumele bagome.

“Labo abanalezi zifo basengcupheni enkulu ngisho

noma sebegomile uma nje behlangane nomuntu otheleleke nge-COVID-19. Basengcupheni enkulu yokutheleleka kakhulu nokungagcina kudinga bangeniswe esibhedlela noma bagcine ngokufa ngenxa yokutheleleka.”

UNgqongqoshe Simelane uphinde wathatha leli thuba ukuphinde agcizelele kabanzi ngezinto ezingelona iqiniso mayelana nokuphepha kwemigomo nokukholakala ukuthi yikho okuyimbangela yokuthi abantu bangabaze ukugoma.

“Sifuna ukuqinisekisa bonke abantu bakuleli ukuthi imigomo ye-COVID-19 icubungulisiwe ngokwanele ochwepheshe nokukhombisa ukuthi ngempela iphephile ukuyisebenzisa.

“Lemigomo icutshungulisiwe izikhawu eziningi ngochwepheshe abahlukene nokwenze ukuba ukucubungulisiwe, ukwakha kanye nokugunyazwa kwayo kuqedwe ngesikhathi ukuze ikwazi ukubhekana nezidingo zemigomo kodwa futhi iqikelele ukuphepha.

“Ngakho ke sinxena wonke umuntu obhekana nokugula okuthize emuva kokugoma nokuwubhulungu lapho usuke ujoye khona, imfiva, ubhulungu bemisipha ukuba babike ngokushayela inombolo yethu yamahala ethi 0800 029 999 noma bangena kwi App yezokuphepha yakwa SAHPRA”.

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# COVID-19 STATISTICS IN KZN

				
<b>675 515</b>	<b>10 629</b>	<b>648 669</b>	<b>16 079</b>	<b>1 360</b>
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

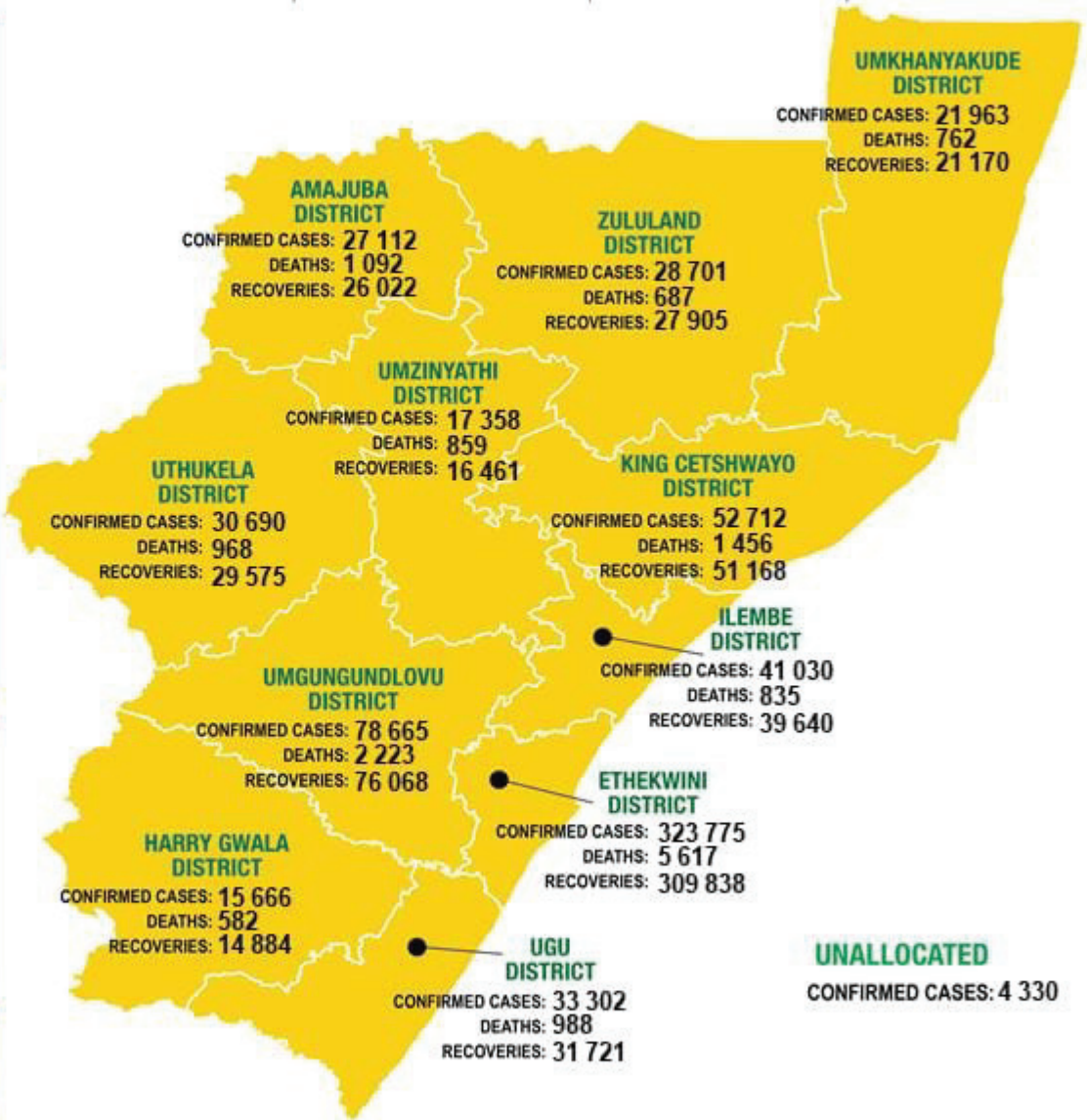
**SATURDAY**  
**30**  
**APRIL**  
**2022**

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Covid-19 public hotline:  
**0800 029 999**  
WhatsApp 'Hi' to  
**0600 123 456**

**DOWNLOAD the COVID Alert SA app**

The COVID Alert SA app can notify you if you have been exposed to another app user with coronavirus. Download it now to protect yourself and others





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# NAKULOKHU SIZOPHUMELELA ISIFUNDAZWE I-KWAZULU-NATAL NESIBINDI SOKUBHEKANA NOMONAKALO WEZIKHUKHULA



**Izimvula ezinamandla nezihlasele iSifundazwe i-KwaZulu-Natal njengoba ziholele ekudluleni emhlabeni kwabantu abangaphezu kuka-400 kwathi izinkulungwane zasala dengwane zingenamakhaya kanti kuphinde kwadaleka umonakalo omkhulu ezikhungweni zezempilo.**

Zibalelwa ku-84 izikhungo zempilo eThekwini, iLembe, Ugu, Umgungundlovu kanye nase King Cetshwayo ezikhahlanyezwe kabi izikhukhula kanti izakhiwo eziningi zilinyalelwe kakhulu uphahla, phansi kanye nokubiyela.

Ukulungiswa kwalezi zikhungo kuzodla imali engu R184 million. “Singakuqinisekisa ukuthi izibhedlela kanye nemitholampilo yethu ilokhu ithole njalo izibalo eziphezulu zabantu abalimele kanye nabangeniswa ngokuphuthuma ikakhulukazi ezifundeni ezinabantu abaningi”.

Ngenxa yokushoda kwamanzi kanye nezingqinamba ezihambisana nokukhucululwa kukadoti, ongoti bezemvelo balokhu besiqaphele isimo kanye nezinombolo zezifo ezibikwayo ukuze basheshe bahlonze kusanekhathi izifo ezihambelana namanzi kanye nezifo zohudo. Lokhu kubala phakathi ukuhlola amanzi athuthwayo kanye nokuhlolwa kwezindawo lapho kuhlaliswe khona amalungu emiphakathi akhahlamezekile.

UMnyango usuqalile ukubheka elinye iqhinga lokubhekana nokushoda kwamanzi ngokuhlinzeka ngamaloli athutha amanzi kanye nokumba amanzi phansi.

UNgqongqoshe uSimelane wengeze wathi: “Sithanda ukuthatha leli thuba sibonge abasebenzi bethu bezempilo kuyo yonke imikhakha ngokuqhubeka nokuza emsebenzini yize kunezingqinamba ezibucayi kepha bakwazile ukubhekana nezigigaba ezilokhu ziqhubeka futhi bakwenza lokhu ngomkhulu umfutho kanye nokuzimisela.

“Ukusuka kubahlengikazi kanye nodokotela kuya kubasebenzi bezimo eziphuthumayo kanye nabasebenzi basemakhazeni nabasebenzi abalekelelayo, iningi labasebenzi bethu lisebenze isikhathi esengeziwe ukuyotakula abalimele ukuze kunciphe ubungozi kubantu. Siyazi futhi ukuthi abanye benze okungaphezulu kwalokhu okulindeleke ukuba bakwenze basiza nasezinhlelweni zokukhuculula.

Konke lokhu kuyizenzo zobuqhawe. Ukulimala kwengqalasizinda emqoka efana nemigwaqo, uhlelo lokusatshalaliswa kwamanzi kanye nogesi lulokhu luqhubekile nokuba nezingqinamba kwezinye zezikhungo zezempilo. Kodwa izinhlaka ezehlukene zikaHulumeni ziyasebenzisana ukwakha kabusha ingqalasizinda ekhahlamezekile. “Sisebenze ngokukhulu ukuzikhandla ukuzama ukunciphisa umthelela

walesimo esingajwayelekile esenzekile kanti silokhu sixoxisana njalo neminye iminyango kanye nomasipala nalapho sinxusa ukuba balule isandla lapho kunesidingo khona”.

“Siphinde sahlela namanye amasu eceleni okubalwa kuwo ukukhuphula inani lodokotela abasebenza ngezidumbu ukuze sisheshise uhlelo lokuhlinzwa nokuhlonzwa kwezidumbu. Lokhu kuzolekelela ekugwemeni ukuba nenani elikhulu lezidumbu ukuze sikwazi ukumelana nezidumbu eziningi ezingenzeka zifike.

Sesizihlolile izidumbu eziningi kanti sinxusa labo abanezihlobo ezisadukile ukuba bathintane neziteshi eziseduze zamaphoyisa bacele usizo ngokuhlonza izidumbu ezikhungweni zethu zamakhaza.

“Siyakuqonda futhi ubunzima bokubhekana naleli zinga eliphezulu kangaka lenhlekelele kanti sinxusa labo abadinga ukwelulekwa kwengqondo ukuba bacele usizo eMnyangweni wezeNhlalakahle”.

“Siyakuqonda kahle kamhlophe ukubaluleka kokuba khona kwamanzi ezikhungweni zempilo. Yingakho izimo zethu zabantu abangeniswa ngokuphuthuma sizixoxa nezibhedlela ezingomakhelwane bese sizilawula ngendlela efanele.” Kubeka uNgqongqoshe wezeMpilo KwaZulu-Natal uNomagugu Simelane

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# UNYAKA OMUSHA WEZIMALI! IKHASI ELISHA! IZINHLOSO EZINTSHA! IMIPHUMELA ENGCONO!

**Kulenyanga ka April siqala ikhasi elisha njengoba siqala unyaka omusha wezimali ka 2022/23 emkhakheni womsebenzi womphakathi.**

Lesi isikhathi esimqoka nalapho sithatha izinhlelo zethu sizenza zenzeke siqhubele phambili umsebenzi wethu ukuze sifeze izinhloso nemiphumela yoMnyango. Intshisekelo yoMnyango yokufezekisa umthelela wamasu: **Ukwandisa ukuphila kanye nemiphumela yokwengamela ukwelapha,**

**Ukukhucula indlela yokunakekela amakhasimende kanye nokunciphisa ukufa** kudinga thina sonke ukuba sizibheke kahle imisebenzi yethu sodwa kanye nangokubambisana.

Sinxusa bonke abasebenzi boMnyango esifundazweni ikakhulukazi labo abasebenza ukwelapha kuzo zonke izikhungo zethu zezempilo ukuba basebenze kakhulu kunakuqala uma benza umsebenzi wabo futhi banakekele isizwe ngokuzimisela nanguboqotho.

UMnyango wezeMpilo KwaZulu-Natal nguMnyango wesibili ngobukhulu esifundazweni kanti ubhekele

umsebenzi obucayi wokuhlinzeka ngosizo lwezempilo olusezingeni kubo bonke abantu baKwaZulu-Natal. Umbono woku “hlinzeka ngezempilo ezisezingeni kubo bonke abantu baKwaZulu-Natal” kudinga ukuba sonke singazitheli ngabandayo ekwenzeni umsebenzi wethu.

Inhloso noMbono wethu kumele kusabalale kubo bonke abasebenzi kuzo zonke izindawo abasebenzela kuzo eMnyangweni. Umsebenzi wethu usukhathuliwe njengoba umhlahlo nezinjongo zethu zango 2022/23 sibekwe obala. Ngakho ke kudingeka sisebenze ngokuphindaphindiwe ukuzuzisa lokhu esikuhlosile ukuze siphucule ukuhambiswa kwentuthuko.

Ngifuna ukudlulisa okukhulu ukubonga ngomsebenzi owenziwe enyakeni owedlule wezezimali yize besibhekene nezingqinamba ezehlukene zokulwisana nobhubhane lwe-Covid-19 kanye nezibhelu zangenyanga ka-July. UMnyango ubhekane nezingqinamba ezibucayi

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ngonyaka owedlule wezezimali kepha sikwazile ukuphumelela.

Sibonga kakhulu ngakho konke enikwenzile ukuqinisekisa ukusebenza ngendlela kohlelo lwethu lwezempilo lomphakathi. Manje sesibhekene nobuhlungu bemiphumela yezikhukhula esifundazweni. Siyaphinda futhi siyanxuswa ukuba sibe yisibani sethemba emiphakathini yakithi silaphe labo abalimele.

## Izizathu ezibalulekile zokwazi mayelana nonyaka wezezimali zomqashi wakho

Kunezizathu ezimbalwa okumele uzazi ngezithinta ezezimali zonyaka kumqashi wakho kanti uzozibuza ukuthi kungani kepha lokhu kusiza wena ukwazi ngamathuba akhona emsebenzini nokubalwa khona izinto ezifaka ukukhushulwa kwemiholo, ukukhushulelwa ezikhundleni kanye nokunye.

Unyaka wezezimali kaHulumeni waseNingizimu Afrika, okubalwa khona iMinyango, uHulumeni kaZwelonke kanye noweSifundazwe uqala ngomhlaka 1 April uphele mhlaka 31 March ngonyaka olandelayo kanti lesi isikhathi lapho uHulumeni kanye nezinkampani besisebenzisa ukuhlela, ukuthula umbiko wezezimali kanye nokuhlela kahle ezezimali ukuze kuqinisekiswe ukuthi umsebenzi wenziwa ngendlela eyiyi futhi ehambisana nezinhloso ezibekiwe. Ukwazi ngezezimali zonyaka kumqashi wakho kuyakusiza kakhulu njengomsebenzi ukuze ukwazi ukuhlela kusenesikhathi futhi wazi ngezinhlelo zakho zangomuso. Lesi sigaba siphinde sikhulomise wena njengomsebenzi ukuba uhlele izifiso zakho nezinhloso ube unolwazi lokuthi isimo sakho sinjani emsebenzini kanye nasekuphileni.

## Yini unyaka wezezimali?

Inhlangano noma inkampani isebenzisa unyaka wezezimali ukulawula ukubala, ukwethula imibiko kanye nokuhlela izimali. Lesi sikhathi sezinyanga ezingu 12 singaqala noma kuyiphi inyanga kepha ivame ukuqala kanye nekota njengo January, noma ngo April, ngo July nango October kanti akudingi ukuba ihambisane nekhalela lonyaka eliqala ngoJanuary liphele ngo December. Awukho umehluko phakathi kwesigaba sonyaka wezimali kanye nonyaka wezimali ngaphandle kokuthi leli gama lesigaba sonyaka livame ukusetshenziswa kwezizibalo zebhizinisi kuphela kanti leli lonyaka wezimali lichaza konke okuphathelele nezezimali.

Ekupheleni konyaka wezezimali, inhlangano yakho ingakwazi ukuba nezinhlelo nezindlela ezehlukene zokuvala unyaka owudlule wezezimali bese wenza izinhlelo zonyaka omusha.

## Kungani kumqoka ukwazi ngezezimali zonyaka zenkampani yakho?

### Ukulungiselela ukubuyekeza kwendlela yokusebenza

Lesi isikhathi lapho umqashi ebheka khona indlela umsebenzi asebenze ngakhona kanye nomuholo wakhe. Uma wazi ngalokhu, ungakwazi ukuzilungiselela ukuthi uhlabe ngomxhwele umqashi wakho ngesikhathi sokubuyekeza kwendlela yakho yokusebenza.

### Ukucela ukukhushulelwa umholo noma isikhundla

Ukubuyekeza kokusebenza konyaka kuyisu elihle nesikhathi esikahle sokucela ukukhushulelwa umholo nesikhundla. Ngaphezulu kwalokho, ungasebenzisa lesi sikhathi ukubheka inqubekela phambili yomsebenzi wakho ezinyangeni ezingu 12 ezedlule bese uthola izindlela zokukhula ngonyaka wezimali olandelayo.

### Ukucubungula uzinzo lomsebenzi

Njengomsebenzi, kumele ube nentshisekelo ekwazini ngokusebenza kwenhlangano oyisebenzelayo, noma ngabe ikwazile ukufeza lokho ebizibekela khona onyakeni wezimali.

### Ukulungiselela unyaka ozayo

Ekuqaleni konyaka omusha wezimali, umphathi wakho angamemezela izinhlelo zenhlangano kanye nezinjongo zonyaka oqalayo. Lokhu kukwenza ukwazi ukwenza izinhlelo nokukwazi ukumelana nezinguquko ezikhona futhi wenze kangcono onyakeni omusha.

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# ISICELO SIKANGQONGQOSHE WEZEMPILO KWAZULU-NATAL NGOSUKU ELIGUJWA UMHLABA WONKE LWE **AUTISM DAY:**

**“SEBENZISANA NATHI, PHUCULA IMPILO YAKHO YOKUFUNDA NOKUQONDA, YENZA UMHLABA INDAWO ENGCONO KULABO ABAPHILA NESIFO SE AUTISM KANYE NEZINYE IZIFO.”**



**UNgqongqoshe wezeMpilo KwaZulu-Natal uNomagugu Simelane unxenxa izakhumusi ukuba zithathe isikhathi zifunde kabanzi ngezifo kanye nokukhubazeka okufana ne-Autism ukuze labo abaphila nalezi zifo bakwazi ukuthola ukwesekwa kunokuba bathola ukucwaswa nokubizwa ngamagama.**

UNgqongqoshe uSimelane wenze lesi sicelo njengoba bekubungazwa i-World Autism Awareness Day umhlaba wonke ngomhlaka 2 April 2022 ngaphansi kwesiqubulo esithi **“Inclusive Quality Education for All”**.

I-Autism ebuye yaziwe nge Autism Spectrum Disorder ichazwa njengokukhubazeka okudlondlobalayo nokuphazamisa indlela umuntu aziphatha ngayo, axoxisana ngayo kanye nafunda ngayo nokunokuhluka kulabo abathathwa ngokuthiwa basesimeni esijwayelekile.

Yize abantu abaphila ne-Autism bekwazi ukuphila ngokuzimela, abanye bangaba nokukhubazeka okukhulu badinge nokunakekelwa

nokwesekwa isikhathi eside. Kuvamile ukuthi i-Autism ibe nomthelela emfundweni yabo kanye nasemathubeni omsebenzi”.

Kubikwa ukuthi babalelwa ku 1 kuya ku 2% abantu abaphila ne-Autism umhlaba wonke. Yize kunjalo nangenxa yokushoda kolwazi, izimo eziningi ze-Autism zingahlala isikhathi eside zingahlonzwa futhi nezibalo ngeke zibe yinto eyiqiniso ngaso sonke isikhathi.

UNgqongqoshe uSimelane uthethe: “I-Autism ikakhulukazi kubantu abamnyama ingathathwa njengokukhubazeka okusha ekubeni lokho kungelona iqiniso. Yingoba nje akukho ukuqwashisa okwanele ngayo. Esikhathini esiningi izingane ezinokukhubazeka okufaka ne autism zazihlonzwa ngendlela engeyiyo ekhaya futhi zingachazwa kahle.

“Kuba yilapho ke la bethathwa njengabantu abagulayo emakhanda noma abathatha kancane. Kubaluleke

kakhulu ukuthi njengomphakathi sizifundise ngawo. “NjengoMnyango wezeMpilo KwaZulu-Natal sizimisele ukuhambela imiphakathi siyogqunguzela sikhulume ngezempilo sifundise nabantu ukuze sithuthukise ulwazi lwabo ngezifo.

“Izindaba eziphathelele nezempilo izindaba ezithinta abantu kanye nokuphila kwabo. Yingakho kubalulekile ukuthi sisebenzisane nemiphakathi yethu. Sinesibopho sokuba sixoxisane nabo ngezifo okubalwa kuzo i-Covid-19, kanye nalezi ezindala ezifana ne Autism kanye nezinye abekade bengenalwazi ngalo.

“Kubaluleke kakhulu ukuthi imiphakathi ithole lolu lwazi ngoba ukwazi kuyaphilisa. Uma wazi kangcono uyakwazi ukwenza nezinqumo eziphusile nokungakuholela empilweni enempi lo ngencono.

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## Ngokwesikhungo esilawula izifo, ezinye zezinto eziye zigqame kubantu abaphila ne-autism kungaba yilezi:

- Ukugwema noma ukungafuni ukukubuka emehlweni
- Ingane engakwazi ukusabela noma ukwazi igama layo emuva kwezinyanga ezingu 9 zokuzalwa
- Ukungakhombisi izimpawu ebusweni njengezimpawu zokujabula, ukuphatheka kabi, ukudinwa noma ukumangala emuva kwezinyanga ezingu 9 zokuzalwa
- Ukungadlali imidlalo elula yokudlalisa
- Ukusebenzisa noma ukungasebenzisi nhlobo izimpawu zomzimba emuva kwezinyanga ezingu 12 zokuzalwa
- Ukungakhombisi ukuba nendaba nabanye emuva kwezinyanga ezingu 15 zokuzalwa
- Ukungakhombisi lutho ukukhombisa abazali into emangazayo emuva kwezinyanga ezingu 18.
- Ukungazenzisi ukuba enye into njengokuba uthisha noma iqhawe uma kudlalwa emuva kwezinyanga ezingu 48 zokuzalwa.
- Ukungaculi, ukungadansi noma ukulingisela abazali emuva kwezinyanga ezingu 60.

## Izingane eziphila ne-Autism Spectrum Disorder zingakhombisa ukwenza noma ukuba nentshisekelo ezintweni ezingavumelekile noma eziphindaphindiwe njengo:

- Ukuhlela amathoyizi noma izinto ngendlela ethize bese iyadinwa uma lokho kushisntshwa
- Ukuphindaphinda amagama noma izisho njalo
- Ukudlala amathoyizi indlela eyodwa ngaso sonke isikhathi
- Ukugxila ezingxenyeni ezithize zezinto (njengamasondo)
- Ukucasulwa izinguquko ezincane
- Ukuthanda into kakhulu
- Ukulandela imigudu ethize
- Ukushaya izandla, ukunyakazisa umzimba noma ukujikeleza indingiliza
- Ukukhombisa ukuzwa ngendlela ehlukele ezintweni ezikhalayo, ezinukayo, ezinambithekayo, ezibukwayo noma ezithintwayo.

UNgqongqoshe uSimelane uthi: “Abazali noma abaqaphi abanezingane ezikhombisa ezinye zezimpawu ezibaliwe ngenhla bayacelwa ukuba bavakashela izikhungo zempilo eziseduze nalapho izingane zizokwazi ukuhlolwa khona. Uma behlolwa kubonakala ubucayi besimo, bayobe sebedluliselwa lapho bezothola khona ukunakekelwa okusezingeni.



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# LAPHA UMHLABA UWENZE INDAWO ENGCONO



## Umhlaba Wethu, Impilo Yethu - World Health Day

*Kusukela ngonyaka ka-1948, usuku lwangomhlaka 7 April lwaqokwa inhlango i-World Health Organisation (WHO) njenge World Health Day.*

Unyaka nonyaka lubheka isihloko esithize sezempilo esisuke sikhombisa ukukhathazeka emhlabeni jikelele. Isihloko sakulonyaka sithi "Umhlaba wethu, impilo yethu". Inhlango i-WHO ihumushe isiqubulo sakulonyaka ngokuthi sinomhlaba owodwa kanti impilo yethu incike kuwe kanjalo njengoba nempilo yomhlaba incike kuthina.

Izinto eziningi esizenzayo zinomthelela ongemuhle kwimvelo okubalwa kuzo ukulahla udoti noma ukungcolisa, ukushisa imfucuzo kanye nokubasa ezokumbiwa phansi, ukudoba ngokweqile, ukugawula izihlahla kanye nokumba umhlabathi. Ukulahla ngokunganaki imfucuzo kunomthelela omkhulu okubalwa kuwo ukuvaleka kwezindawo zokuhambisa kahle amanzi nokungaholela kwizikhukhula.

Inhlango i-WHO ibika ukuthi bangu 13 abantu abadlula emhlabeni umzuzu nomzuzu emhlabeni jikelele ngenxa yezifo ezifana nesifo somdlavuzo wamaphaphu, isifo senhliziyo kanye nesifo sohlangothi kanti zisuke zidalwa ukungcola komoya. Imibuthano efana ne World Health Day ihlose ukusifakela inselelo yokuba sibuyekeze impilo yethu, imiphakathi kanye nomnotho wethu bese isikhumbuza ukuthi sinomhlaba owodwa nokumele

siwunakekele ngoba siyawudinga ngendlela efanayo nawo osidinga ngawo.

### Nazi ezinye izinto ezimbalwa ongazenza ukuvikela imvelo kanye nempilo yakho:

- **Fundisa** - zifundise kabanzi ngezemvelo kanye nomthelela wezemvelo ekudleni esikudlayo njengoba lokhu kuzolekelela ukuqonda ukubaluleka nokumqoka kwezemvelo kanye nokuzisebenzisa ngendlela eyiyo.
- **Ukungadli inyama ngeMisombuluko** - Ukuzinikela ukungayidli inyama noma into enenyama ngoMsombuluko noma osukwini olulodwa ngesonto. Lokhu kuyisenzo esihle esizokulekelela ekudleni ngendlela enempilo futhi ube ukwazi nokusindisa izilwane kanye nokuvikela umhlaba.
- **Sebenzisa ngendlela amanzi** - Amanzi amqoka ekulekeleleni ukuphila kwethu njengoba imishanguzo esiyidingayo idinga ukuba siphuze amanzi. Uma singawongi amanzi esinawo namhlanje, kungenzeka singabi namanzi ngokuzayo; ngakhoke kubalulekile ukonga amanzi.

### Izindlela zokonga amanzi zibala:

- Ukulungisa impompi efile
- Ukugeza isikhathi esincane
- Ukuvala amanzi ngesikhathi sokushafa noma sokugeza amazinyo
- Ukusebenzisa ibhakede lamanzi kunepayipi ukuhlanza imoto
- Ukucisha - Zijwayeze umkhuba wokucisha nanoma yini ongayisebenzisi njengamalambu okukhanyisa, umabonakude, ikhompuyutha kanye namaphampu okubhukuda. Ukucisha nezinto ezixhunyiwe njalo uma kunesidingo.

Inhlango i-WHO ithi babalelwa kwabangu 13 million abantu abadlula emhlabeni njalo ngonyaka ngenxa yezimo zemvelo ezigwemekayo. Ngokuzijwayeza lezi zisombululo ezibaluliwe ngenhla, usuke uzisiza wena futhi uvikela nemvelo ukuba ingafi kakhulu.

Asiqhubeke nokwakhwa amadolobha ekuhlalekayo kuwo nalapho abantu bekwazi ukulawula impilo yabo kanye nempilo yomhlaba. ngesonto. Lokhu kuyisenzo esihle esizokulekelela ekudleni ngendlela enempilo futhi ube ukwazi nokusindisa izilwane kanye nokuvikela umhlaba.

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# OKUMQOKA OKUMELE UZIJWAYEZE EKUPHILENI KWAKHO KWANSUKU ZONKE

**Ukuzijwayeza ukuphila impilo ehlanzekile nokunakekela umzimba ngendlela kubalulekile ukugcina umzimba usesimeni futhi uhlanzekile.**

Ukuzinakekela umzimba kuyisenzo esimqoka nokumelwe senziwe izinsuku zonke ukuqala ekuseni kuze kube uyolala ukuvikela izimpilo zethu. Ukuvikela impilo, umzimba, izinwele, umlomo kanye namazinyo kumele kuhlanzwe zonke izinsuku kanti nezingubo zokugqoka kumele ziwashwe njalo.

Umzimba ulawula uphinde uvumele amagciwane ukuba azenzele kumuntu ongahlanzekile ngokwanele nokukwenza kube lula ukuthola izifo. Kumele abantu bagweme ukuzibandakanya nabantu abangazinakekeli nokungaholela ekuhlaleni ngayedwa nokuba nomzwangedwa.

## **Kuyini ukuzinakekela ngendlela?**

Ukuzinakekela ngomzimba yindlela onakekela nohlanza ngayo umzimba ngawo. Lokhu kubala ukugeza, ukugeza izandla, ukugeza amazinyo

kanye nokunye. Zonke izinsuku, izigidi ngezigid zamagciwane aqhamuka yonke indawo angena kuwe kanti angahlala emzimbeni wakho isikhathi eside kanti kwesinye isikhathi akugulise.

Ngokwesikhungo Centre for Disease Control and Prevention (CDC), izifo nezimo eziningi zingagwemeka noma zingalawuleka ngokuzinakekela ngokugeza umzimba nezinwele ngensipho ngaso sonke isikhathi. Ngamanzi uma ekhona.

## **UKUZINAKEKELA UMZIMBA KUBANDAKANYA:**

- Ukugeza umzimba ngaso sonke isikhathi
- Ukugeza izandla ngensipho emuva kokuya endlini encane
- Ukuhlanza amazinyo kabili ngosuku
- Ukuvala umlomo nekhala ngendwangu uma uthimula noma ukhwehlela
- Ukugeza izandla ngemuva kokuthinta izilwane

## **Ukufundisa izingane ngenhlanzeko**

Abazali kanye nalabo abanakekela izingane kumele bafundise izingane izindlela zokuzigcina zihlanzekile kusukela zisencane. Ukugqugquzela izingane ukuba zikwazi ukuzihlanza uma ziqala zikhula yindlela enhle yokugqugquzela nokufaka isiko lokuzithanda nokuhlala zihlanzekile.



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# USUKU LWE-WORLD MALARIA DAY 2022: IZINDLELA ZOKUGWEMA UKULUNYWA OMASKITO ABAYINGOZI

*Njalo ngonyaka mhlaka 25 April, uMnyango wezeMpilo KwaZulu-Natal uhlanganyela nomhlaba wonke ukubungaza usuku i-World Malaria Day. Sikwenza lokhu ngoba isifo i-Malaria iyaqhubeka nokuba inselelo enkulu ekuvikeleni izifo kanye nokufa emhlabeni jikelele.*

Ngokombiko wakamuva wenhlangano i-World Health Organisation, kubikwe izigameko ezingu 241 million ze-malaria ngonyaka ka-2020 uma uqhathanisa no-227 million wezigameko ezabikwa ngonyaka ka-2019 nokuyinto ekhathaza kakhulu.

## Ngabe yini i-Malaria?

Isifo i-Malaria isifo esiyingozi nesithelelanayo. Sithelana ngokulunywa uhlobo lomaskito lwesifazane olwaziwa nge-Anopheles. Uma umuntu elunywa umaskito, ubuthi budlulela egazini lomuntu. Ubucayi besifo i-malaria buyahluka ngohlobo lwesinambuzane leso esisuke sikulumile.

## Kunezinhlalo ezine zezinambuzane ezidala i-malaria ezingathelela umuntu:

- Plasmodium Vivax
- Plasmodium Ovale
- Plasmodium Malariae
- Plasmodium Falciparum

## Isabalala kanjani?

Ngokulunywa izinambuzane  
Ngezinto ezinegazi (izinaliti zomjovo noma igazi elingabonakali)

## Yini engenziwa abantu abahambela amazwe ukugwema ukutheleleka nge-malaria?

- Bagqoke izingubo ezinemikhono emide ukuvikela isikhumba
- Sebenzisa izithiyi ezixosha umaskito
- Ukuvala amawindi nezicabha kungangeni lutho
- Ukusebenzisa izibulali magciwane ezisebenza isikhathi eside emakhaya kanye nasezakhiweni
- Ukunciphisa izindawo zokuzalana komaskito
- Ukwazi izimpawu ze-malaria
- Ukugcina ikhaya lihlanzekile



**Ngokwesikhungo sezifo i- Centres for Disease Control and Prevention**, labo abahambela amazwe bangakwazi ukuzivikela ekuthelelekeni nge-malaria ngokuthatha imishanguzo efanele nokugwema ukulunywa omaskito. Awukho umgomo we-malaria.

## Sebenzisa imishanguzo ye-Malaria

Bheka lapho uhambela khona ukuthi sikhona yini isidingo sokuthatha imishanguzo ye-malaria. Ngokuhlukana kwemishanguzo oyisebenzisayo, kuyomele uqale ukuyisebenzisa izinsuku ezimbalwa ngaphambi kokuqala uhambo lwakho kanjalo futhi noma ususohambeni noma sewubuyile. Kumele ubonisane nodokotela wakho ngemishanguzo okumele uyisebenzise.

## Abahambela amazwe kumele balandele lokhu ukugwema ukulunywa omaskito:

- Hlala emagumbini ahloliwe noma aneziqandisi.
- Sebenzisa idwangu yombede yokumboza uma indawo olala kuyo ibonakalisa ngaphandle.

iyaqhubeka ekhasini 13 >>>

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- Fihla izindawo ezivelayo ngokugqoka izingubo ezinemikhono emide kanye nesigqoko.
- Ukusebenzisa izibulali magciwane ezibhaliswe ngabakwa EPA futhi ezithakwe nge: DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD), noma 2-undecanone.

### Ukwelashwa

I-Malaria iyalapheka ngemishanguzo yokubulala ubuthi. Izinhlobo zemishanguzo kanye nesikhathi sokulapha iyahluka ngenxa yalokhu:

- Uhlobo lobuthi be-malaria umuntu asuke enabo
- Izinga lezimpawu
- Iminyaka kanye nesisindo
- Uma lowo muntu ekhulelwe

### Imishanguzo:

- Coartem
- Artesunate

Lemishanguzo iyatholakala emitholampilo kanye nasezibhedlela izindawo ezidume ngobungozi be-Malaria

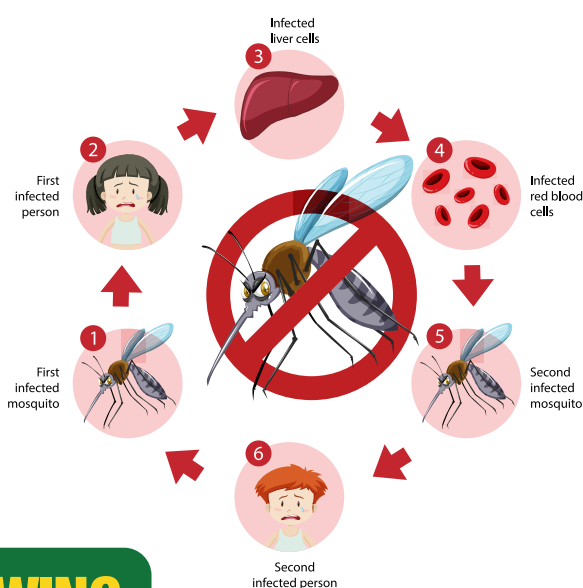
### I-Malaria itholakala ezindaweni eziseNtshonalanga yengxenywe KwaZulu-Natal: Izifunda etholakala kuzo

1. UMkhanyakude : Jozini Local Municipality kanye no-UMhlabuyalingana Local Municipality
2. Zululand : Pongola Local Municipality

### Izimpawu ze-Malaria:

- Ukudlikiza kwezidlathi
- Ukuphathwa yimfiva
- Ukujuluka okungapheli
- Ukuphathwa ikhanda
- Ukuba nenhliziyo encane
- Ukuphalaza
- Ubuhlungu besinye
- Ukukhishwa isisu
- Ubuhlungu bemisipha

## MALARIA TRANSMISSION CYCLE



### SYMPTOMS OF MALARIA



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# Imiphakathi egomile, Imiphakathi enempi - African Vaccination Week



**Njengoba wonke umuntu emhlabeni njengamanje kungenzeka ukuthi usezwe okuningi ngomugomo wokugomela igciwane le-Covid-19 kanti abanye banokungabaza ukugoma ngakho ke sithanda ukukhumbuzwa wonke umuntu imigomo akuyona into yanamuhla kepha kade yaba khona. Isikwazile ukusivikela kwizifo eziningi nokuyingakho kubalulekile siqhakambise ukubungazwa kwe-African Vaccination Week kulenyanga.**

I-African Vaccination Week neqala mhlaka 24 kuya mhlaka 30 April ngokuhlanganyela ne-World Immunisation Week ithuba lokucacisa ngokusobala ukubaluleka kokugoma ekuhlengeni izimpilo kanye

nokugquguzela imindeni ukuba igome izingane kwizifo eziyingozi kepha ezigwemekayo. Kusukela ezikhathini zakudala, kunemigomo eminingi esunguliwe isungulelwa izifo eziningi ezesabekayo okubalwa kuzo i-meningitis, tetanus, measles kanye ne wild poliovirus.

Ngokusho kwenhlangano yezomhlaba ebhekele ezempilo i-World Health Organisation,

iyaqhubeka ekhasini 15 >>>

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ekuqaleni konyaka ka-1990, isifo se-Polio kwakuyisifo esasigubhuzele umhlaba wonke nalapho sasikhahlameza amakhulu ngamakhulu abantu unyaka nonyaka.

Ngonyaka ka 1950, kwabe sekusungulwe imigomo emibili yokulwisana naleli gciwane kepha uhlelo lokugoma kwezinye izingxenye zomhlaba kwakungakabi yinto ejwayelekile ukunqanda ukubhebhethaka kwe-Polio ikakhulukazi ezwenikazi i-Afrika.

Ngeminyaka yango 1980, kwaqaliswa imizamo yokuqeda ngegciwane i-polio. Emuva kweminyaka eminingi engamashumi ngamashumi, ukugomela i-polio kusetshenziswa ukuhambela abantu emakhaya kanye nemikhankaso emikhulu kwakuqhubeka kuwo wonke amazwekazi omhlaba.

Ngenxa yamandla enawo, inhlango i-WHO isebenzisana namazwe emhlabeni jikelele ukuqwashisa ngokumqoka kwemigomo kanye nokugoma kanti iqinisekisa ukuthi uHulumeni uthola ukwelulekwa nokwesekwa okufanele ukusungula izinhlelo zokugoma ezisezingeni.

Lokhu kuhlanyela nokusebenzisana umhlaba wonke kunika ithuba lokukhulisa umdladla nokugxila emizameni yokuqwashisa ngokusebenza kokugoma ukusindisa izimpilo, ukusabalalisa ukusakazwa kokugoma ukunqanda ukubheduka kwezifo kanye nokufinyelela emiphakathini entulayo.

Uma umuntu esegomile, maningi amathuba okuvikeleka kulezo zifo ezihlasele. Yize kunjalo, akuyena wonke umuntu ongagoma. Abantu abanezifo ezingamahlalakhona nezikhahlameza amasosha omzimba (njengo mdlavuzi kanye negciwane lengculazi) noma abanokungaphatheki kahle kweminye

imigomo abakwazi ukuba bagome ngeminye imigomo. Laba bangakwazi ukuvikeleka uma bephila futhi beyingxenye yabantu asebegomile.

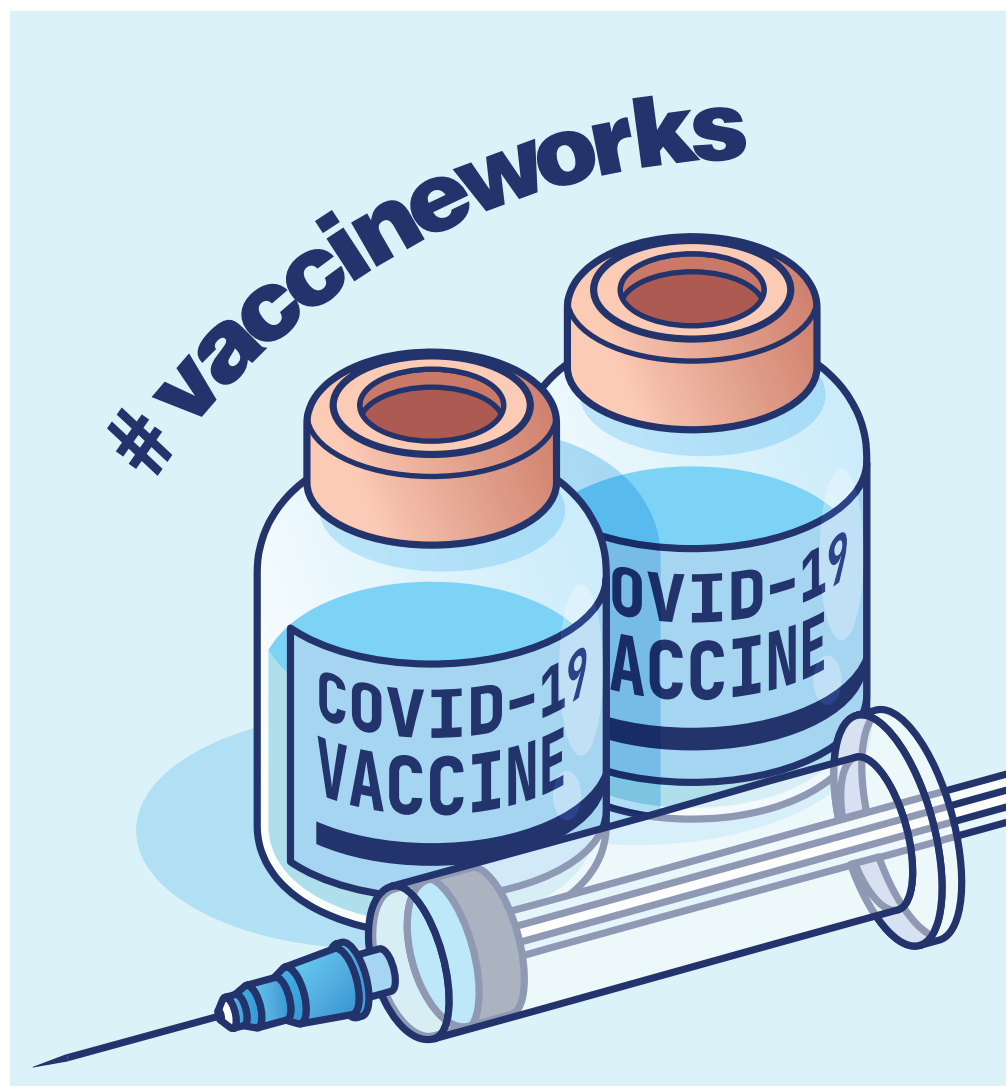
Uma abantu abanengi emphakathini begomile, ubuthi obukwazi ukusabalalisa igciwane kuba nzima ukuba bukwazi ukusabalala ngenxa yokuthi abantu abanengi ebahlaselayo bagomile. Ngakho ke uma abantu abanengi begomile, labo abangagomile mancane amathuba okuba bavikeleke kanti bazibeka engozini yokutheluleka ngamagciwane.

Lokhu kubizwa ngokugoma iningi nokuyitemu eselidumile njengoba kuliwa nobhubhane lwe-Covid-19. Lokhu kubaluleke kakhulu kulabo abangakwazi ukugoma kodwa ababuthaka nabasengcupheni

yokuthola izifo esisuke sizigomela. Awukho nowodwa umgomo ohlinzeka ovikela ngakho konke (100%) kanti ukugoma kwabantu abanengi akusho ukuvikeleka okugcwele kulabo abangagomile.

Kodwa ngokugoma kwalaba abanengi, labo abangagomile bazothola ukuvikeleka okuncane ngenxa yalabo abaseduze kwabo asebegomile.

Ukugoma akuvikeli wena nje kuphela kepha ivikela labo emphakathini abangakwazi ukugoma.



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