



MASIBAMBISANENI EKULWISANENI NALOLUBHUBHANE I-COVID-19



Impi yokulwa nehlandla lesibili lokuhlasela kobhubhane i-COVID-19 ichaza ukuthi sekusezandleni zethu ukuqinisekisa ukuthi siyaphephisa bese senza umehluko. Isifundazwe iKwaZulu-Natal silokhu siseyisizindakubhehetheka salolu bhuhane i-COVID-19, ngakho-ke sidinga ukuthi silizwisisse kahle ikhwela lokuthi siyigcine YONKE imiyalelo yezokuphepha yobhubhane i-COVID-19 esibekelwe yona.

Khumbula ukuthi singaziqeda nya izibalo ezintsha zokuhlelwa/zokuthelwa ngokwenza nje lokho okumele sikwenze, njengalokhu okulandelayo:

- Ukuthobela yonke imithetho yezokuphepha yobhubhane i-COVID - 19,
- Ukugqoka izifonyo zethu ngendlela efanele, zivale umlomo namakhala
- Ukugcina ibanga elifanele phakathi kwethu, ngisho sizihlalele emakhaya
- Ukugeza izandla ngaso sonke isikhathi; bese
- Siziphatha ngendlela efanele ngaso sonke isikhathi.

Kumele sithathe ngokuthi wonke umuntu nendawo okuyo kungakuthelwa ngaleli gciwane. Indlela esiziphatha ngayo emphakathini yisona sikhali esiyosisiza ukuze siphephe kulolu hlaselo lwehlandla lesibili.

Kusezandleni zethu ukunqoba ubhubhane i-COVID - 19.

EZAKAMUMVA MAYELANA NE-COVID-19 E-KZN

UHLASELO LWEHLANDLA LESIBILI

Senyukile isibalo sabathelwa ngegcwane le-COVID-19 emhlabeni wonke, ezingxenyeni ezahlukahlukene zesifundazwe nasezweni lonke.

IZIBHEDLELA ZOKWENZEZELA

UMnyango usuguqule izindawo ezithile zabayizibhedlela zokwengezela e-Royal Showgrounds, esibhedlela sesifunda i-General Justice Gizenga Mpanza Regional Hospital (esasaziwa ngokuthi yi-Stanger Hospital), esibhedlela i-Clairwood, esibhedlela iNgwelezane, eMatigulu, e-Margate Beach Lodge, e-Canefields Country House naseThembeni Care Centre.

IMIBHEDE EKHONA

Isifundazwe sinemibhede eyizi-4 713 elungiselelwe ukulalisa iziguli ezinegcwane le-COVID-19 ezikhungweni zezeMpilo zikaHulumeni, kusukela ngomhla we-14 kuMasingana. Kuze kuzoba manje iyizi-2 045 kuphela imibhede esisetshenziwe bese kuthi emibhedeni eyi-122 ekhona eGunjini labaGula kaKhulu (ICU) inga-72 (59%) kuphela esisetshenziwe. Kunendlela yokudluliselana iziguli elandelwayo esifundazweni, uma kunesibhedlela sesifunda esesiphelwe yimibhede, kunohlelo lokuthi iziguli zidluliselwe kwezinye izibhedlela zezifunda."

UMOYAMPILO (I-OXYGEN)

Amasilinda (amabhodlela) amasha omoyampilo (e-oxygen) asethengiwe ukuze ezohlinzeka lezo ziguli eziwudingayo ngesikhathi, zisamukelwa



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UDINGA UMBHEDE ESIBHEDLELA ESELAPHA I-COVID-19? SHAYELA LEZIZINOMBOLO EZINGEZANSI.

UMnyango ufisa ukunxusa umphakathi ukuthi uxhumane nalezi zibhedlela zeziFunda ezilapha ngezansi uma ufisa ukubuza ngemibhede yeziguli ezinegciwane le-COVID-19. Ukusheshe ufike esikhungweni sezempilo kusiza ngokusindisa impilo.



AMAJUBA DISTRICT

034 328 7051
034 328 7028

ETHEKWINI DISTRICT

031 480 3667 / 3668 / 3782
3783 / 3675 / 3701

UMGUNGUNDLOVU DISTRICT

033 897 1034 / 1026
1040 / 1047 / 1070 / 1014
067 429 8719
060 845 1499

ILEMBE DISTRICT

0800 212 537
073 423 6453

KING CETSHWAYO DISTRICT

035 787 6310 / 6217
6264 / 6249
081 030 8887

UMKHANYAKUDE DISTRICT

079 508 98 29
082 4719258

ZULULAND DISTRICT

039 879 1052 / 1053
035 897 1054 / 1055 / 1870

UTHUKELA DISTRICT

036 631 2202

UMZINYATHI DISTRICT

034 299 91 05
034 299 9131

UGU DISTRICT

083 501 23 87
066 492 23 77

HARRY GWALA DISTRICT

Izakhamuzi zasesifundeni i-Harry Gwala zicelwa ukuba zishayeke ngqo izibhedlela zakhona.

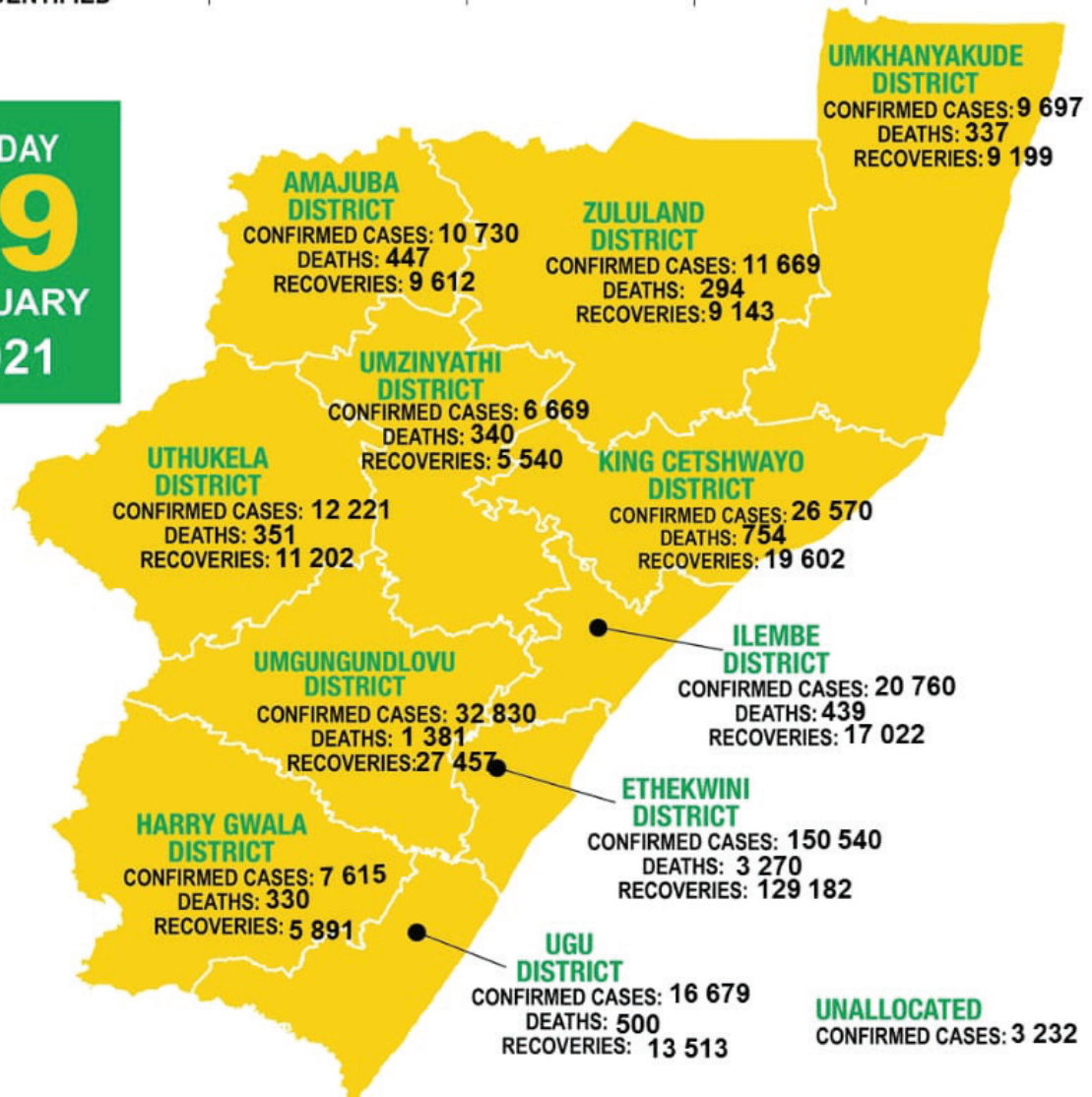


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COVID-19 STATISTICS IN KZN

				
310 076	43 406	257 363	8 443	1 892
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY
29
JANUARY
2021



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

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WhatsApp 'Hi' to 0600 123 456



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 KwaZulu-Natal Department of Health

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ULWAZI NGOMGOMO WE-COVID-19

MYTH: I already had COVID-19, I will not benefit from taking the vaccine



I already had COVID-19, I can still benefit from the vaccine



We don't yet know how long natural immunity to COVID-19 lasts. Right now, it seems that getting COVID-19 more than once is not common, but there are still many questions that remain unanswered.

The CDC recommends that those who have had COVID-19 get the vaccine. There is preliminary evidence that the vaccine offers better protection than having had the virus.



5G mobile networks DO NOT spread COVID-19



Viruses cannot travel on radio waves/mobile networks. COVID-19 is spreading in many countries that do not have 5G mobile networks

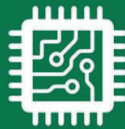
COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks. People can also be infected by touching a contaminated surface then their eyes, mouth or nose.

Credit: WHO

MYTH: There is a microchip in the vaccine



There is no microchip or tracking device of any kind in either vaccine



Vaccine manufacturers are required to declare their ingredients to SAHPRA before the vaccine is approved for use. Despite theories circulated on social media, they do not contain microchips or any form of tracking device. If they did contain such items SAHPRA will not authorize use of the vaccine.

MYTH: The vaccines will alter your DNA



The vaccines will not change your DNA



The vaccine contains mRNA (messenger RNA). RNA is the messenger that carries and instruction from the DNA and translates it into protein. After mRNA has performed its function it gets into the muscle cell and then gets degraded. There is no change to the DNA.

MYTH: You can test positive because of the vaccines



You cannot test positive because of the vaccines



There's no live virus in the vaccines, so it can't infect you. Basically the vaccines stimulates our immune system to produce antibodies which fight the virus when it enters your body.

MYTH: We don't know what is in the vaccines



We do know what's in the vaccines



Vaccine manufacturers are required to declare their ingredients to SAHPRA before the vaccine is approved for use. Despite theories circulated on social media, they do not contain microchips or any form of tracking device. If they did contain such items SAHPRA will not authorize use of the vaccine.

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KwaZulu-Natal Department of Health



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UNYAKA OMUSHA, NGABE NAWWE USUMUSHA NA?

'Unyaka omusha, nami ngimusha' lesi yisimo sokukhuluma esisetshenziswa ngabantu abaningi emhlabeni wonke jikelele ukungena onyakeni omusha nezifiso ezintsha kanye nezinqumo zokuthuthukisa impilo yabo noma zokuhlukana naleyo mikhuba emibi akade beyenza onyakeni ophelile. Lezo zinqumo zokuthuthukisa impilo zibandakanya izinto ezifana nokwehlisa isisindo, ukudla ngendlela efanele, ukonga imali noma ukuyeka ukubhema. Bahlale benemizamo njalo yokuzithuthukisa empilweni uma kuqala unyaka. Yize kunjalo, kodwa abaningi bavele bahluleke ukuqhubeka nezinqumo zabo abazibekela zona uma kuqala unyaka emva nje kwamasono noma kwezinyanga ezimbalwa bezithathile. Yingakho-ke nje kubalulekile ukuthi kube nohlelo oluzaqinisekisa ukuthi zonke lezi zinqumokuzithuthukisa ziyafezekiswa.

Unyaka wezi-2020 kawufananga neze neminye iminyaka, sonke kwadingeka ukuba sizijwayeze izindlela ezintsha zokuphila, futhi kujwayelekile ngathi ukuthi siye sifune ukuhambela phambili. Yize kunjalo kodwa futhi kubalulekile ukuthi lezo zinqumokuzithuthukisa sizithathe zihambisane nemithetho yokuziphaphisa kulolu bhuhane, ngokuqinisekisa ukuthi lezo zinhlelo zonyaka esinazo kaziyephuli imithetho ebekwe wuhulumeni.

Izinqumokuzithuthukisa zethu zonyaka omusha akumele futhi ziphinde zifakele abanye abantu ingcindezi, kodwa kumele kube ngezinezifiso ezinempilo futhi ezingafezeka kulowo nyaka.

Enye yezinsiza ongazisebenzisa ukuhlelela kahle izinqumokuzithuthukisa zonyaka omusha wukulandela umgomo owaziwa ngokuthi yi-SMART. Igama "SMART" liyisifinyezo (acronym) esimele amagama athi: Specific, Measurable, Achievable, Realistic ne-Time-based. Nansi indlela yokuthi ungawusebenzisa kanjani lo mgomo i-SMART ukufezekisa izinqumokuzithuthukisa zakho zonyaka omusha:

Ukucacisa ngqo – Lapha yilapho ubhala khona uhlu lwezinqumokuzithuthukisa zakho zonyaka, kumele uzicacise ngqo zibe sobala, gwema ukuzibekela izifiso ezivuleleke kakhulu, ezingenamkhawulo njengokuthi "Ngifuna ukwehlisa isisindo kulo nyaka". Kuncono ucacise kahle ukuthi siyini isifiso sakho nokuthi uzohlela kanjani ukuze sifezeke. Ngabe uzokwandisa isikhathi sakho sokuzivocavoca na? Ngabe uzodla ngokunempilo na? Ngabe uzogijima njalo ntambama na? Ungaqala kancane nje bese ulokhu ukhula naso-ke isinqumokuzithuthukisa sakho uze ufike la usuthi khona "Ngizogijima imizuzu engama-30 njalo ntambama."

Ukuzikala – Ukuqinisekisa ukuthi usahamba ngendlela eyiyo, kumele ube nendlela yokuzikala ukuthi usazosifezekisa na isifiso sakho noma-ke usesemgudwini wokuthi sigcine sifezekile. Isibonelo nje, uma uzama ukwehlisa isisindo, ungazikala ngokusebenzisa i-"Body Mass Index (BMI), i-App yobuqatha bomzimba, ngokuqhathanisa izithombe owazithatha ngaphambi kokuqala ukuzivocavoca nezalapho usuqalile noma-ke uhlele ngokuzikala njalo.

Ezingafezeka – Izifiso ozibekela zona kumele kube ngezikufakela inselelo kodwa zibe sezingeni elifanele ukuthi zingafezeka. Isibonelo nje uma esinye sezinqumokuzithuthukisa sakho kwakuwukuthi ufunde izincwadi eziningi, ungaqala ngokuthi ufunde amaphephandaba noma izindaba ezimfushane (izindatshana) bese ulokhu uzijwayeza-ke ukufunda ezemibhalo ezizokufakela inselelo esikhundleni sokuthi uvele uqale ngomqingo wendaba ende (inoveli) zisuka nje.

Ukubaluleka – Lapha kungesikhathi uzibuza wena ukuthi kubaluleke ngani ukuzibekela lesi sifiso (mgomo) empilweni yakho? Yilapho-ke kumele ubheke ukuthi isifiso sakho siyahambisana yini nezimiso zakho zempilo nanokubuka ukuthi ngabe sibalule-ke ngaleyo ndlela na kuwe ukuthi usungaxila kuso ukuze sifezeke. Empeleni yilapho uzibuza khona ukuthi 'kungani' nginalesi sifiso (sinqumo). Isibonelo nje, uma uhlela ukuyeka ukubhema ugwayi kulo nyaka, uzozibuza ukuthi kungani ufuna ukuwuyeka? Kungabe yingoba ufuna ukugcina amaphaphu akho enempilo? Noma yingoba ufisa ukwehlisa amathuba okuthi uhlaselwe yizifo ezibangwa wukubhema? Noma unezinye izizathu? Ukuchaza ukuthi 'kungani' kungakusiza ngezikhathi la usufuna ukuphosa ithawula ekufezekiseni isifiso sakho.

Umnqamlajuqu – Leso naleso sinqumokuzithuthukisa kumele sibe nesikhathi saso esiwumnqamlajuqu. Kumele unqume isikhathi esifanele sokuthi ungafezekisa leso naleso sifiso sakho, ezinye zingathatha isikhathi esithe xaxa kunezinye. Isibonelo nje uma isinqumokuzithuthukisa sakho kuwukwehlisa isisindo, ungahlala ngokuthi uzikale njalo emva kwamasono amabili isikhathi esingamasonto ayi-12 bese uqhubeka lapho-ke.

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Ukuzivocavoca Ngendlela ka-Kegel Kungaba Yimpendulo Ekuphunyukweni Wumchamo Kwabesifazane Abakhulelwe

Inhloko yoPhiko olunakekela abesifazane abazithwele (abakhulelwe) noLwezifo zabeSifazane esibhedlela i-Prince Mshiyeni eMlaza, eThekwini – uDkt. Ray Maharaj- uchaza ngokuphunyukwa wumchamo kwabesifazane ngesikhathi besazithwele (besakhulelwe) nangemva kwalokho, okuyinto ejwayelekile kwabasifazane abanengi nanokusebenzisa indlela ka-Kegel ukusilawula lesi simo. Lokhu kuvele ocwaningeni lwakamumva olushicilelwe kwijenali yezeMpilo yabeSifazane lapho akade ephawula khona ngokuthi indlela yokuzivocavoca ka-Kegel abesifazane abanengi bayishaya indiva kanti iyikhambi elinembayo ekwelapheni inkinga yokuphunyukwa wumchamo.

Ngabe kuyini ukuphunyukwa wumchamo?

“Ukuphunyukwa wumchamo wukuziphumela komchamo usuka esinyeni. Lokhu kuvele kuzenzekele nje kungalawulwe muntu futhi engakafuni ukuchama. Ngokwejwayelekile lesi sicubu esilawula ukuphuma komchamo esiwuvulavale sivele sithambe noma singabe sisasebenza bese umchamo uvele uziphumele nje uma umuntu kuke kwenzeka nje wafaka ingcindezi esinyeni ngokukhohlala, ngokuthimula, ngokuhleka, ngokuzivocavoca noma ngokuphakamisa into esindayo. Lesi simo singadalwa yizinkinga zezicubu noma imizwa esiza isinye ukuthi sikwazi ukulawula ukubamba noma ukuphuma komchamo. Izikhathi ezithile ezingajwayelekile kubantu besifazane njengokukhulelwa, ukubeletha/ukuteta nokunqamuka kokuya esikhathini ngenxa yobudala kungadala izinkinga kulezi zicubu nemizwa,” kuchaza uDkt. Maharaj.

Ngabe iyini le ndlela yokuzivocavoca ka-Kegel?

Le ndlela yokuzivocavoca ka-Kegel iwuhlobo lokunyakazisa umzimba olusiza ukuqinisa zonke izicubu ezingasemanyongeni. Le ndlela yokuzivocavoca iphinde ibizwe ngokuthi yi- 'pelvic floor exercises' futhi isiza ukuqinisa izicubu zesibelethe, zesinye, amathumbu amancane nomtshazo (rectum) futhi ingasiza ukunqanda/ukugwema ukuziphumela komchamo esinyeni.

“Ukuzivocavoca ngendlela ka-Kegel kowesifazane ngesikhathi ekhulelwe kungasiza isinye ukuthi sikwazi ukuzilawula, kuqinisa izicubu ezingasemanyongweni kuphinde kwehlise nengcuphe yokuziphumela kwendle. Abesifazane abakhulelwe bayakhuthazwa ukuba bazivocavoce ngale ndlela ka-Kegel ngoba uma benezicubu eziqinile kuyo yonke le ndawo engasemanyongeni kubasiza ukuthi babelethe/batete kalula ikakhulukazi ngesikhathi sekumele baphushe ukuze ingane iziphumele kalula. Ngaphezu kwalokho, le ndlela yokuzivocavoca ingehlisa amathuba okukhuliswa yizifo ezihlasela abesifazane ngesikhathi bekhulelwe nangesikhathi besaqeda ukubeletha/ukuteta futhi yehlisa namathuba okuthi umntwana akhulele ngaphandle kwesibelethe ngaphakathi esiswini,” kusho uDkt. Maharaj.

Inhloko yoPhiko olunakekela abesifazane abazithwele (abakhulelwe) noLwezifo zabeSifazane eMnyangweni wezeMpilo KwaZulu-Natal, uDkt. Neil F Moran uthe isisindo sengane uma icindezela isinye ngaphakathi naso singenza ukuthi owesifazane okhulelwe abe nenkinga yokuphunyukwa wumchamo.

UDkt. Moran uthe inkinga yokuphunyukwa wumchamo ngokujwayelekile iyaphela emva kokubeletha/kokuteta.

“Yize kunjalo, kodwa kwabesifazane abambalwa le nkinga yokuphunyukwa wumchamo ingaqhubeka ngisho nasemva kokuthola umntwana futhi kwesinye isikhathi kungavele kuqale inkinga entsha yokuphunyukelwa wumchamo esidalwa wukulimala kwezicubu nezitho zomzimba ngesikhathi ezibelethele ngokwemvelo noma ngesikhathi ebelethe ngokusikwa,” kusho uDkt. Moran.

UDkt. Moran wengeze ngokuthi ukugwema noma ukwehlisa amathuba okuhlaselwa yile nkinga yokuphunyukwa wumchamo abesifazane abakhuluphele kakhulu kumele behlise isisindo bese kuthi labo ababhemayo kumele bakuyeke.

“Ukuzijwayeza ukuthi ungazivocavoca kanjani ngale ndlela ka-Kegel, owesifazane kumele azame ukuthi avele abambe umchamo ngesikhathi ezikhulula. Le ndlela yokuzivocavoca kanjena ka-Kegel ingaqhubeka nokuyenza ngisho ungasekho umchamo ukuze izicubu zizojwayela,” kuchaza uDkt. Moran.

“Ukuqinisa izicubu ngale ndlela kungenziwa imizuzwana embalwa bese ephinde ededelwa eminye futhi imizuzwana embalwa. Lokhu kungaphindwa izikhathi ezilishumi, kabili ngosuku. Ukuzivocavoca ngale ndlela kungasiza labo engakabaxini kakhulu le nkinga yokuphunyukwa wumchamo,” kusho uDkt. Moran.

UDkt. Moran uthe yize kunjalo, kodwa uma le nkinga yokuphunyukwa wumchamo iza ngamandla noma uma ilokhu iqhubeka noma uma imkhathaza kakhulu lo owesifazane kumele aye emtholampilo oseduze noma kudokotela ukuze bayomhlola noma bameluleke. Uma umchamo ukushisa, noma uma uphuma negazi noma uma uhlangene nokunye okusakesthezi, kumele uye emtholampilo oseduze noma kudokotela ngoba inkinga edala lokho (njengeyesinye) kumele ukuthi ixilongisiswe.

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