



LWELA UKUPHILA, KHETHA UKUGOMA UKUSILEKELELA UKUNQOBA I-COVID-19



Bantu bakithi KwaZulu-Natal, sesifikile isikhathi sokuba sonke sisebenzisane silwisane nalesihlava sobhubhane lweCovid-19 osekubonakala ukuthi sesibuye ngamandla njengoba sibhubhisa izindimbane zabantu kanye nomonakalo esiwenzayo emnothweni wezwe.

UKUBHALISELA UKUGOMA SEKUVULELEKILE KUBANTU ABANEMINYAKA ENGAPHEZU KUKA-50

Kusukela mhlaka 01 July 2021 abantu abaneminyaka engu 50 nangaphezulu sebevumelekile ukubhalisela ukugoma ngohlelo lwezobuchwepheshe i-Electronic Vaccination Data System (EVDS). Siyakunxenxa ke ukuba usebenzise leli thuba njengoba isikhathi sakho sesifikile.

DELTA VARIANT

Njengamanje sesibhekene nalesi sihlava segciwane esaziwa ngokuthi Delta variant eselihlonzwe kwizifunda eziyisithupha. Loluhlobo lwaqalwa lahlonzwa ezweni lase-India kanti manje selitholakala emazweni angu-96, okubalwa khona neNingizimu Afrika. Lolu hlobo lwe-Covid lubukeka ludlana ngamandla ezweni lethu kanye nasemhlabeni jikelele.

UKWENZA IZABA KUNGASIHLENGA Siyagqoguzela ukuba kulandelwe imigudu emisha yokuphila ngaso sonke iskhathi. Bantu bakithi

siyanicela ukuba nenze lokhu:

- Gqoka isifonyo esifihla ikhala nomlomo ngaso sonke iskhathi ngisho usekhaya, uma unabantu abadala noma labo abaphila nezifo ezingamahlalakhona;
- Gwema izindawo ezinabantu abaningi;
- Geza izandla ngaso sonke iskhathi usebenzise amanzi nensipho noma isibulala-magciwane kanye
- Nokuqikelela ukuthi ushiya ibanga okungenani lika-2m phakathi kwakho nabanye abantu.

UMA USUTHELEKILE UVIKELE ABANYE

Abantu asebeke bahlangana nabantu abathelekile kumele bahambe bayohlolwa bese beqikelela ukuba bahlala bodwa okungenani izinsuku ezingu-10 ukuzama ukugwema ukunciphisa ukubhebhethaka kwegciwane. Amathimba ethu alandela labo abake bahlangana nasebethelekile asakhona ayasebenza..

UNGAFELI EKHAYA; WOZA KUTHINA

Labo abanezimpawu zesifo i-Covid-19 (njengomkhuhlane, ukukhwehlela okomile, ukungakwazi ukuhogela kahle noma ukunambitha kahle, ukukhishwa isisu kanye nokukhathala) bayacelwa ukuba baphuthume ezikhungweni zezempilo ukuze bezohlolwa bese behlaliswa ngabodwa ngokuhlelekile.

UMnyango usuhlinzeke imibhede eyanele ukubhekana nalesimo.

Siyakhathazeka uma abantu begcine beshonele emakhaya ngenza yesifo i-Covid-19.

Uma kwenzeka uthola ukuthi ususulelekile ngegciwane iCovid-19, kungcono ungeniswe esikhungweni sezempilo uthole ukwelashwa okusemthethweni kunokuba ube sekhaya ukuze bezokwazi ukukuhlenga uma isimo sakho siba bucayi.

IMIGOMO YE-COVID-19 IPHEPHILE






Sithanda ukuqinisekisa abantu bakulesi sifundazwe ukuthi imigomo ye-Covid-19 esetshenziwa lapha eNingizimu Afrika ihlolwe yacubungulisiwa ngokwesayensi futhi iphephile ukusetshenziswa.

Empeleni kunobufakazi bezinombolo obukhombisayo ukuthi imigomo yomibili yakwa Pfizer kanye nowaka Johnson & Johnson iyasebenza kuloluhlobo olusha lwegciwane le-Covid-19 i-Delta kanye nakwezinye izinhlobo ezidala ukugula okusezingeni.

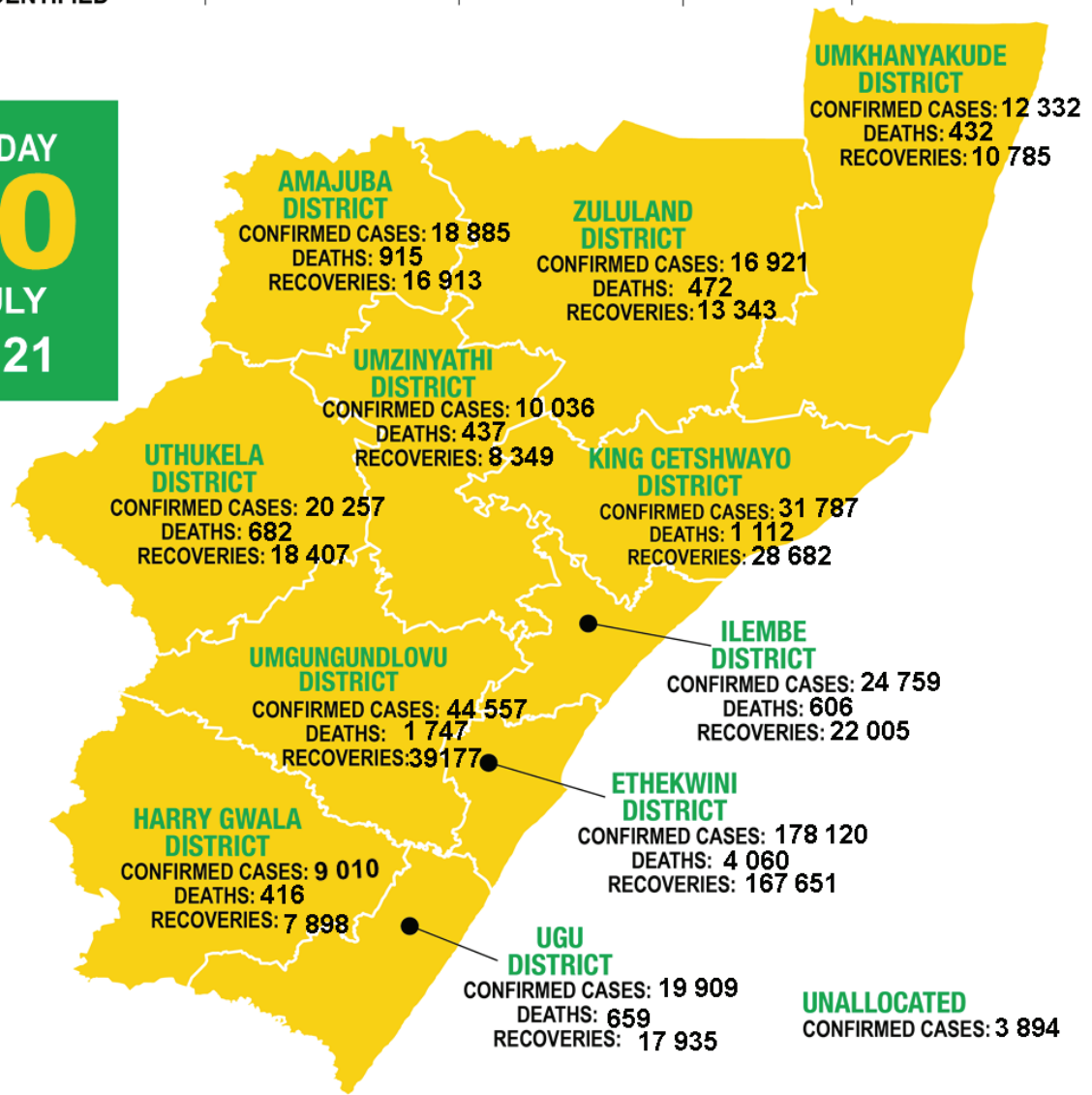
Sithanda ukunxenxa bonke labo abavumelekile ukubhalisa nokugoma ukuze sizokwazi ukuzivikile siqobe nobhubhane lwe-Covid-19.

Kusezandleni zethu.

COVID-19 STATISTICS IN **KZN**

				
391 331	23 928	355 001	11538	1 900
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY
30
JULY
2021



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		kznhealth
	KZN Department of Health		@kznhealth

AMAZWI OTHISHA BAKWAZULU-NATAL NGEMIGOMO YE-COVID-19

Ngaphandle kwezinqinamba ezibe khona, ukungabaza kanye nokwesaba, iningi lothisha bezikole KwaZulu-Natal kanye nabasebenzi boMnyango bajabule kakhulu ukugomela igciwane le-Covid-19. Uhlelo lokugoma othisha esifundazweni luqale mhlaka 23 June 2021 ezweni lonke. Abasebenzi bezikole zaKwaZulu-Natal babe yingxenye yabagomele i-Covid-19.

Amakhulu abasebenzi boMnyango esifundeni uMgungundlovu banikele ukuyogoma esikhungweni sokugoma i-East Boom CHC ngoLwesibili lomhlaka 06 July 2021 nalapho bethole umgomo wakwa Johnson & Johnson. Uhlelo lokugoma othisha esifundazweni i-KwaZulu-Natal lusaghubeka kanti abanengi sebekhombise ukulithakasela baphinde bagquguzela nabanye abangakagomi ukuba beze ngaphambili bebhalse bathole umgomo bavikeleke.

IGAMA LAMI NGINGU CASHEL HARTLAND (41)

Usebenza njengomabhalane eMaritzburg College

Ngabe yini ekugquzelile ukuba ugome namhlanje?

Ngithathe isinqumo sokugoma namhlanje ngoba kubaluleke kakhulu. Ekhaya ngihlala nabazali asebhulile kanye nendodana enamahlalakhona. Uma kungathiwa ngiyasuleleka ngegciwane i-Covid-19, kunokusabela ukuthi naye angase atheleleke. Uma kuthiwa ubesethelelekile ngabe usesibhedlela manje kanti nokuvakashela iziguli esibhedlela kusamsiwe ngenxa yemigomo ebekiwe. Lokhu sekwenze kwanzima ukuthi izihlobo ziyobona abathandiweyo babo abagcinwe ezibhedlela zomphakathi nokuyinto abantu abanengi abangayiqondi kahle nokuyingakho ukugoma kubalulekile.

Sixoxele ukuthi uzizwa kanjani njengoba usugomile.

Ngijabule njengoba sengigomile futhi bekungebuhlungu nhlobo, konke bekulula. Ingalo yami izwele ubuhlungu imizuzu nje elishumi kepha emuva kwalokho bese kuphelele. Izimpawu ezinjengalezi zithathwa njengezejwayelekile nezikhombisa ukuthi umgomo uyasebenza uyangena nasemzimbeni ukuze uvikeleke.

Mangaki amalunga omndeni wakho asethole umgomo?

Ngingowesithathu ukugoma emndeneni wakithi, abazali bami bobabili baneminyaka engaphezu kuka 60 sebegomile. Udadewethu uzogoma ngomzwulswano olandelayo kanti uma sekuvuleleke ukugoma izingane, nakanjani ngizohambisa indodana yami nayo iyogoma.

Ungababonisa uthini labo abasemanqika ngokugoma?

Ngisanda kugoma ngomjovo wakwa-Johnson & Johnson futhi ngingathanda ukunxusa bonke abantu ukuba bazishaye indiva izindaba ezingamampunge basebenzise leli thuba bahambe bayogoma. Abantu kumele babhalse ngoba kubalulekile njengabantu baseNingizimu Afrika ukuba sibumbane ukuze sizohlukana nokugqoka izifonyo nokuhlalela ovalweni, siqhubeke nezimpilo zethu ezejwayelekile, kuthuthuke umnotho abantu baphinde bathole umsebenzi bahole.

Kunzima ngempela la ngaphandle ngakho ke ngiyacela kakhulu kubo bonke abantu la eNingizimu Afrika ukuba bagome.



iyaqhubeka ekhasini 04 >>>

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NGINGU FREEMAN MADONDO (36)

Umsebenzi olondoloza eHayfields primary school

Yini ekugququzele ukuba uze lapha uzogoma?

Isizathu esingenze ngeza lapha ukuzogoma ukuthi ngisebenza ngabantu futhi ngiyakholelwa ekutheni uma ngigoma, azoncipha amathuba okusabalalisa igciwane. Uma kwenzeka ngisuleleka angeke ngilibhethethekise igciwane kodwa okubalulekile ngizokwazi ukuzivikela kanye nomndeni wami, abangani kanye nabalingani engisebenza nabo njengoba sonke sazi ukuthi lesi simo esibhekene naso sinzima.

Uzizwa kanjani ngokuthola umgomo wakho wokuqala namhlanje?

Ngingathi nje ngithukile kodwa futhi ngijabule, isifonyo asimnandi neze njengoba nokulokhu uphefumula umoya wakho kunzima kodwa nginethemba lokuthi uma sesigomile sonke sizokwazi ukuhlukana nezifonyo unomphelo nempilo ibuyele kwejwayelekile. Ukungazifaki izifonyo kungezinye zezizathu eziningi zokuthi sigome.

Isiphi isiluleko ongasinika abantu abasangabaza ukugoma?

Ngingabaluleka ngokuthi bagome ngoba ikusasa asilazi lisiphatheleni, kungenzeka ekuhambeni kwesikhathi uthole ukuthi uma ungagomile angeke usavunyelwa ukungena ezitolo noma ungalahlekelwa ngisho umsebenzi.

**NGINGU YAKSHA SARAWAN (45)**

Usebenza njengomabhalane wezezimali eMaritzburg College

Ngabe yini ekwenze ukuba uzogoma namhlanje?

Ngiphila nezifo ezingamahlalakhona ikakhulukazi ushukela. Bengikhathazeke kakhulu ngokuthi angikwazanga ukuthola umgomo zisuka nje ngoba bengisaba ukutheleleka nge-Covid-19. Ezinyangeni ezimbalwa ezedlule sengilahlekelwe abangani nezihlobo ebeziwumqemane zingaguli nhlobo. Ngenxa yokudlula kulezi zimo, nakanjani ukugoma bese kuyinto ebalulekile ukuze ngikwazi ukuvikeleka kulolu bhuhane esingalwazi.

Ngabe ubunakho ukusaba okukhona mayelana nomgomo we-Covid-19?

Cha bengingenakho, kunalokho bengijabule kakhulu ngoba bengizitshela ukuthi ngisazolinda isikhathi eside njengoba ngineminyaka engu 45 kanti kusavulelwe ithuba labo abaneminyaka engu 50 kuya ku 59 nokusho ukuthi bengisazolinda izinyanga ezimbili ngaphambi kokuba ngithole umgomo. Kodwa ngijabule ukuthi ngisebenzela uMnyango wezeMfundo njengoba isinyathelo sokusebenzisana noMnyango wezeMpilo sithela izithelo. Ngithokoze kakhulu ukukwazi ukuza ngizogoma kanye nabalingani bami esisebenza nabo ikakhulukazi futhi njengoba sithole umjovo wakwa Johnson & Johnson okuwumjovo owodwa. Ukuthi umjovo owodwa noma emibili kodwa yinto enhle esivikelayo.

Ngabe kukhona okuzwile okungajwayelekile emuva kokugoma?

Akukho okutheni ngaphandle nje kwengalo yami ebibuhlungu kodwa ngithe uma sengiphumele ngaphandle ngathola ukufudumala nelanga ngase ngizizwa ngcono. Nokho ke ngizwa ngilambile kodwa akudalwa umujovo kepha yingoba kade sifikile silindile kanti ngijwayele ukuzilalela. Yize kunjalo, ngizizwa ngiwumqemane.

Ungathini kulabo abasanokungabaza ngokugoma?

Abantu abahlukane nokulalela oDr Google, ngiyazi kubalulekile ukuhlale unolwazi



kepha qaphela ungagcine usuthatha zonke izinto lezi ozithola ezinkundleni zokuxhumana. Miningi imininingwane engelona iqiniso ngakho kubalulekile ukuthi siqaphele sithole imininingwane eyiqiniso. Miningi kakhulu imininingwane engelona iqiniso ngegcwane i-Covid-19 kanye nemigomo la ngaphandle. Abantu mabalalele abasebenzi bezempilo abaqeqeshiwe kanye nezisebenzi zikahulumeni bahambe beyogoma. Igciwane i-Covid-19 isifo esisha, kade yayifika imigomo efana nemigomo ye-smallpox nama measles kodwa nalapho futhi sakwazi ukudlula khona. Abantu mabagome ukuze bavikeleke, kulula kanjalo nje.

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SIDINGA ABANTU ABANINGI ABANEMINYAKA ENGAPHEZU KUKA 60 UKUBA BAGOME:

- **ISIBALO
SABAGOMAYO
EZINDAWENI
ZASEMALOKISHINI
NASEMAKHAYA
SINCANE KAKHULU
KUMELE
SIKHUPHUKÉ;**

Sigculisekile ngezinga lokugoma kwabantu abaneminyaka engu 60 nangaphezulu.

Sigculisekile futhi nangenqubekelaphambili esiyibona selokhu siqale ukugoma othisha kanye nabasebenzi bomkhakha wezemfundo kuleli sonto.

Yize kunjalo, siyakholelwa ekutheni baningi kakhulu abantu asebekhulile abaneminyaka engu 60 kuya phezulu abadinga ukusondela ukuze bathole ukugoma. Sinezizathu ezenza sikhohlwe ukuthi izinkoleloze kanye nezinto ezingamanga ezisatshalaliswayo ngokuphepha kwemigomo yegciwane i-Covid-19 iholele ekutheni kube nongabazane kubantu.

Ngokusho kwabantu, lokhu kubukeka kuyiqiniso ikakhulukazi kubantu abamnyama emalokishini kanye nasezindaweni zasemakhaya. Sithanda ukuqinisekisa bonke labo abanokungabaza ukuthi yonke imigomo yegciwane i-Covid-19 egunyazwe ukusetsheniswa lapha

- **UKUKHULA
KWEZIBALO
ZABATHELELEKAYO
KUYAKHATHAZA
KUDINGA MINA
NAWE
SINGENELELE
NGOKUKHULU
UKUPHUTHUMA**

eNingizimu Afrika ihlolwe yacutshungulisiwa ngokwezesayensi, ngakho iphephe ngokwanele ukuba isetshenziswe, ayinabungozi.

Ngaphandle kokwenza izaba ezifana nokugqoka izifonyo, ukuhlamba izandla njalo ngamanzi noma ngezibulali magciwane kanye nokuhlala ngokuqhelelana, imigomo iyona kuphela engasivikela kulolubhubhane lwesifo.

Sinxusa ogogo nomkhulu ukuba babhalisele ukugoma ngokusizwa abantu abasha abakwazi ukusebenzisa ezobuchwepheshe. Kubantu asebekhulile abangakwazi ukubhalisa bangakwazi ukuvakashela mathupha izikhungo zokugoma. Sizobabhalisa bese siyabagoma.

UKUKHATHAZEKA NGOKUNYUKA KWENANI LABATHELELEKAYO

Iqiniso ekumele sibhekane nalo njengesifundazwe i-KwaZulu-Natal ngelokuthi njengamanje sibhekene nokunyuka ngamandla kwezibalo zabantu abatheleleke ngegciwane i-Covid-19 njenganezinye izifundazwe nazo eseziphinde zabhekana nokubuya ngamandla kwalesi sifo.

Lokhu kumele kusikhathaze sonke. Ngendlela izinamba zabathelelekayo ezikhula ngayo, asikwazi ukuvumela igciwane lizenzele liqede ngezimpilo zabantu njengoba lenza ngehlandla lesibili. Nguwe, yimi kanye nathi sonke ndawonye sineqhaza ekumele silenze ukugwema ihlandla lesithathu.

iyaqhubeka ekhasini 06 >>>

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KZN Department of Health



@kznhealth

Ukuze sikwazi ukuzuza lokhu, kumele sonke siziphathe ngendlela ngaso sonke isikhathi ukuze sizivikele siphinde sivikele nabanye. Kumele samukele indlela entsha yokuphila siphinde silandele imithetho ye-Covid-19 yokwenza izinto.

KUMELE SIQINISEKISE UKUTHI:

- Siyazigwema izindawo

- ezigwele abantu;
- Siggqoke izifonyo ngaso sonke isikhathi
- Sigeze izandla ngamanzi nensipho noma sisebenzise isibulali magciwane kanye
- Nokugcina ibanga phakathi kwakho noseduze kwakho.

Siyacela kubantu abasebancane ukuba bavikele labo asebhulile kanye nalabo abaphila nezifo ezingamahlalakhona ngokugwema

ukuhamba ama party kanye nemicimbi enabantu abanengi bese begqoka nezifonyo ngisho besemakhaya.

Kubalulekile nokuqonda ukuthi ngisho usugomile kodwa kumele uqhubeke nokwenza lezi zaba ezibekiwe. Ngokubambisana singayingqoba i-Covid-19



MS NOMAGUGU SIMELANE, MEC FOR HEALTH

WE NEED MORE PEOPLE AGED OVER 60 TO GET VACCINATED



TURNOUT IN TOWNSHIPS AND VILLAGES IS LOW AND NEEDS TO INCREASE

RISE IN NEW INFECTIONS IS WORRYING, AND DEMANDS URGENT INTERVENTION FROM YOU AND ME

We are pleased with the rate of vaccinations for people aged 60 and above.

We are also happy with the progress that is being made since we started vaccinating educators and support staff from the Education sector this week.

However, we are of the firm view that many more senior citizens aged 60 and above need to come forward and get vaccinated.

We have reason to believe that the many myths and false beliefs that have been made about the safety of the COVID - 19 vaccines have created a sense of hesitancy and doubt among many people.

According to anecdotal evidence, this seems particularly true among African people in townships and villages.

We want to reassure all the "doubting Thomases" that all COVID - 19 vaccines that are authorised for use in South Africa have undergone rigorous scientific tests, and are therefore safe to use. They pose no threat.

Coupled with non-pharmaceutical interventions such as the wearing of masks, regular hand washing or sanitization and social distances, vaccines are the only defence that we can give our bodies against this deadly virus.

We call upon ogogo nomkhulu to register for the vaccination, and to young people who are better at using technology to help them in this regard.

Those senior citizens who are unable to register themselves are urged to visit vaccination sites.

We will register and vaccinate them.

CONCERN OF RISING NEW INFECTIONS

Meanwhile, the stark reality that we need to acknowledge is that the Province of KwaZulu Natal is now experiencing a significant rise in COVID-19 new infections, along with other provinces that have already hit their peak and declared a resurgence.

This is something we all should be worried about. Given the increasing rate of new infections, we simply cannot allow the virus to take its toll and claim many lives as it did during the previous two waves.

You, Me and all of Us together have a responsibility to prevent the onset of the 3rd wave.

In order for us to achieve this, we all need to practice responsible social behavior at all times, in order to protect ourselves and one another.

We need to embrace the New Normal, and religiously practice the COVID-19 protocols.

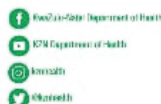
WE MUST ENSURE THAT:

- We avoid large gatherings;
- We wear our masks at all times;
- We wash our hands with soap and water or hand sanitizer regularly; and
- Maintain social distancing.

We appeal to younger people to protect the elderly and those with co-morbidities by avoiding parties and large crowds; as well as wearing masks even at home.

It is important to note that even after vaccinating, we still have to adhere to these non-pharmaceutical interventions.

Together, we can defeat COVID - 19



SCAN THE QR CODE BELOW TO REGISTER FOR VACCINATION



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INKULUMO YAMADODA NO DR NHLAKANIPHO GUMEDE

Inyanga ka-July inyanga yabantu besilisa nalapho sisuke sibheka sijule ezindabeni ezithinta impilo yabantu besilisa kanye nezimo ababhekana nazo.

Abantu besilisa baziwa njengabaholi, izinhloko zemindeni, oBaba, obhuti, abayeni kanye namasosha. Bangingi nabangakuphikisa lokhu bathi abantu besifazane yibona abaholi esizweni sethu. Njengomuntu osebenza emkhakheni wezempilo, lokhu ngeke ngakuphikisa.

Ngokwesipiliyoni sami ngisebenza esikhungweni sezempilo ngingakusho nje ukuthi abantu besilisa bacabanga kaningi ukuvakashela umtholampilo noma isibhedlela. Uma kwenzekile abantu besilisa bezinikela ezikhungweni zempilo kuvame ukuthi kusuke sekukubi kakhulu ukuthi bangalopheka kahle.

Omunye angazibuza ukuthi kungani sizikhathaza kangaka ngokuthi abantu besilisa abayi ukuyofuna usizo lwezempilo kepha siyazi ukuthi ezinye izifo zingagcina ziholela ekufeni. Asikwazi ke ukuqhubeka sivumele ukulahlekelwa izimpilo ngezifo ezigwemekayo kanye nezimo ezilaphekayo.

Yize seyikhona imizamo eyenziwe njengokuba nolayini abasheshayo emitholampilo kodwa abantu besilisa basakuthola kunzima ukuzinikela bona ekunakeleleni izimo zempilo yabo. Abanye babantu besilisa basakholelwa ekutheni indoda ayikhali, ngamanye amazwi uma ungumuntu wesilisa kumele uqine kanti uma uyothola ukwelasha lokho kusuke kuyizinkomba zokuba buthaka. Lokhu akusilo neze iqiniso, empeleni kuyindlela yokukhombisa ukuhlonipha impilo yakho.

UMKHANKASO WOKUQWASHISA NGEZEPILO KUBANTU BESILISA

Kubalulekile ukuthi kube khona ukuqwashisa ngezempilo kubantu besilisa Ngicela ungivumele ngibalulile izimo ezimbalwa ezibalulekile okumele abantu besilisa bazibheke. Ngaphambi kokwenza njalo, mangiqale ngokukhumbuzwa abantu besilisa kanye nabesifazane ukuthi kusemahlombe ethu ukuqinisekisa ngempilo yabantu besilisa nabesifazane. Kumele siqinisekise ukuthi njengamanje sesiyayazi imiphumela yethu ye-HIV, uma sesithelekile kumele siqinisekise ukuthi siyayiphuza imishanguzo. Kuyihlazo nje esikhathini samanjanje ukuthi singaba nabantu besilisa ababulawa yi-HIV ngoba lesi yisifo esilawulekayo. Ngiyakuqonda ukuthi kunalabo abacabanga ukuthi uma beqala bedla imishanguzo bazobandlululwa kodwa noma kunjalo, ukubandlula kulonyaka ka 2021 kumele kushabalale ukuze bonke abantu bakuleli bakhululeke ukuphuza imishanguzo abayifunayo bese bephila impilo ende.

Ngaphandle kwezifo ezithathelana ngocansi, kunezifo ezimbalwa thina njengabantu besilisa okumele sazi ngazo futhi singagcini nje ngokwazi ngazo kuphela kepha kube khona esikwenzayo ngalolo lwazi.

Ukubalula nje izifo ezimbalwa ezibalulekile:

Izifo ezithathelanayo; HIV kanye ne TB

iyaqhubeka ekhasini 08>>>

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Udlame nokulimala: Indlela yokuziphatha nokusetshenziswa kophuzo oludakayo kanye nezidakamizwa

Uphuzo oludakayo nezidakamizwa

Indlela esiyazi kangcono yokunqanda izifo ukusebenzisa imigomo yezempilo njengoba okokuqala nje kumele sibe nolwazi okusho ukuthi kudingeka abasebenzi bezempilo bakhiphe ulwazi ngezindlela ezahlukene ukuze bakwazi ukuqwashisa. Ngiyathemba ke ukuthi ngokufunda lapha uzokwazi ukuqonda izinto ezithikameza abantu besilisa yize zingacini nje ngabo kuphela.

UKUBHEKWA

Ngithanda ukuqwashisa abantu besilisa ukuba bavakashele imitholampilo noma odokotela babo ngisho noma bengaguli. Ukubhekwa kwezimo ezingakugulisa kubaluleke kakhulu. Okulindelekile ukuba kwenzekwe ukuthi kubhekwe izifo ezingamahlalakhona njengo shukela, HIV kanye ne TB.

Abantu besilisa badinga ukuyisukumela kuqala lento yokuhlola. Ukubheka nje isimo sempilo njalo ngonyaka kubaluleke kakhulu. Kuhle ukuthi abantu besilisa uma sebeneminyaka engu-20 bahambe beyobhekwa isimo sempilo. Uma kungekho lutho olutholakele, bangalinda baphinde babheke emuva kweminyaka emihlanu.

Ukuhlola okubaluleke kakhulu abantu besilisa okudinga ukuthi bakwenze yilokhu okuhlobene nesitho sangasese okuthiwa prostate assessment. Umdlavuzwa wesitho sangasese sabesilisa ujwayelekile kubantu besilisa yize lomdlavuzwa ungalangile kakhulu kubantu besilisa abaneminyaka engaphansi kuka 40.

Lokhu kuhlolwa kumele kwenziwe kubantu besilisa abaneminyaka engama-45 bahlolwe nokuthi awukho yini umlando womdlavuzo emndenini. Lokhu kungenziwa ngokuhlola inani le-PSA noma ngokubeka umunwe ezinqeni ukuze uthinte uphinde uzwe isitho sangasese.

Lokhu kungabukeka kungemnandi kubantu besilisa kepha kungenye yezindlela yokuvikela impilo yakho. UProfessor owayengifundisa eNyuvesi wayesitshela ukuthi uma ungawusebenzisi umunwe uma usiza isiguli usuke ungenzi kahle. Ngempela lokhu kuyiqiniso ngoba kuyasiza.

Ngaphandle kokukhuluma ngezinto ezisabekayo njengomdlavuzwa, sibhekene nenkinga enkulu emphakathini yakithi nokuyinkinga yokungabi nenzalo noma ukuba nenkinga yokuvukelwa uma uya ocansini. Ngaso sonke isikhathi kuhlezi kugxekwa abantu besifazane ngokungakwazi ukuthola abantwana kepha luncane ucwaningo olwenziwayo kubantu besilisa ukuhlola inzalo yabo. Yingakho kubalulekile ukuthi sikhulume ngalokhu ukuze sizokwenza abantu besilisa bazijwayeze umkhuba wokuthi kumele bayohlolwa ukuze kutholakale ukuthi banayo yini noma abanayo inzalo. Lokhu kungasiza kakhulu ekubuyiseni isithunzi sabantu besifazane kuphinde kulekelele ekutheni abantu besilisa bathole usizo lwezempilo ngokushesha ukuze imindenini ibe nobudlelwane obungcono. Yize abantu besilisa bengathandi kukhuluma ngalokhu, lesi sihloko kuyadinga ukuba kukhulunywe ngaso.

Naleninga yokungavukelwa idinga abantu besilisa bayisukumule ngesikhathi beqala nje ukubona ukuthi banenkinga. Lesi simo sivame ukudalwa ezinye izimo zezempilo okubalwa kuzo nesifo sikashukela kanti uma lokhu kusheshe kwahlonzwa kusanenkinga kungakwazi ukuthi kulapheke. Uma unenkinga nje ehlobene nokuvukelwa kwesitho sangasese, ngingakunxusa ngokuthi uphuthume uvakashele uDokotela ukuze uzohlolwa ngokushesha. Nanoma iyiphi nje inkinga onayo, ungalinge uyizibe kepha zama uthole usizo. Ungasebenzisi izinto ozithenga emgwaqeni nezingenza isimo sakho sibe sibi kakhulu kunakuqala.

UMDLAVUZA

Ngesikhathi ngikhuluma nodokotela obhekele izifo zocansi (Urology registrar) uDr Gerald Mataruka emasontweni ambalwa edlule ungikhumbuze ukuthi umdlavuzwa wabantu besilisa esithweni sabo sangasese (Prostate) uhamba phambili kubantu besilisa kanti noma singakhohlwa eminye imidlavuzo kepha sikhumbule lo we prostate. Lokhu kukhombisa ngokusobala ukuthi abantu besilisa bayadinga ukukhuluma ngalokhu futhi bakuqonde ukuthi kusho ukuthini.

Umuntu oyedwa kwabane usengcupheni yokuthola lo mdlavuzo, yingakho wonke umuntu wesilisa edinga ukwazi ngawo.

Abesilisa abasengcupheni enkulu yokuthola lo mdlavuzwa we prostate yilabo abaneminyaka engaphezu kuka 45.

Abesilisa bebala elimnyama yibo abasengcupheni enkulu uma uqhathanisa nezinye izinhlanga.

Ukuba nomuntu owake waba no mdlavuzwa we prostate emndenini kuyingozi enkulu.

iyaqhubeka ekhasini 09>>>

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Ukudla okunamafutha kanye nokubhema ugwayi.

Okuningi kwalezi zimo asikwazi ukuzishintsha ngakho kubalulekile ukuthi uyobhekwa izifo.

Umbuzo ojwayelekile esihlale njalo siwuthola yilo obuza ukuthi ngabe abantu besilisa bayawuthola yini umdlavuza webele? Lokhu kuliqiniso ngoba abantu besilisa abanesisindo ezibeleni basengcupheni yokuhlonzwa ngomdlavuza wamabele kunabantu besifazane. Kubaluleke kakhulu ukuthi uhlolwe kusanekhathi yize kuvamile ukuthi isisindo ezibeleni ziyamaniswe ne gynecomastia. Lokhu kuvame ukubonakala kubantu besilisa abaphuza utshwala.

UKWELASHWA NGOKWENGQONDO

Ngaphambi kokuba sivale lengosi yokucobelela ngolwazi kuzomele ngikhulume ngokwelashwa kwengqondo. Wonke umuntu angaphazamiseka ngokomqondo, ukhwantalala yinto ekhona kanti lungadalwa izimo zempilo ezifana nokuba senkingeni ngokwezimali, ubudlwenao emndenini, izinkinga zasemsebenzini kanye nokunye. Ngizothanda ukunxusa abantu besilisa ikakhulukazi ukuthi bazame ukuthola usizo uma izinkinga zingaphezu kwamandla. Lokhu akusilo nakancane uphawu lokuba buthaka. Isisho esithi abantu besilisa bayinsimbi kayigobi asisho ukuthi ngeke basinde ekubeni nezinkinga eziphathele ne zengqondo. Okukhathaza kakhulu ngesifo sengqondo ukuthi singaholela ekuzibulaleni. Abesilisa yibona abanamathuba amaningi okuphumelela ekuzibulaleni njengoba kuvela ukuthi amathuba okuzibulala aphindaphindeke kathathu. Umkhuba wokuzibulala lapha eNingizimu Afrika uwayelekile kakhulu ngakho kumele siziqaphele lezi zinto. Kubalulekile ukuthi nabo abantu besilisa basekane uma bebona ukuthi abanye banengcindezi noma bayesindelwa.

COVID-19

Kulesi sikhathi se-Covid-19 abantu abanengi sebelahlekelwe umsebenzi, abanye bancishiselwe izikhathi zokusebenza kanti kwabanye impilo inzima kanti lezi. Izimo ezinjengelezi akuselula ukuthi zizitshwe kanjalo. Siyadinga ukufunda ngezimpawu zengcindezi ukuze sizokwazi nokubikela laba abangase basisize.

Ezinye zezimpawu zengcindezi ziyafana kubantu besilisa nakwebesifazane.

Lokhu kubalwa:

Ukulahlekelwa injabulo, ukukhala, ukuba phansi, ukuzisola noma ukuzizwa ungelutho

Ukulahlekelwa injabulo ezintweni ezithokozisayo

Ukungakuthandi ukudla noma izinguquko emzimbeni

Ukulala kakhulu noma ukulala kancane

Ukuzizwa ukhathazekile noma ukhathele

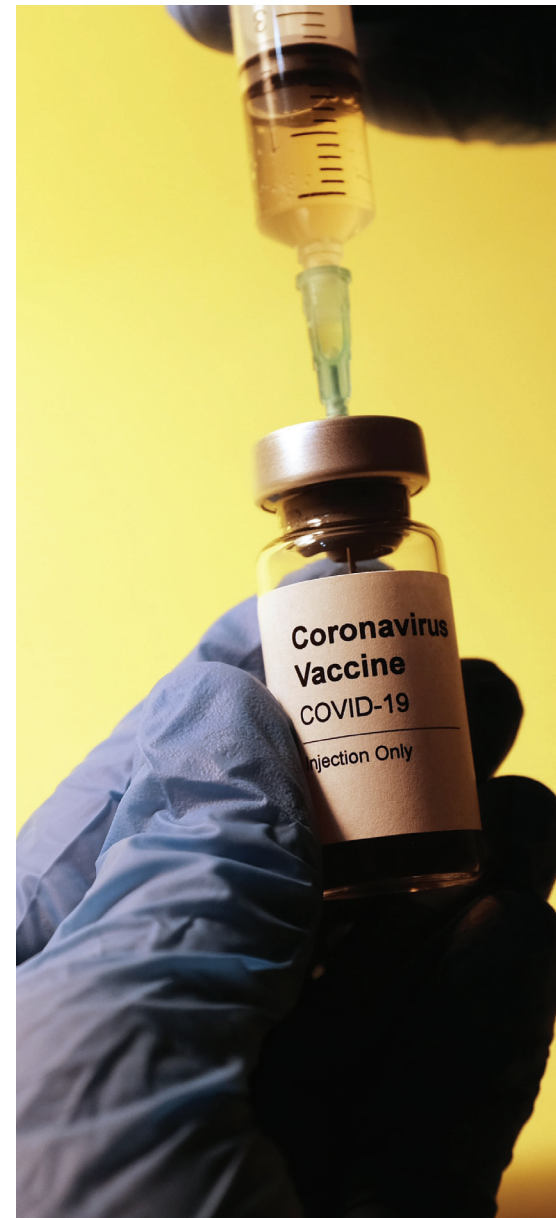
Ukuba nenkinga nokugxilisa umqondo entweni

Akuyena wonke umuntu obhekene nengcindezi ongazithola esebhekene nazo zonke lezimpawu.

Ngiyathemba ukuthi lonke ulwazi esicobelelene ngalo namuhla luzokusiza ekutheni uthathe isinqumo esiphusile ngempilo yakho, ngikufisela inhlanhla usathatha lesi sinqumo esiphusile.

Yize kunjalo, angikwazi ukuziba lolu bhuhane lwe-Covid-19 esibhekene nalo kanti umyalezo wami uthi kumele silandele yonke imigomo ye-Covid-19 ebekiwe ngaso sonke isikhathi.

Lokhu kusho ukunciphisa imibuthano, ukugqoka isifonyo esivala umlomo nekhala, ukuhlala ekhaya uma unezimpawu zomkhuhlane bese uyohlola ngokushesha. Geza izandla ngamanzi noma usebenzise isibulali magciwane.



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IZIMOTO EZINTSHA ZIZOPHUCULA IZIMO UNGQONGQOSHE WEZEPILO KWAZULU-NATAL (UKUKHATHAZEKA NGOKUKHULA KWEZINOMBOLO ZABETHELELEKA NGE GCIWANE I-COVID-19 NJENGOBA ISIFUNDAZWE SESISONDELE KUBANTU ABANGU 1500 NGOSUKU)

UNgqongqoshe wezeMpilo KwaZulu-Natal uNomagugu Simelane uthi ukufika kwezimoto ezintsha ezingu 16 zasemakhazeni esifundazweni kuzokwenza ngcono indlela yokusebenza ukulanda izidumbu nokuzoqinisekisa isizotha kulabo asebeshonile nasemindenini yabo.

Lezi zimoto ezintsha zamakhaza kaHulumeni zihlanganisa u-128 sezizonke. Kuzona kubalwa amaloli amabili ezinhlekelele nakwazi ukulayisha imizimba engu-12 ngalinye kanti zinobuchwepheshe obenza zisebenze ngeqophelo eliphezulu. Lezi ezinye zona zikwazi ukulayisha okungenani imizimba emine kanti lezi zimoto ezintsha zidle imali engango R13 million. Ekhumla emcimbini wokunikizela ngezimoto obubanjelwe eDumbe Community Health Centre nobuhlonipha imigomo yesigaba 4, uNgqongqoshe Simelane uthi ugculisekile ngokuhlangana

nokuxoxa nabasebenzi abengamele ezamakhaza nalapho ethembise khona ukuthi lokhu kusazoqhubeka ukuze kuphuculwe izinga lokuthuthukisa indlela yokusebenza kulomkhakha.

“Abasebenzi bethu ababhekele amakhaza basebenza umsebenzi obucayi ngalendlela nsukuzonke. Sithathe isinqumo sokuqala ngokulungisa izinto abasebenza ngazo ezintweni ezinye abazibalulile nababhekene nazo kulomkhakha.

Siyazi ukuthi izimoto abazisebenzisayo zindala njengoba ezinye zingasakwazi ukwenza kahle umsebenzi okumele ziwenze. Lokhu kugcina sekuphazamisa indlela abasebenza ngayo. Sesiqale nohlelo lokwengeza ezinye izimoto kulezi ezikhona. Ngenxa yezinkinga zezimali, sizolokhu sithenga izimoto nyaka nonyaka.”

UNgqongqoshe uphinde wezwakalisa ukukhathazeka ngokukhula kwezinqamba zokuthetheleka kwabantu

esifundazweni ngegcwane le-Covid-19 njengoba izinqamba zisondele ku-1500 emuva kwesikhathi eside. UNgqongqoshe uSimelane usephinde wanxusa umphakathi ukuthi ulekelele ukunqanda ukubebhethekisa igciwane le-Covid-19 ngokulandela izaba ezibekiwe ezifana nokugqoka izifonyo, ukugeza izandla ngamanzi anensipho noma isibulali magciwane kanye nokuhlala ngokuqhelelana okungangebanga elingamamitha amabili.

Uphinde wagqugquzela abantu asebekhulile abaneminyaka engaphezu kuka 60 ukuba babhalisele ukugoma. Laba abahlangabezana nezinkinga kumele bazinikele ezikhungweni zokugoma lapho bezofike khona babhalise bese beyagoma.

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KUMELE SIZAME UKUNAKA UKUNGAPHILI KAHLE EMOYENI



Inyanga ka-July inyanga yokubungaza laba abakhahlamezeke ngokomphefumulo nokubizwa nge Psychosocial Disability Awareness Month. Ngokusho kwenhlangano i-South Africa Federation for Mental Health (SAMHF), isihloko sakulonyaka

sithi “See me, hear me, and include me: The impact of Covid-19 on persons with psychosocial disability.”

Kulenyanga kuzobe kugxilwe kakhulu ekuqwashiseni ngomthelela ubhubane lwe-Covid-19 elinawo kubantu abaphila nokukhahlamezeke emphefumulweni kanye nakubantu nje bonke jikelele.

Lo mkhankaso uhlose ukuphinde ugqamise ngezinqinamba ezikhona ngokusizwa kwabantu abanenkinga ngokomphefumulo bese kubhekwa ukuthi bangaluthola kanjani usizo kangconywana.

Ngokusho kwesigungu i-Mental

Health Coordinating Council (2021) lesi simo sokuphazamiseka emoyeni esidalwa ukungaphatheki kahle engqondweni nokuyisimo esinzima ukusibona nokusingqonda. Abantu abaphazamiseke ngalolu hlobo bahlangabezana nokucwaswa bese kubanzima ngisho ukuthola umsebenzi, indlu, imfundo kanye nobudlelwane.

Igciwane i-Covid-19 ibaphazamise kakhulu abantu emqondweni ngakho kumele lokhu kubekwe eqhulwini ukuze abantu bathole usizo.

Ukwanda kwesibalo sabantu abaphazamiseke ngokomqondo kuyakhula njengoba amazwe amaningi ebhekene nehlandla lesithathu laleli gciwane.

ABANTU ABANINGI ABEKHO ESIMENI ESICAHLE NGENXA YOMTHELELA WALELI GCIWANE KANYE NOMTHELELA WOKUZIVALELA NGAWEDWA. LOKHU KUBALA:

- Ukusaba ukutheleleka, ukufa nokulahlekelwa amalungu omndeni,
- Ukukhathazeka okuhlobene nokuba khona kwegciwane,
- Ukusaba umgomo kanye
- Ukukhathazeka ngenxa yezomnotho kanye
- Ukubhebhethaka kwemininingwane engamanga, amahebezi mayelana negciwane kanye nekusasa elingacacile.

Kulindeleke ukuba izinamba zabantu abanenkinga ngokomqondo zikhule. Amazwe athize akhombisa izinamba eziphezulu zabantu abanenkinga ngokomqondo okubalwa kubo abasebenzi bezempilo, izingane, abadala, abaphila namahlalakhona, abesifazane, abangenamakhaya kanye nabaphila ngokukhahlamezeke emoyeni.

Inhlangano i-SAFMH ibambisene nezinhlangano zomphakathi ezisiza ngezithinta abanenkinga ngokomqondo inxenxa bonke abantu abaphila nokungaphili ngokomphefumulo ukuba basukume bakhulume ngesebedlule kukho kulesi sikhathi sobhubhane. Kunezwi okumele silizwe, sililalele futhi singalishiyi nalelo labantu abaphila ngokuhlukumezeke emphefumulweni ukuze siqinisekise ukuthi bayaluthola ulwazi olufanele kanye nosizo.

Kuphinde kube nekhwelo lokuthi bonke abantu baseNingizimu Afrika bayahlangana bangagcini nje ngokulwisana negciwane i-Covid-19 kepha balwisane nokunganakwa kwabantu abaphazamiseke ngokomqondo nokubhebhethekiswa ukucwaswa kwabo. Kubalulekile ukuqonda ukuthi akukho ukuphila okuhle uma umqondo ungalaphekile futhi kungaba yinoma ubani ongaphazamiseka ngokomqondo kanti akukho hlazo futhi ukuvuma uma unaleninga nokucela usizo.

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IZIFUNDO NGEZEZIMALI KUBASEBENZI BOMNYANGO WEZEMPILO



Inhloko-hovisi yoMnyango wezeMpilo KwaZulu-Natal isiyethule izifundo zansuku zonke zezezimali ngokusebenzisa ubuchwepheshe bezokuxhumana u-Zoom. Inhloso yalokhu ukufundisa abasebenzi ngezinto eziningi eziphathele nezezimali.

Lokhu kuza ngemuva kokubona ukuthi iningi labantu licwile ezikweletini njengoba lihlezi lihambela ukululekwa ngezikweleti ngaphandle kokwazi ubuhle nobubi noma babanjwa inkunzi yizikhungu zezezimali ngenxa yokuntula ulwazi.

Lo mkhankaso uhlose ukuhlinzeka abasebenzi ngamacebo okukwazi ukuphuma ezinkingezi zezimali.

Ziningi izinhlelo ezikhona ezihlelwe ukulekelela abasebenzi uma imithetho ye-Covid-19 isincishisiwe.

Lokhu kufaka phakathi ukulethwa kwezikhungo zezezimali ezifana nemishwayilense, amabhange kanye nezokonga lapho zizoxoxa khona nabasebenzi.

Abasebenzi bangakwazi ukulandela lezingxoxo eziqoshiwe ezinkundleni zokuxhumana ezifana no YouTube kanye naku Facebook.

IZINTO EZIDINGIDIWE YULEZI:

- Indlela ehlelekile yokuhlela kahle ukusebenzisa imali nokonga
- Yini impilo yesikweleti
- Ukwazi amalungelo akho ngesikweleti
- Into okumele uzenze noma ungazenzi uma ululekwa ngezikweleti
- WYini ongayibheka uma uthenga umuzi noma imoto
- Yini isikweleti esibekiwe
- Ukuzithuthukisa

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HLALA UFUDUMELE KULAMAKHAZA NGENDLELA EPHEPHILE



Kungenzeka abanye abaningi babuthokozele ubusika njengoba bupholisa ukushisa okusuke kade kukhona ngaphambi kokuba kufike kepha ukuzama ukuhlale ufudumele ebusika kungaba yinkinga njengoba abanye bagcina sebesizwa ukusebenzisa izinto zokotha ezifana nama heater kanye namabhodlela ashisayo.

Yize kunjalo, ukuzama ukufudumala kulobusika kungaba nezingqinamba ezithize kwezempilo njengokugqabuka komlilo, ukusha ngisho nokufa imbala okungadalwa ukuhogela intuthu.

Izinga lokusetshenziswa kwama heater ebusika liyakhula, kungaba yilawa asebenza nge gas, noma asebenza ngezinkuni, amafutha noma ngomoya. Wonke lama heater anobungozi obukhona nokuyingakho

kubalulekile ukuhlezi uqaphile ngaso sonke isikhathi uma uwasebenzisa uqinisekise nokuthi ulandela yonke imithetho ebhaliwe kuwo ukuze ugweme ukulimala.

Nazi izindlela zokuqinisekisa ukuthi uhlale ufudumele:

- Sebenzisa izingubo zokulala eziningana, ezokugqoka kanye namasokisi ukuze ufudumale.
- Ungasebenzisi isitofu ukufudumeza indlu.
- Izingane nezilwane zasendlini zingasondeli ezintweni ezishisayo, ugweme nokushiya iHeater ihlezi yodwa.
- Ungashiya ama heater engenamuntu uma uhamba noma usuyolala.
- Uma usebenzisa ama heater asebenze nge gas, qinisekisa ukuthi indlu inezindawo zokukhipha nokufaka umoya njengamawindi kanye nezicabha.
- Ungabeki izinto ezifana nezingubo zokulala namasokisi phezu kwe heater ikakhulukazi uma ungekho eduze kwayo ngoba lokhu kungadala umlilo.
- Qinisekisa ukuthi usebenzisa i-heater engenazo izintambo zikagesi ezihlephukile.
- Ungalalisi izingane nezigubhu zamanzi ashisayo ebusuku.
- Uma usebenzisa izigubhu ezinamanzi ashisayo, qinisekisa ukuthi azivuzi futhi zivaleke kahle.

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