



# WE CAN BEST HONOUR THE YOUTH OF 1976 BY LOOKING AFTER OUR HEALTH



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**One of the most admirable, humbling and over-arching features of the spirit of the youth of 1976 was their unshakeable resolve to end oppression and injustice, and transform South African life for the better.**

They were agitating to put a stop to the brutality and subjugation visited by the Apartheid State on innocent citizens, and bring about a free and just society, where human rights would be enshrined and upheld for all. Despite the harshness of the times, these young people stayed true to their generational task and never wavered.

In the process, many lives were irrevocably changed. Families were torn apart, as scores of people were jailed, others were forced into exile, and many paid the ultimate price and lost their very lives, in pursuit of the democracy and freedom that we enjoy today.

Although South Africa is not exactly a nirvana today, and a lot still needs to

change in order to grow the economy and help citizens reach their full potential, it is nevertheless a markedly better place to live.

For us in the healthcare sector, it is particularly imperative that the struggles of the youth of 1976 and many generations before and after it, should never be in vain.

After all, of what use is a people's freedom if they neglect something as essential and fundamental as their own health and wellbeing. This is precisely what concerns us.

One of the most unfortunate and still-entrenched legacies of the Apartheid system was the resultant low levels of health literacy, associated poor lifestyle choices, as well as a generally "hospicentric" approach when it comes to beliefs and choices about individuals' personal health.

This "hospicentricity" manifests itself in such a way that the majority of our country's health problems are largely dealt with at hospital level, when people have already presented with

serious complications.

Sadly, this vicious cycle is passed on from generation to generation and results in many young people dying prematurely or succumbing to various social ills that are actually avoidable, such as drug and alcohol abuse, teenage pregnancy, HIV/AIDS, violence and death due to trauma and injury.

This is precisely why we are calling on the young people of KwaZulu-Natal to change their ways and make their freedom count. As a Department, we have a plethora of health services that are aimed at the youth, which we are inviting young people to make use of.

We are continuing to train our healthcare workers and transforming our systems to be non-judgemental and more welcoming to young people who seek healthcare services, including family planning, treatment for Sexually Transmitted Infections and Choice of Termination of Pregnancy;

## FREE MALE AND FEMALE CONDOMS, AND OTHER CONTRACEPTIVES:

Young people are liberty to access a number of family planning methods from our clinics, Community Health Centres and Hospitals, including male and female condoms. A wide range of female contraceptives are also on offer.

## ASSISTANCE WITH THE FACILITATION OF PUTTING UP UNWANTED CHILDREN FOR ADOPTION:

Before going ahead with Choice of Termination of Pregnancy (CTOP), pregnant women are offered the choice to put up their babies for adoption once they are born. Our healthcare professionals are able to engage with social workers and facilitate assistance in this regard.

## CHOICE OF TERMINATION OF PREGNANCY:

As mandated by the Constitution of South Africa, the Department provides legal and safe Choice of Termination of Pregnancy services to qualifying mothers who do not wish to keep their babies.

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## FREE MEDICAL MALE CIRCUMCISION (MMC):

MMC reduces is highly recommended, as it reduces the chances of men getting infected by the HIV by 60%. It also reduces the transference of the Herpes type 2 virus, as well as minimises the chances of cancer of the cervix in women. It also makes the penis is odour-free and improves general hygiene.

## FREE PRE-EXPOSURE PROPHYLAXIS (PREP):

PrEP is an extremely effective HIV prevention method. It is combination of anti-HIV medication that keeps HIV-negative people from getting HIV. It is important to note that PrEP only protects against HIV infection, not against pregnancy or other sexually transmitted infections. It is available and accessible from all primary health care facilities and hospitals in the Province.

## ASSISTANCE WITH SUBSTANCE ABUSE AND MENTAL HEALTH CHALLENGES:

The Department has systems and protocols in place to screen and assess patients with substance abuse and/or mental healthcare challenges, and facilitate placement for them at appropriate levels of care. The Department also provides counselling services for young people dealing with depression, suicide, anxiety and other social disorders.

## ADDRESSING THE HEALTH NEEDS OF THE LGBTQI+ COMMUNITY:

We are in the process of establishing our own LGBTQI+ friendly clinics, at eThekweni and at Umgungundlovu, as a start, before rolling them out to other districts. We will be training staff at these clinics on how to make members of the LGBTQI+ community feel welcome; and how to help them gain better access to healthcare services. We will soon be providing a range of assistive sexual health devices, such as lubricants, dental dams and finger cots – all of which are aimed at the safety of the LGBTQI+ community.

## YOUTH-FRIENDLY HEALTH ZONES:

We will soon be launching Youth-Friendly Zones at our clinics. These zones will be led by young people, and will provide a platform for discussions on a variety of health topics. They will also help improve access for young people who need healthcare. We will be launching them at local municipalities, before being expanding the programme to districts across the Province.

Young people are the future. As a progressive and forward-thinking Government, we will never tire of coming up with innovative ways to keep young people healthy, and to help them reach their potential. The ball is in their court to make use of these services and take better care of themselves. It's the least we can do to honour the memory of the youth of 1976.

## "GOOD APPEARANCE" SAYS NOTHING ABOUT A PERSON'S HIV STATUS, AND SHOULD NOT LEAD TO UNPROTECTED SEX – PROTECT YOURSELVES, KZN HEALTH MEC URGES YOUNG PEOPLE

A person's mere appearance – be it they are “dark berries” with “cute, chubby cheeks” or light-skinned, so-called “fresh, yellow-bones” – says nothing about their HIV status, and should not give young people license to have unprotected sex, as this does not preclude them from acquiring or spreading HIV, or suffering unplanned pregnancy that could ruin their lives.

This is the stern warning from KwaZulu-Natal Health MEC, Ms Nomagugu Simelane, who has urged all young people to keep themselves healthy, and ensure that the sacrifices made by young people for freedom – such as the Soweto Uprisings – were not in vain.

Addressing young people at a three-day youth conference at Impaphala area in Nkandla on Saturday evening, MEC

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Simelane decried the fact that up to 1300 girls are getting infected with HIV every week in the country, while there were a reported 18 550 births by girls aged 10 to 17 in KwaZulu-Natal during the 2019/20 financial year alone.

The Province's current prevalence rate for Sexually-Transmitted Infections is 34.6 males per 1000, which translates to about 110 000 out of 3 million men. The MEC said these statistics were too high, and that there was no reason for anyone to acquire STIs; or die due to their failure to take HIV/AIDS drugs in 2022, because Government has worked very hard to improve access to male and female condoms, as well as Anti-Retroviral Treatment.

The MEC urged the youth to make their freedom count by making sound, healthier choices – and not to suffer and die because of HIV/Aids stigma. “There is no need for anyone to die because of HIV/AIDS today. In the past, people who were on treatment used to take medication that could fill the palm of your hand. Government improved and gave us three pills. We’ve moved on. We are on one pill. So, why are we unable to take medication? Why? Why are people dying because of HIV/AIDS? There’s no need.

“Look, when you take one pill at a time that’s known by you, why must I tell others? Who must know about it? Nobody needs to, because, if I take BP medication, do I tell anyone? If I take medication for hypertension or diabetes, do I tell the world? So, why should HIV/AIDS be a problem? “When you’re on treatment, please stay on treatment. We have people who’ve lived with HIV for more than 40 years because of treatment. We have people whose viral load is suppressed... which doesn’t even

show when they take a test... because they’ve been faithful to the treatment.

“By the way, you can’t look at a person and think, just because they are dark-skinned like me, or have chubby cheeks, or they’re a ‘yellow-bone’ then they are HIV-negative. You must treat everyone you come across as if they’re HIV-positive, which means you must always protect yourself. Always. “HIV and AIDS should not be a killer anymore. Let’s go and talk to our communities, particularly young people, and make them understand that when you’re on treatment it’s vital to stay on it.”

MEC Simelane urged parents, guardians and society at large to raise and socialise boys in a way that makes them realise that they, too, are responsible for family planning, and avoiding unplanned pregnancy. “Because of the patriarchal nature of the society in which we live, teenage pregnancy always becomes a girl’s problem, whereas girls do not make themselves pregnant. It’s biologically impossible. But, as Black people... because that’s the experience I’ve been exposed to... we ignore than deliberately. When a girl falls pregnant, they’re usually the ones to

get expelled from the church. In the majority of churches, they will always ostracise the girl... but not just in churches, but families also do the same thing.

Girls are the ones who get expelled from home, but the boys are not dealt with at home. “That’s how our society behaves. We need to change that, because teenage or unplanned pregnancy is a problem that we as a society must address and deal with.” She also admonished older men who prey on young girls, in exchange for material things.

“How does a 40 year-old look at a 16 year old and think, “Yho! She’s hot.” Where are his age-mates? Why is he not looking at them? They don’t do that because they know that their age-mates won’t take nonsense. They know that it’s easy for these children to be submissive because the relationship is uneven. It’s not just a problem for girls. Sugar Daddies must leave our children alone. Leave our children alone so that they can grow up. There’s nothing wrong with a 20 year-old growing up with a 20 year-old, because they get to grow up and develop together. Let’s all look inward and change these things.”



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# COVID-19 STATISTICS IN KZN

				
<b>715 605</b>	<b>3 429</b>	<b>695 737</b>	<b>16 228</b>	<b>65</b>
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

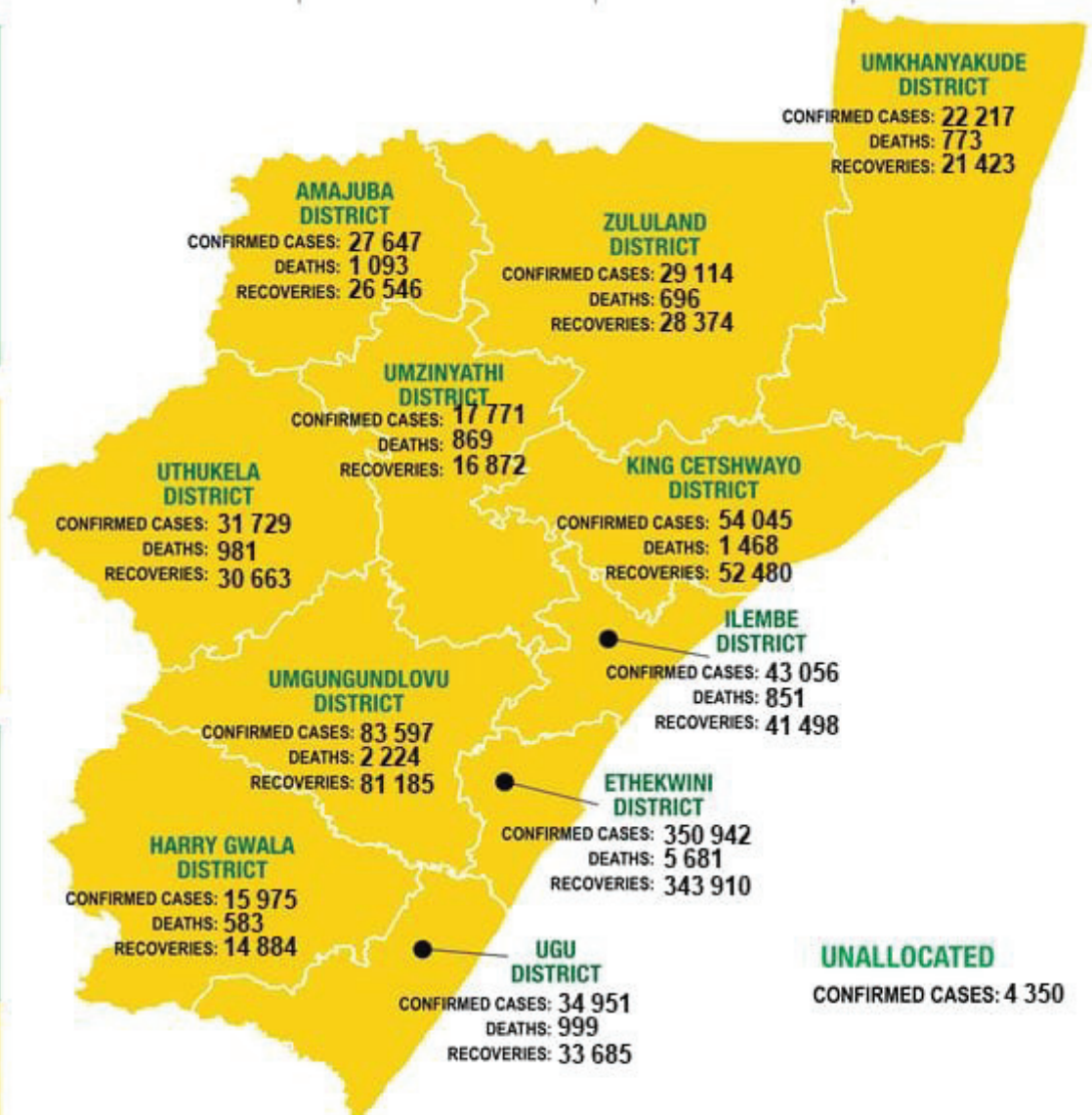
THURSDAY  
**30**  
JUNE  
2022

Learn more to  
**Be READY**  
for #COVID19:  
[www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)

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



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA



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TOGETHER WE CAN SAVE THE COMMUNITY

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# SHOWCASING YOUNG PROFESSIONALS IN THE DEPARTMENT

Your favourite read, the KZN Health Chat Bulletin, this month shines the spotlight on young people in the employ of the KZN Department of Health. These young people have bravely stood at the forefront of a series of disasters that the Province of KZN has had to content with; from the deadly COVID – 19 pandemic, to rampant looting and destruction of property, to the recent incidents of flooding.



## THESE ARE THEIR STORIES:



**ANDISWA MARIME**  
RADIOGRAPHER:  
NKANDLA HOSPITAL

I am actually half Mozambican and half South African. I was born and raised in KwaDabeka, near Pinetown. I am 24 years old. I studied radiography at the Durban University Of Technology.

I do general X-Rays, but previously I used to do Magnetic Resonance Imaging (MRI) scans. (An MRI scan uses a large magnet, radio waves, and a computer to create a detailed, cross-sectional image of internal organs and structures).

I am not yet permanently employed until I finish my community service.

**How has your profession improved your life, including that of your family?**

I am more cautious and alert about my health. I take it more seriously now than before. I do my checks up regularly, and I have to take care of my health because I am now aware of how diseases can ruin a person's life. I also take the time to educate my family about being healthy and how they must take care of themselves.

**How do you think Youth Month should be celebrated?**

I feel like as youth we need to go to school. I think young people need to be allowed to explore their talents more, such as getting involved in music, art, painting or drawing. I also believe more needs to be done to give bursaries to young people, so that they do not struggle to further their studies.

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### What do you know now that you wish you knew when you were 18 years old?

I actually matriculated when I was 17. I personally think I would have liked to know how matric report importance because it is literally everything after you've finished school, I actually tried to apply for pharmacy unfortunately I was rejected due to I didn't have enough points, I ended up taking gap year, and I turned 18, that is when I actually. I wished I know more about my course back then and given opportunity to know more because I wouldn't have taken gap year.

### What issues that relate to the youth would you change if you could?

I would create more opportunities for young people to undergo proper career guidance. I would also eradicate teenage pregnancy, because it prevents young people from reaching their full potential. I would also remove all harmful drugs, and put all those who deal in drugs behind bars, because drugs have destroyed many young people's lives, and caused a lot of damage to our communities.



**AYABONGA AWETHU  
NDLOVU**  
**5TH YEAR MEDICAL  
STUDENT - UKZN**

I am 22 years old, and I was born in Hopewell, a small area in Pietermaritzburg. I am currently studying towards becoming a medical doctor. I enjoy spending time with my family and being within the hospital environment helping people.

I am still a student doing practicals at various hospitals in Pietermaritzburg, namely Northdale, Edendale and Grey's Hospital.

### How has your profession improved your life, including that of your family?

My profession has taught me more than just the core knowledge that I will need as a medical practitioner. It has taught me vital life lessons such as the importance of humanity. Everyone has a story, as well as issues that affect the way they perceive life. People are dealing with a lot out there. So, it is important to be aware and understand of all of this.

### How do you think Youth Month should be celebrated?

I believe Youth Month should be celebrated in ways that will empower and uplift the youth. There should be activities such as talks and group discussions in which we as youth can share our struggles and aspirations. It would be of great benefit to also have young people who can share their testimonies on how they have reached their personal success.

This will serve as motivation for us as young people because a lot of the time, young people are unable to attain their goals because of their backgrounds and what they've been told by people around them; whereas, in actual fact, nothing is impossible or unattainable in life. As young people, we just need a push in the right direction, and to have a healthy amount of courage, so that we can go for what we've always wanted to do in life.

### What do you know now that you wish you knew when you were 18 years old?

That there is no need to be too hard on yourself. Sometimes we tend to beat ourselves up for little mistakes or shortcomings, even though we are trying

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our best. Life is beautiful and we need to enjoy it when we're working hard. So don't be too hard on yourself all the time.

### What issues that relate to the youth would you change if you could?

I'm huge advocate for mental health and we, as young people, are the most affected and plagued when it comes to mental health problems. This is partially attributable to stigma that surrounds mental health problems. In our homes, friendship circles, and school or working environment, talking about mental struggles is regarded as taboo. If you dare talk about these things, you're seen as weak or as though you "like to complain", whereas, in fact, each and every person's mental struggles are valid and deserve to be heard and dealt with.

I would also put an end to unemployment, which is one of the major issues affecting us as young people. We need to come together and formulate ways in which we can help each other and reduce the rate of unemployment. The multi-faceted effect of substance abuse is another problem that we should not ignore. I would also teach young people how to avoid the pitfalls of peer pressure.



**CELENKOSINI HABBY  
SIBIYA**  
OPTOMETRIST:  
NKANDLA HOSPITAL

I am a young black man who grew up in the rural of Eshowe, KwaKhoza, with no privileges. When I was doing grade 3 I worked as a garden boy, trying to make a living and provide for my family to the best of my ability. As a young man who lost his father at a very tender age, I strive to do the best in everything I commit myself to, in order to achieve even greater heights.

### How has your profession improved your life including your family?

It has improved it greatly because I am able to earn a living and provide for my family, which was my primary intent. I also get to help the public at large, which is very rewarding.

### How do you think Youth Month should be celebrated?

I feel that hosting events that are celebratory is a waste of money and resources. We need to redefine what the holiday is really about, and then find ways to help develop young people accordingly.

### What do you know now that you wish you knew when you were 18 years old?

To be quite honest, I do not regret a single thing that has happened in my life up to this point. Yes, I agree mistakes were made, but that was a learning curve for me, hence no regrets. In all truth, I am grateful for all that God has provided me with and where He has placed me in life.

### What issues that relate to the youth would you change if you could?

I would start by changing the level of entitlement that young people have, as many tend to believe everything should be offered to them on a silver platter rather than having to work hard to have all they aspire to have. When they reach tertiary level they should start by conducting research on the career path they intend to follow. It is important to focus on those careers where skills are scarce, rather than following trends and increasing the statistics of people who are unemployed, and unemployable.

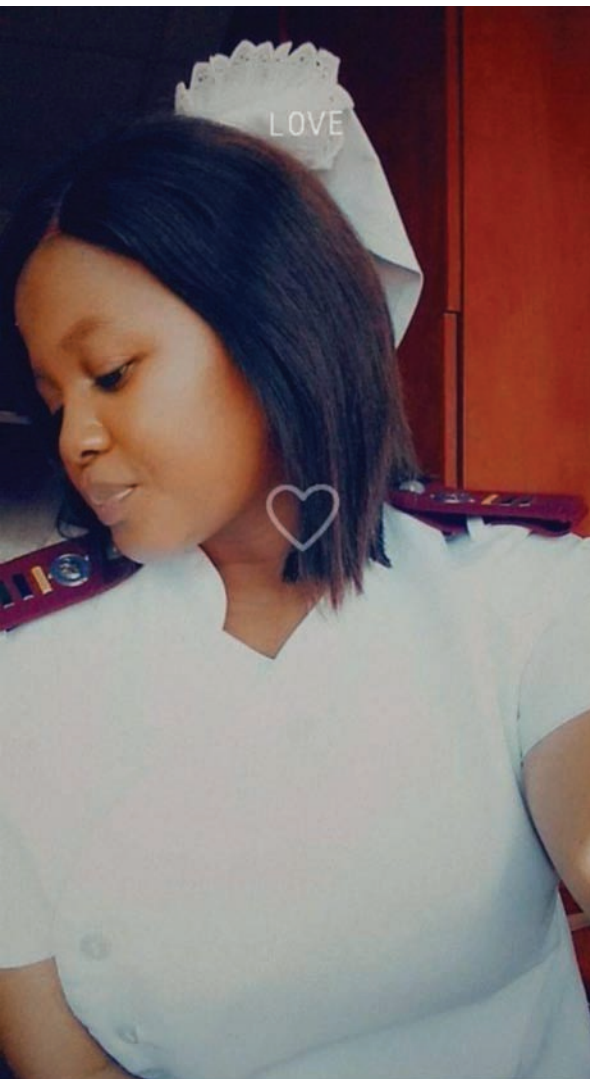
It's also advisable for youth to get into career fields that enable them to get

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into business, as job security nowadays is not guaranteed. So, try and have something to fall back on. I would also get rid of drug lords because they are most responsible for ruining many young lives. Lastly, it is extremely important to create job opportunities and invest in enriching young lives.



**NCAMSILE GUMEDE**  
**PROFESSIONAL NURSE**  
**GREY'S HOSPITAL**

I am from Richard's Bay. I am a very kind person who believes in hard work. I am always eager to learn more and develop myself, as well as those around me.

I hold a Bachelor of Nursing Science from the University of Zululand

#### How has your profession improved your life, including that of your family?

What I appreciate the most about my job, is being able to put food on the table at home, and able to take of myself. As a healthcare professional, I also have to lead by example and also ensure that charity begins at home. I cannot promote healthy lifestyle at work, but not at home. So, at home they know that they have to watch what they eat, and also engage in regular exercise. They full understand the adage that, "You are what you eat!"

#### How do you think Youth Month should be celebrated?

It is extremely important to teach young people about self-empowerment, as well as how they can start their own businesses, as well as take care of their health.

#### What do you know now that you wish you knew when you were 18 years old?

I would have encouraged myself to start a business. I would have also taught myself how to management my finances better. Financial literacy is a very important area of life that many people still lack. And that needs to change.

#### What issues that relate to the youth would you change if you could?

I would create systems to ban the abuse of alcohol and drugs  
I'd also focus on skills development for young people, and find ways to fast-track economic growth, so as to deal decisively with the problem of unemployment. I would also improve access to education for young people, as well as do everything possible to stop teenage pregnancy.

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**NTANDO NTULI**  
**PROFESSIONAL NURSE**  
**QUEEN NANDI**  
**REGIONAL HOSPITAL**

**Give us a short introduction about yourself and where you come from?**

I am a 28 year old female from a small town in the North of KZN called Melmoth. I studied Nursing at Ngwelezane Nursing College. Helping people has always been my passion. That is why I studied nursing. So far, it has been an amazing journey to do what I've always desired, which is to help individuals who cannot help themselves.

**How has your profession improved your life, including that of your family?**

Working with people everyday is not an easy task. However, the nursing profession has helped shape my personality, and also made me confident. I'm now able to relate better with my family. Growing up, things were not easy. When I started working, that's when my family got a breakthrough. We now live in a better shelter, and we have enough food. I'm also very pleased that I've been able to pay for my sister's varsity fees. It's a very satisfying feeling. I've achieved a lot through my profession, and I'm eternally grateful.

**How do you think Youth Month should be celebrated?**

I think it should be celebrated by tackling issues affecting our youth. There should be a series of engagements with young people to discover directly from them what kind of assistance they need, in order to be able to overcome the challenges that they face.

**What do you know now that you wish you knew when you were 18 years old?**

I wish my 18 year old self was told that it is okay to make mistakes; and that those mistakes do not necessarily determine your future. I would have told myself that it's okay to embrace your mistakes, learn from them, and move forward because, afterall, life goes on.

**What issues that relate to the youth would you change if you could?**

Given the power, I would try to eliminate teenage pregnancy, peer pressure, school bullying and violence, drug and alcohol abuse, anxiety and depression. These are all the things that keep young people from reaching for the stars.

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# ENSURING JUSTICE THROUGH FORENSIC MEDICINE: YOUNG FORENSIC PATHOLOGIST SHEDS LIGHT ON HER SPECIALIST FIELD



The KZN Health Chat team had an exclusive interview with young Dr Nonjabulo Ndlovu, who is a Specialist Forensic Pathologist based at the Pinetown Medicolegal Mortuary.

**This is what she had to say:**

***What qualities does one need to have in order to make it in the field of Forensic Medicine?***

Our job entails analysing the medical history of deceased people, as well as crime scene evidence and getting testimonials from witnesses. A forensic pathologist also performs an autopsy to assess whether death was due to disease or injury, as well as to collect further evidence from

the body. The environment that we work in is not for the faint hearted. You need a lot of resilience, courage, diligence, and to respect things like confidentiality.

***Why do you like most about your profession?***

I love my job because of the difference I get to make within the judicial/criminal justice system by contributing to successful prosecution of the guilty and exoneration of the innocent. Through our work, we also help bring closure for the surviving families of the deceased. We also get an opportunity to make a difference to the community at large, through ongoing research within the department.

***What impact does your profession have in your life?***

The practice of Forensic Medicine impacts my life by making me constantly aware of the fragility of life, the violence within our society, and the effects of substance abuse on daily living.

***Would you recommend Forensic Medicine as an option for young people and other doctors?***

Yes, I would recommend it to other doctors because most of us do not get much exposure to Forensic Medicine during our undergraduate years, which may adversely affect our description, interpretation and documentation of wounds and related injuries.

We attend court proceedings, which

is usually a daunting experience for most medical practitioners. Therefore, getting the experience of court, public speaking, learning court etiquette and applying law to medical issues would certainly be beneficial.

***When given an opportunity to choose a field, would you still choose this job?***

Yes I would still choose it because of the difference we bring to the judiciary, criminal justice system and the affected families. I would also choose it because I believe I possess the personal qualities, which are resilience, bravery and sensitivity, which are needed within this field.

***Does the nature of your work suit young females?***

Yes it does. The working hours allow us time to nurture our mental health (through exercise, family time etc), which is highly needed as we sometimes get exposed acts of extreme violence by human beings against other human beings. We also enjoy immense support from our Head of Unit, when we are going through difficulties related to work.

***What are your aspirations professionally?***

I aspire to grow with the field of Forensic Medicine and other collateral and related fields (e.g. Law) through furthering my studies and through research. So I can continue to serve the department diligently, and give guidance to junior staff.

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## EAT DRY BEANS, PEAS, LENTILS AND SOYA REGULARLY



Eating dry beans, peas and lentils regularly, i.e. at least four times per week, can help prevent chronic diseases, including heart disease, high blood pressure, diabetes, cancer and overweight, as well as improving gut health.

They are rich in slowly digested starch and fibre, helping to control blood sugar levels.





### DO YOU THINK YOUR BUDGET WON'T ALLOW YOU TO EAT MORE VEGETABLES & FRUIT?

**TRY THESE TIPS:**

- Vegetables and fruit that are in season are usually much more affordable to buy. Find out what types of vegetables and fruit grow well in your area.
- To prevent food spoiling and wasting money, you can buy vegetables and fruit that stay fresh for longer such as butternut, carrots, cabbage, beetroot, onions, apples and oranges.
- Buy fruit and vegetables in bulk especially when they are on special. You can cut them up and freeze them to use later.





### DO YOU THINK YOUR BUDGET WON'T ALLOW YOU TO EAT MORE VEGETABLES & FRUIT?

**TRY THESE TIPS:**

- If a freezer is available, consider frozen vegetables as an affordable option.
- Make vegetable soup or stew with vegetables before they spoil to prevent food waste.
- Certain vegetables such as spinach, carrots, tomatoes and green beans are relatively easy to grow. Homegrown vegetables can be much cheaper than store-bought vegetables.






## #KZN YOUTH UNDERSTOOD THE ASSIGNMENT

IT HAS ALWAYS BEEN MY DREAM TO BECOME A DOCTOR!!

*"Your dream is valid, chase it and whenever you feel like giving up, remember why you started. Keep moving, the journey might be hard along the way. Always find someone to talk to when stress gets in the way, your mental health should be your priority!!"*

**DR. THABANI GABRIEL DLAMINI**  
PRINCE MSHIYENI HOSPITAL  
AGE: 28






## #KZN YOUTH UNDERSTOOD THE ASSIGNMENT

IT HAS ALWAYS BEEN MY DREAM TO BECOME A DOCTOR!!

*"Healing patients is a rewarding experience for me and the most important aspect of my job is about having passion to heal, to serve and to make people's quality of lives better."*

**DR. THABANI GABRIEL DLAMINI**  
PRINCE MSHIYENI HOSPITAL  
AGE: 28






## #KZN YOUTH UNDERSTOOD THE ASSIGNMENT

*"When I was doing grade 4, I was diagnosed with TB spine and I was unable to walk for a few months. I attended Physiotherapy and I regained my mobility and since then, I became interested in the field. My biggest reward is restoring people's mobility."*

**PHUMZILE MNGUNI**  
PHYSIOTHERAPIST  
KWAZULU-NATAL CHILDREN'S HOSPITAL  
AGE: 25






**MS NOMAGUGU SIMELANE**  
MEC FOR HEALTH



# INFLUENZA

is a viral infection that attacks your respiratory system (nose, throat and lungs).  
Influenza is commonly referred to as the FLU

**SYMPTOMS MAY INCLUDE:**

- fever
- cough
- sore throat
- runny or blocked nose
- body aches and pains
- headache
- chills and fatigue

Visit the Doctor if you are one of the high risk categories or if symptoms are not resolving


**MS NOMAGUGU SIMELANE**  
MEC FOR HEALTH

# INFLUENZA

is a viral infection that attacks your respiratory system (nose, throat and lungs).  
Influenza is commonly referred to as the FLU

**TREATMENT**

- Get plenty of rest to allow your body to recover and recuperate
- Drink lots of fluids to prevent dehydration
- Eat a light diet with fresh fruit and vegetables included

Visit the Doctor if you are one of the high risk categories or if symptoms are not resolving





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# KZN UNDERSTOOD THE ASSIGNMENT

## RECOGNITION FOR KZN'S EFFORTS TO MAKE HEALTH FACILITIES MORE WELCOMING TO YOUNG PEOPLE

**The KwaZulu-Natal Department of Health has scooped the XXX Adolescent and Youth-Friendly Service Award, proving that the Province has been excellent in making its healthcare facilities more friendly and welcoming to young people.**

The Department has been working closely with Love Life to help train and equip all ambassadors, as well as nurses who are working in the programme.

Our province has done it differently by creating programmes within the AYFS such as the Youth Zone, which is aimed at creating a space and time for all youth who need access to healthcare services. This allows them to have their medical needs attended to, away from the rest of the community, which makes them less likely to feel judged or intimidated.

They are attended to by the trained ambassadors and nurses. Some of the services provided are family planning, issuing of condoms and other contraceptives, treatment for Sexually-Transmitted Infections, as well as improved access to information on all health issues.

The Department will continue to improve access to healthcare facilities for young people.

**GROWING  
KWAZULU-NATAL  
TOGETHER**

## R800M BOOST FOR SA'S VACCINATION PROGRAMME

South Africa's vaccination programme has just received a major shot in the arm, thanks to an R800 million donation from the US Government, in the form of the Global V.A.X campaign.

The campaign has been launched at Caluza Sportsfield in Pietermaritzburg, and its main objective is to contribute to the goal to vaccinate 70% of the global population against the deadly COVID-19.

The launch is being attended by Health Minister Dr Joe Phaahla, Deputy Minister Dr Sibongiseni Dhlomo, KZN Health MEC Ms Nomagugu Simelane, Umsunduzi Mayor Cllr Mzi Thebolla, Ms Heather Merrit from the US Government, Dr Eula Mothibi from the implementing agent, Right to Care, as well as a number of other dignitaries.

The Global V.A.X approach builds on the extraordinary commitment President Biden has made to donate more than 1.2 billion vaccine doses globally by the end of 2022.

The launch is in recognition of the SA-US partnership, to be supported by a diverse array of activities, including the support of providing quick, safe, and equitable access to vaccines by all South Africans.

Global V.A.X in South Africa will be implemented through a mechanism called ADAPT (**ACCELERATING DEVELOPMENT AGAINST PANDEMIC THREATS ACTIVITY**) managed by Right to Care in support of the National and Provincial Departments of Health.





**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

**COMPILED BY:**

**CORPORATE COMMUNICATIONS**  
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