



HEALTH Chat

FEBRUARY 2017

UZINAKEKELA KANJANI UMA UKHULELWE



UZINAKEKELA KANJANI
UMA UKHULELWE
IKHASI 05



ASIVIKELE IZIFO ZOCANSI
NGOKUSEBENZISA
AMA-CONDOM **IKHASI 08**



OKUMELE UKWAZI
MAYELANA
NESIFO SOMDLAVUZA
IKHASI 09

USOMQULU WAMALUNGELO EZIGULI

Wonke umuntu unelungelo lokuthi:

- Ahlonipheke ngaso sonke isikhathi ezikhungweni zezeMpilo.
- Athole ukuhlengwa nokunakekelwa ngendlela efanele, futhi endaweni evikelekile
- Aziswe ngesimo sakhe sempilo
- Abe novo ekuthathweni kwezinqumo ezimayelana nempilo yakhe
- Akwazi ukuthola noma yiluphi uhlobo losizo lwezempilo aludingayo
- Kuvikelwe iminingwane yesigulo sakhe ngesikhathi elashwa ngoba lokhu kuyimfihlo phakathi kwakhe nabezeMpilo
- Acele umbono wesibili kumsebenzi wezeMpilo ohlukile kunowokuqala
- Enqabe ukwelashwa. Lokhu kumele kulandelelwe futhi asizwengakho
- Afake izincomo, noma abeke izikhalo mayelana nendlela aphaatheke ngayo esikhungweni sezeMpilo.

UMnyango wezeMpilo unxusa iziguli noma izihlobo zazo ukuthi uma zikade zihambele izikhungo zezeMpilo, emva kokwelashwa ziqhubeka nokungazizwa kahle, zibuyele kulezo zikhungo zibikele abezempilo. Lapha zingaxhumana nehhovisi likamXhumanisi wesiKhungo noMphakathi (PRO), noma umphathi wesikhungo (CEO noma Operations Manager).

Uma zingagculisekile, zingabhalela lowo oyi-Ombudsperson kwezeMpilo KwaZulu-Natal **uMnuz Mboneni Bhekiswayo** kuleli kheli: **330 Langalibalele Street, Pietermaritzburg 3201**. Angathunyelelwa ne-email ku; **mboneni.bhekiswayo@kznhealth.gov.za**, noma aphonelwe ku-**033 395 2111**.

UMnyango wezeMpilo unane-call centre esebenza amahora awu-24 nsuku zonke lapho kufakwa khona izikhalazo. Shayela ku- **0800 005 133**.

Kumahhala uma ufona ku-Telkom.

Uma ufona ngomakhalekhukhwini ungacela bakushayele bona.

—0000—



UMYALEZO OVELA KUNGQONGQOSHE WEZEMPILO, U DKT SM DHLOMO

EZINYANGENI ezimbalwa ezedlule sike savakashela izifunda ezahlukene KwaZulu-Natali, lapho amantombazane eveze khona phakathi kokunye izingqinamba ezenza angayi ezikhungweni zezempilo uma ekhulelwe, nokuyinto eyingozi enkulu.

Aveze ukuthi:

- Asuke esaba ukutshela abazali kanye nabahlekisana nabo ukuthi bakhulelwe ngoba lokhu kusuke kungahlelelwe;
- Bayasaba ukuhlolola igciwane lesandulela-ngculazi (HIV), ngoba kungase kutholakale ukuthi banalo;
- Abaqashiwe bayesaba ukutshela abaqashi babo ukuthi bakhulelwe ngoba lokho kungabalahlekisela ngomsebenzi ngenxa B yokudinga ukuhlaba ikhefu elide; futhi
- Bayesaba ukuya emtholampilo ukoyohlela umndeni ngoba bathi kuyenzeka bangaphathwa kahle abasebenzi bezempilo, ababehlelayo.

Njengoba kuwuhlolanja siqwashisa ngokubaluleka kokukhulelwa okuphephile ukuze omama batete kahle, ngakho-ke lesi yisikhathi esihle sokukhumbuzwa labo abangazimisele ngokukhulelwa ngezindlela abangagwema ngazo lokhu; bese siqwashisa labo asebevele bekhulelwe ngezindlela abangazisebenzisa ukuze bona nabantwana abazobazala bahlale bephephile. Siphinde sibophezelwe umthetho ukuba sisize nalabo abafuna ukusebenzisa ilungelo labo lokuthi bachithe isisu ngokuthi siqinisekise ukuthi bayakwazi ukukwenza lokhu ngendlela ephephile nasendaweni efanale, bangatholi ukwehlulelwa nokucwaswa. Phakathi kwezinto esizibeke eqhulwini siwuHulumeni ukwehlisa izinga lokushona komama ngesikhathi beyobeletha, izinsana kanye nabantwana abaneminyaka engaphansi kwemihlanu. Kepha lena yimpi esingekwe siyinqobe sisodwa. Kozomele kuhlanguyele abazali, abantwana babo, nabaholi bemiphakathi ngokuthi bashintshe ukwenza, kuyekwe ukuhloniza ngokuxoxa ngezindaba zocansi, ikakhulakazi olungavikelekile nomthelela walo. Ukuzithiba kwentsha kwezocansi kubalulekile. Kepha amantombazane asemancane uma ehluleka ukuzithiba ukuya ocansini, kumele aye emitholampilo eseduze athole izinsiza zezempilo, asebenzise uhlelo lokuzivikela okumbaxambili (i-Dual Protection).

Sithi abesilisa abasoke, kusetshenziswe ijazi lomkhwenyana njalo uma kuyiwa ocansini; bese kuthi abesimame bahlele imindeni. Lokhu kuvikela izifo ezithathelana ngokocansi, esibala kuzo i-HIV, kanye nokukhulelwa okungahlelelwe.

Sinxusa bonke abesifazane abazithwele ukuba bayeke ukusaba kepha bahambele emtholampilo. Lokhu kusiza ngokuthi bathole ukuhlololela Zonke izifo ezizinga Ukuthi ukukhulelwa kwabo kanjalo nokuteta uma sekufike isikhathi, kubeyingozi Kubo nezinsana. Okuthakala ukuthi banegciwane lesandulela ngculazi, sinendlela yokumeluleka umuntu, bese simulekelela ukuze umtwana angasuleleki ngegciwane, aphume engenalo. Siphinde silekelele labo mama esithole ukuthi banegciwane bakwazi ukuphila isikhathi eside ngokuthi sibanike imishanguzo. Ukuze omama nabantwana babo bahlale bephephile, kuzomele sonke sisihloniphe isimo sokukhulelwa ngokuthi senze okufanele ngaso sonke isikhathi.

Sinxusa bonke abadlulelwa izinyanga ezimbili bengayile esikhathini ukuba baphuthume emtholampilo oseduzane. Uma kutholakala ukuthi ukhulelwe uzobe usuqala ukufundiswa ukuthi owesifazane okulesi simo uphila kanjani ukuze yena nengane yakhe bahlale bephephile. Uma ukhulelwe uhlolwa izinto ezahlukene, esingabala kuzo igazi, umchamo, nesisindo sakho ukuze kusheshe kutholakale uma kukhona isifo onaso esingaba yingozi enganeni yakho. Ukusheshe uye emtholampilo kusiza ngokuthi kusheshe kungenelelwe uma kuvela izingqinamba, nokuphephisa umama nomntwana wakhe. Kubalulekile ukudla ngendlela efanenele, okubandakanya izitshalo nezithelo njengoba zikwazi ukwakha amasosha omzimba avikela izifo ezithathelanayo.

Zivocavoce kodwa hhayi ngokweqile; uwaynele nokuphuza amanzi udle nenyama ebomvu, ubhontshisi kanye nofishi, njengoba lokhu kuqinisa umzimba kwazise nengane ithembele kumama ukuthola lokhu.

Kuyasikhathaza nokho ukukhulelwa kwamantombazane asemancane, eneminyaka engaphansi kuka-18, ngoba asuke engakakulungeli lokho ngokomzimba nangokomqondo. Yingakho sinxusa abazali ukuba bakhulume nabantwana babo ngezindaba zocansi.

Likhulu futhi iqhaza elingabanjwa abesilisa ukuseka ozakwabo babo abakhulelwe ngokomqondo nangokuba seduze kwabo kuzo zonke izigaba zalolu hambo lwezinyanga eziyisishagalolunye, kuya phambili. Kubalulekile ukuthi nabesilisa bahlelelwe igciwane lesandulela-ngculazi ukuze bangatheleli ozakwabo.

Sifisa nokuphinda sixwayise abasebenzi bezempilo ngobungozi bokwehlulela intsha uma izocela usizo lokuhlela imindeni. Lokhu kungahlelela ekutheni bengabe beseza emitholampilo bese ekugcineni beza ngoba sebexakekile emva kokuzama ukukhipha izisu emahontshi.

Sibafisela okuhle kodwa bonke abazithwele. Khumbula: impilo yakho neyomntwana wakho isezandleni zakho.





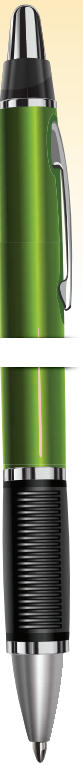
UMYALEZO OVELA KWINHLOKO YEZEMPILO, U DKT ST MTSHALI

Angibingelele kumphakathi kanjalo nabasebenzi bomnyango wezeMpilo. Inyanga kaNhlolanja inyanga emqoka njengoba inezinto ezingi ezenzekayo eKhalendeni lezeMpilo, Isonto lokuqwashisa ngezindaba eziphathelene nokukhulelwa kwabesifazane kusukela nmhlaq zingu: 08 – 14 February 2017. Abantu besifazana abasola ukuthi bakhulelwe siwuMnyango sigquguzela ukuthi bahlale njalo ngokohlola ezikhungweni zezeMpilo. Uma uthola ukuthi ukhulelwe kumqoka ukuthi uhlolelwe nezinye izifo.

Lokho kumqoka njengoba kukusiza ekutheni usheshe wazi uma kukhona isifo onaso emzimbeni. Sigquguzela ukuba abesifazane abakhulelwe bazivocavoce uma umzimba usavuma. Lokho kuwusiza kakhulu umzimba, ukuze uhlale uphilile. Ukuya esikhungweni sezeMpilo kusiza kakhulu ngoba bayakuchazela indlela okumele uphile ngayo uma usuthole ukuthi uzithwele. Lomkhankaso wokuqwashisa awugcini nje ngenyanga kaNhlolanja kepha into esizoqhubeka nayo unyaka wonke. Abantu besifazane bamqoka kakhulu ngoba ukube abekho angabe asikho nathi.

Ngithanda ukuphinde ngiqugquzele intsha ukuba izithibe ezindabeni zocansi ukuze igweme izifo zocansi, isifo segciwane lengculazi kanye nokukhulelwa okungahlelelwe. Kulenyanga sizokuba nesonto lokugquguzela ukusetshenziswa kwamaCondom (STI/Condom Awareness Week 10-16 February) njalo uma kuyiwa ocansini. Sinxusa intsha ukuba uma umuntu esehluleka ukuzithiba asebenzise uhlelo lokuzivikela okumbaxambili (Dual protection). Okuwukusebenzisa uhlelo lokuhlela umndeni bese kuthi abesilisa besoke basebenzise iKhondomu zikhathi zonke uma beya ocansini. KoMama abangu 85% abakhulelwayo abangu 45% izingane ezisencane ezingakafiki ngisho eminyakeni engu 18 ubudala. Imizimba yalezozingane isuke ingakakulungeli ukuthi isingathwala umuntu. Uthole ukuthi kwesinye isikhathi uMama osemncane ugcina ngokuthi ashone.

Ngithanda ukugquguzela abasebenzi bomnyango ukuthi babe yisibonelo esihle emphakathini ngokuthi bazivocavoce. Ukuzivocavoca kwehlisa amathuba okungenwa yizifo ngoba amasosha omzimba asuke esebenza kahle ekwazi ukuvikela izifo. Ukuzivocavoca kuphinde kusize ngisho emsebenzini, abasebenzi bangazeli, kanti nomqondo usebenza ngokushesha. Sinxusa ukuthi abasebenzi nabo bahlale bephephile ngaso sonke isikhathi ngokuthi balandele onke amacebo oMnyango wezeMpilo.



UZINAKEKELA KANJANI UMA UKHULELWE

NJENGOBA kuyinyanga yokuqwashisa ngokubaluleka kokukhulelwa okuphephile kulabo abazimisele ngokuba nabantwana, ukudla ngendlela efanele nokuzivocavoca kubaluleke kakhulu.

Abesifazane abazithwele kumele basheshe bavakashele emitholampilo, emva kwamaviki nje ambalwa besola ukuthi bakhulelwe. Emva kokuhlolwa kukamama ngabezempilo, kuyamusiza owesimame ozithwele ukuthi adle ukudla okunomsoco ukuze umtwana aqine, bese ejwayela ukunyakazisa umzimba uma kusavuma ukuze angahlaselwa yizifo kalula.





UKUKHULELWA USEMNCANE KUYINGOZI ISEXWAYISO KUMANTOMBAZANE ASEMANCANE

Ezinganeni ezingu million ezizalwayo emhlabeni, ezingu ezingu 80 000 zisuke zizalwe ngamajongosi (teenage girls) aphakathi kweminyaka engu 13 kuya ku 19. Lokhu kuyingozi ngoba imizimba yalama ntombazane asemancane isuke ingakakulungeli ukuthwala isisu, kanti nemiqondo yawo isuke ingakakhuli ngokwanele. Ukukhulelwa usemncane kunobungozi obukhulu ngoba kubeka umama kanye nomtwana engcupheni yokulahlekelwa yimpilo, kusho uNgqongqoshe wezeMpilo esifundazweni sakwaZulu Natal uDokotela uSibongiseni Dhlomo.

Ungqongqoshe unxusa abazali kanye nabasebenzi bezempilo ukuba babambisane ekulweni nokukhulelwa kwabantu abasebancane besafunda isikole. U Dkt Dhlomo uya gcozelela ukuthi uma ungumzali kubalulekile ukukhuluma nengane yakho endlini mayelana nobungozi bokungena ocansini olungavikelekile ngoba lufika nezinkinga eziningi eziphazamisa impilo yalezizingane ezisencane zingayitholi inqubekela phambili. uDkt Dhlomo unxusa abasebenzi bezempilo ukuba bangaxoshi izingane ezikhungweni zezempilo uma zifuna usizo, okunaloko kumele abasenzi bezempilo bazinikeze incazelo eziyidingayo, baphinde futhi bazigqugquzele ukuthi zisebenzise ukuzivikela okumbaxa mbilli (Dual Protection) okuyikhona okugwema ukubhebhethaka kwesifo se sandulela ngculazi, ukukhulelwa okungahleliw nokuvame ukuthi kuholele ekuthini umuntu agcine esekhipha isisu ngokungemthetho, abeke impilo yakhe engcupheni.

UDLA KANJANI UMUNTU OKHULELWE

- Idla ukudla okubilisiwe ngoba akunomsoco
- Phuza izinkomishi ezingu 8 zamanzi ngosuku
- Zivoca voce ngendlela efanele enganabo ubungozi enganeni.
- Idla izithelo
- Idla izithsalo
- Gwema ukudla okunamafutha

Morning sickness

- Phuza amanzi
- Thola ukuphumula okwanele
- Idla ukudla okuvumelana nawe

Ukubhema uzithwele kudala

- Sudden infant death syndrome (SIDS)
- Inkinga yokuphefumula enganeni loku kungadala ingane ibe nesifo sesifuba.
- Ukuphuphumelwa isisu
- Ukuzala ingane singakashayi isikhathi sokuba izalwe (Premature birth)
- Ukuzala ingane enesisindo esiphansi (low birth weight)

Ukuphuza uzithwele kudala

- Foetal Alcohol Syndrome (FAS) loku kudala ingane ukuba nenkinga yenqondo Kanye nokukuhula kwayo kube nenkinga.
- Ukuzala ingane enesisindo esiphansi (Low birth weight)
- Ukuzala ingane singakashayi isikhathi sokuba izalwe (Premature birth)



ASIVIKELE IZIFO ZOCANSI NGOKUSEBENZISA AMA-CONDOM



IJAZI LOMKHWENYANA, noma ikhondomu, ngenye yezindlela eziqavile zokuvikela ukubhehetheka kwezifo ezithelenana ngokocansi, kanye nokugwema ukukhulelwa okungahleliwe. Emva kokwethulwa kabusha kwamakhondomu amasha amibalabala nanephunga elisasithelo abizwa nge-Max kuzwelonke, uMnyango wezeMpilo KwaZulu-Natali usuhlinzeke umphakathi ngalamakhondomu awu-76 620 kusukela ngo-Agasti nyakenye. Amalunga omphakathi asetshengise ukuwathakasela kakhulu lamakhondomu amibalabala nabuye anukise okwezithelo. UMnyango wezeMpilo uzimisele ngokusabalalisa amakhulu ezigidi zalamakhondomu. Kumanje uMnyango usebenza ngokubambisana nezinhlangotho ezizimele ezifana ne-TB/HIV ukuqinisekisa ukuthi abantu abathathwa njengabasengcupheni yokuhaqwa yigciwane lesandulela-ngculazi – okubalwa kubo abasebenzi bezocansi kanye nabesilisa abalala nabanye besilisa - bawathole lamakhondomu.

Nanka amathiphu angakusiza ukuze uhfale uphephile:

- Iba nophathina oyedwa ngoba abaningi bandisa amathuba okungenwa yigciwane le-HIV nokulibhehethekisa
- Abesilisa mabasokwe
- Sebenzisa ukuzivikela okumbaxambili (Dual Protection) nokuwukufaka ijazi lomkhwenyana bese kusetshenziswa izindlela ezahlukene zokugwema ukukhulelwa.
- Sebenzisa amakhondomu ngasosonke isikhathi uma kuyiwa ocansini
- Uma unesifo socansi esithelelanayo (STI), iya emtholampilo ukuze uthole ukwelashwa
- Hlolela i-HIV noma kanye ngonyaka, bese ugqugquzela nophathina wakho ukuthi ahlololwe iHIV, angathembeli

kumphumela wakho ngoba kuyenzeka ingafani.

- Uma uphathina wakho ene-HIV, ungamucwasi. Kodwa mugqugquzele ukuthi asebenzise imishanguzo yakhe ye-HIV ngendlela ayalelwe ngayo.
- Ukwelashwa ngemishanguzo yeHIV (ebizwa nge-antiretroviral therapy) kusiza abantu abaneHIV ukuthi baphile isikhathi eside, uma beyidla ngendlela efanele.

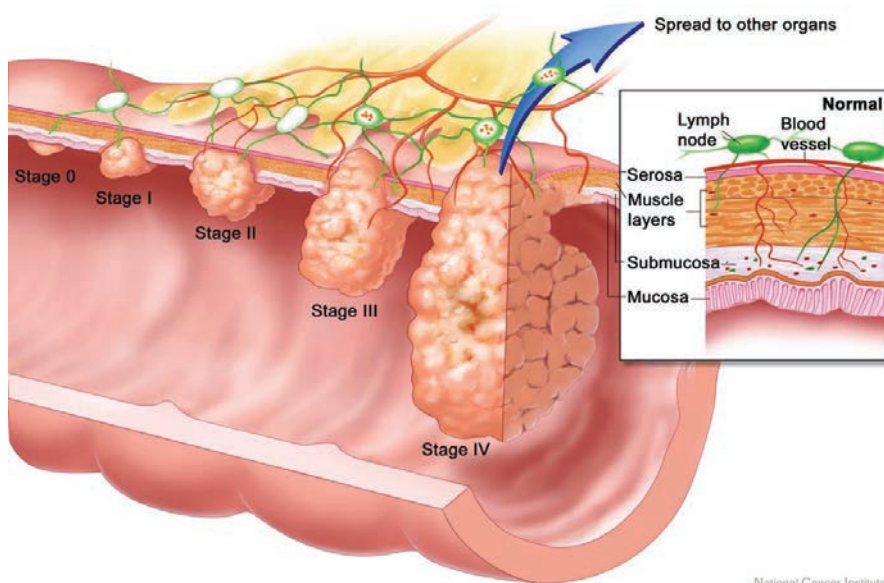
OKUMELE UKWAZI MAYELA NESIFO SOMDLAVUZA

Uyini umdlavuzi futhi wakheka kanjani?

Umdlavuzi isifo lapho izicubu zikhula ngokungajwayelekile, singalawuleki, endaweni engafanele.

Imizimba yakhiwa izicubu eziningi zomzimba, njenge zitini ezakha indlu. Izicubu ezisemzimbeni ezenza inhliziyo, amaphaphu, izinso, amamasela kanye nesikhumba azifani nakancane.

Uma kunomonakalo ezicubini, ziqala ukukhula okungabambeki, bese kwakheka isimila noma isigaxa, noma sihambe ngemigudu yegazi (*leukemia*), noma ngezindlala (*lymph nodes*).



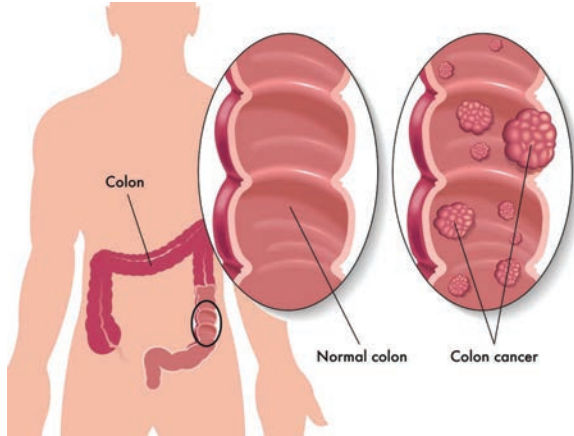
ONGAKWENZA UKUNCIPHISA AMATHUBA OKUTHOLA UMDLAVUZA

- Kubalulekile ukuxilongwa abezempilo okungenani kanye ngonyaka ngisho uzizwa uphilile
- Ungabhemi ugwayi
- Idla ukudla okunomsoco
- Gcina isisindo sakho somzimba sisesimweni esifanele
- Zivikele elangeni
- Lala ngokwanele (amahora angu-8 ebusuku)
- Zijwayeze ukuvakashela umtholampilo osezuze nawe ukuze uthole ukuxilongwa okufana ne-pap-smear nokunye
- Yazizimba wakho, uqaphele izimpawu zesifo somdlavuzi
- Bika ushintsho olusemzimbeni wakho olungajwayelekile emtholampilo osezuze nawe
- Thola ukuxilongwa ukuze kutholakale umdlavuzi emzimbeni wakho kusenesikhathi
- Yazizimba wakho, uqaphele izimpawu zesifo somdlavuzi kubantu basekhaya

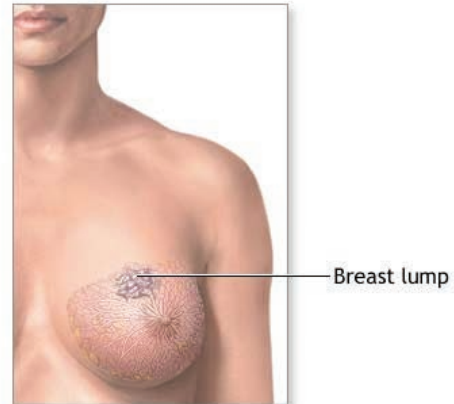
Umdlavuzi ungatholakala kumuntu wesilisa, wesifazane kanye nasezinganeni. Umdlavuzi awuthelelani; angeke uthole umdlavuzi ngokuhlala nomuntu onawo. Ngekhambi elisha lokwelapha, kubantu abaningi umdlavuzi uyelapheka manje.

Ungaba nomdlavuza noma ikuphi emzimbeni:

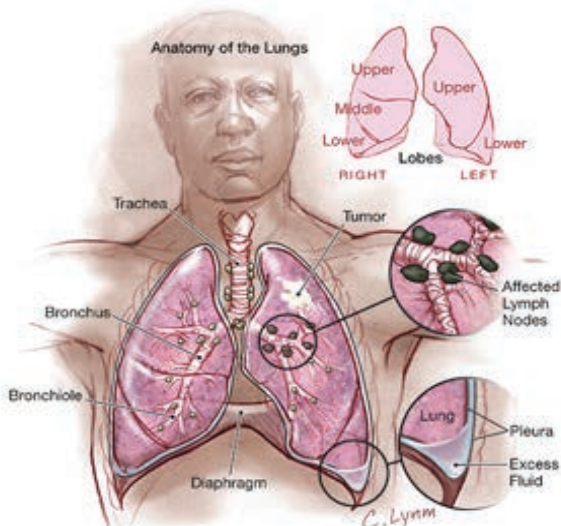
Umdlavuza wethumbu lendle



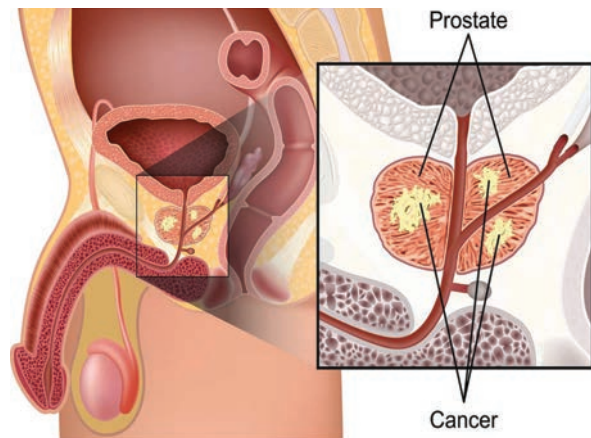
Umdlavuza webele



Umdlavuza wamaphaphu



Umdlavuza wesitho sangasese somuntu wesilisa



Ngazi kanjani ukuthi nginomdlavuza?

Uma unalezinkinga ezilandelayo ngaphezu kwamasonto amathathu futhi kungabi ngcono noma usuthole unyango, vakashela udokotela.

IZIXWAYISO

1. Kuba noshintsho endleni yakho noma esinyeni (izinhlungu, kunzima uma uchama, kunegazi)
2. Isilonda esingapholi
3. Ukopha okungajwayelekile noma okusaketshezi esithweni sangasese (kwabesifazane)
4. Uketshezi olushubile noma isigaxa ebeleni noma kwenye indawo (emqaleni, ekhwapheni, imbilaphu)
5. Uba nesilungulela noma kube nzima ukugwinya
6. Njengenjwayelo ukwehla emzimbeni, ukujuluka ebusuku, ubuhlungu bamathambo
7. Ukukhwehlela okungapheli kwenye inkathi okunegazi noma ukophelelwa yizwi

IZIGULI EZINAMAHLALAKHONA ZIZOTHOLA IMITHI NGASEKHAYA



NGABE ukhathazwa yizindleko zokuyolanda imithi esikhungweni sezempilo, noma ukuhamba kancane kojenga emtholampilo nasesibhedlela ngenxa yesiminyaminya esidalwa ukwanda kwezifo ezingamahlala khona ezibandakanya esikashukela, umfutho wegazi ophezulu, esofuba, HIV nezinye? Izindaba ezimnandi ezithi uMnyango WezeMpilo KwaZulu-Natal usemkhankasweni oyingqayizivele wokuguqula lesi simo ngokunika iziguli imithi yezifo ezingamahlala khona ezahlukene eduze nasemakhaya.

Ngaphansi kwalolu hlelo, olubizwa nge-Central Chronic Medication Dispensing and Distribution (CCMDD), isiyatholakala imithi yezifo ezifana nesikashukela; esomfutho ophezulu; esenhliziyo; umdlavuzo; kanti nemishanguzo yokuthithibalisa igciwane lesandulela-ngculazi (HIV), isifo sofuba kanye nesofuba esixaka okudlulele (Drug-Resistant TB). Itholakala emaholo omphakathi, ezitolo, ezikoleni, ezinkulisa, ezizindeni zika-Operation Sukuma Sakhe (War Rooms), ezindlini zokukhonza, nasezinkantolo zamakhosi, ukubala nje izindawo ezimbalwa. Bonke abantu abaseduze nemitholampilo bazobhekelelwa ngokuthi bangalindi emigqeni emide, kodwa bavele baqonde emawindini akhipha imithi bafice amaphasela emithi yabo esebalindile.

Lolu hlelo luphinde ludle umhlanganiso ngenxa yokuthi yonke imithi ezolandwa ifakwa ezikhwameni ezingamapheshana afanayo, nokwenza omunye umuntu angazi ukuthi hlobo luni lomuthi owuphethe nanokuthi olwasifosini. Lokhu kusiza ngokugwema ukukhishwa inyumbazana kwabantu ngenxa yezifo abanazo, nokuyinto esenzeka futhi eyishwa. Empeleni, isiminyaminya ezikhungweni zezempilo sidalwa kakhulu yinani eliphezulu labantu abaphethwe yizifo ezingalapheki, nezijwayele ukubangwa phakathi kokunye wukungazivocavoci, ukudla okungenamsoco, kanye nezithathelanayo.

Kamuva nje bengihambele ezifundeni zasoThukela naseMzinyathi lapho uMnyango ubuyokwethula khona lolu hlelo luka-CCMDD.

Kuyasithokozisa ukubika ukuthi selokhu uhulumeni ethule lolu hlelo ngo-2014, phakathi kwabantu abangaphezu kwesigidi abasebenzisa imithi yezifo ezingathelelani kulesifundazwe sakwaZulu - Natal, balinganiselwa ku-495 776 asebehlomula ngalo ezikhungweni eziwu-558. Isibalo salezizikhungo uMnyango uzosikhulisa sifinyelele kwezingu 748 -zimali ka-2017/2018.

Cishe uyazibuza ukuthi ungahlomula kanjani kulolu hlelo? Kulula. Kufanele uye esikhungweni soMnyango wezeMpilo esiseduze nawe uyobhalisa, ukuze utshelwe ukuthi iyiphi indawo eseduze



ongalanda kuyona imithi. Kuphathwa amazisi noma incwadi yokunqamula amazwe (passport). Unikwa ikhadi elibhaliwe ukuthi imithi yakho ungayilanda nini. Uzoshiya imininingwane yakho ukuze utshelwe ngomyalezo womqhafazo (SMS) uma imithi yakho isikulungele ukulandwa. Iziguli ezingezukwazi ukuzilandela imithi zivumelekile ukushiya imininingwane yalabo ezifisa bazilandele yona. Nonompilo bayakwazi ukuzilandela iziguli imithi bazihambisele emakhaya uma bebhaliwe, futhi lokhu kuvunyelwene ngakho.

Nakuba uMnyango Wezempilo uthokoza ngokudlondlobala kwalolu hlelo lwe-CCMDD, lokhu akusho ukuthi umphakathi ungabe usazihambela izikhungo zezempilo ukuyothola ukuxilongwa okufanele kwenzeke noma umuntu engaguli.

Umnyango usazoqhubeka nomkhankaso wokusabalalisa lolu hlelo esifundazweni sonke, kanjalo futhi ufundise kabanzi umphakathi ngalo.

Uma unemibuzo ungashayela inombolo yamahhala ethi: 0800 070 070, noma uthumele umyalezo wokucela ukufonelwa (uPlease Call Me) kwethi: 073 161 7102.

IMITHETHO ELAWULA UKUSEBENZA (ETHICS TALK)

Asikhulume ngemigomo elawula ukusebenza!

Umgomo omusha olawula izikhungo zikaHulumeni owaziwa nge- Public Service Regulations ka 2016, uveza ukuthi yonke iminyango kaHulumeni esebenzela umphakathi kumele ilandele imigomo ebekiwe ezindaweni zokusebenzela. Inhloso ngqangi yalokhu ukuqinisekisa ukuthi iminyango kaHulumeni isebenza ngokufanelekile, zonke izisebenzi ziziphatha ngendlela elindelekile futhi kuqinisekiswe ukuthi lemithetho elandelayo iyahlonishwa:

- Ukusebenza ngeqiniso nokwethembeka
- Ukusebenza ngendlela esemthethweni
- Ukwenza umsebenzi ngendlela efanele
- Ukuqonda inhloso yalowo Mnyango
- Ukukwazi ukugcina imfihlo
- Ukusebenza ngokungachemi
- Ukusebenzela umphakathi ngendlela efanele
- Ukuhlonipha nokusiza abantu ngendlela efanayo
- Ukumele izinqumo ozithathayo



UMnyango wezeMpilo KwaZulu-Natal uzibophezele ukugqugquzela ukugcina isiko lokuhlonishwa kwemigomo eMnyangweni. Isinyathelo sokuqala, ngo 2016 kusungulwe ikomidi elibhekelele imigomo, kuphinde kwasungulwa nosomqulu ophathelene nokugcinwa kwemigomo kanye nendlela yokuziphatha emsebenzini, ukuze kuzokwethulwa izindlela namasu okubhekana nezinto ezimqoka..

Ikomi elibhekelele imigomo lifaka phakathi laba abangezansi:

- UNkk P Padayachee: Chief Director: Executive Support Services (033 395 2281)
- UNks K Ndlovu: Director: Corporate Communications (033 395 2757)
- UMnz J J Britz: Director: Finance (033 395 2836)
- UMnz M Bhekiswayo: Ombudsperson(033 395 2536)
- UNks T C Mngqithi: Director: Risk Management (033328 4018)
- UMnz Z T Nxumalo: Director: Forensic Investigations (033 328 4006)
- UNkk C N Sosibo: Director: Nursing Services (033 846 7169)
- UNkk J Ngozo: Director: Strategic Health Programmes (033 395 2586)
- UNkk P J Lallupersad: Director: Corporate Services (033 395 2148)
- UMnz L Langa: Director: IGR and Special Projects (033 395 2579)
- UNks S L Cheatle: Director: Office of the Head: Health (033 395 2799)
- UMnzMr P D Nyembe: Director: Labour Relations (033 395 3045)
- UMnz S Chambers: Director: Legal Services (033 395 2466)
- UMnz H Naidoo: Director: Audit and Risk Management (033 328 4020)
- UMnz R Deonundhan: Deputy Director: Supply Chain Management (033 846 7351)



Uma usola noma ubona ukungaziphatha okungafanelekile ungabika kunoma yimuphi kulamalungu angenxa noma usebenzise izinombolo ezishicilelwe ngezansi:

- Inombolo yokumpimpa yesifundazwe ebizwa nge- Provincial Health Operations Centre (PHOC – 0800005133)
- Enye yokumpimpa yesifundazwe – 0800 596 596
- Kanti enye yokulwisana nenkohlakalo i-Public Service national Anti-Corruption and Ethics hotline (NACH) – 0800 701 701

UKUZIVOCAVOCA KUNGAGWEMA IZIFO ZAMAHLALAKHONA

UNGGONGQOSHE wezeMpilo KwaZulu-Natal uDkt Sibongiseni Dhlomo usenxuse umphakathi ukuba uyohlololwa izifo emtholampilo mahhala okungenani kanye ngonyaka, ukuze kunqandwe izifo zamahlalakhona okubalwa kuzo esikashukela, ukuzimuka, esomfutho wegazi ophezulu, esehliziyo kanye nezinye, ngaphambi kokuthi zidale umonakalo.

Lesi sexwayiso sikaNgqongqoshe esinzulu usenze kule nyanga kaNhlolanja njengoba kuqwashiswa umphakathi ngokubaluleka kokuphila impilo efanele nephephile (Healthy Lifestyles Awareness Month).

Ukuze uphile kahle, isikhathi eside kubalulekile ukuthi wenze lokhu:

- Idla ukudla okunomsoco, wehlise emafutheni (enyameni ebomvu, isikhumba senkukhu nokudla okunolaza);
- Abantu abakhulu ngokwedlulele belulekwa ukuba behle emzimbeni.
- Ehlisa kusawothi owusebenzisayo
- Ehlisa izinga lokudla okukhiqiziwe, nokunosawoti omuningi. Funda iphakethe ngaphambi kokuba uthenge.
- Gwema ukuphuza utshwala.
- Gwema khofi, iziphuzo ezinoshukela omningi kanye noshokoledi zingabangela ukubebhetheka kwesikhashana kwesifo somfutho owedlulele
- Nyakazisa umzimba nsuku zonke.
- Zama ukuzivocavoca okungenani imizuzu engu 30-45 ezinsukwini eziningi ngesonto. Ungazihambela, ubhukude, ushove ibhayisikili noma udlale igalofu.

“Izifo ezingathathelani ezifana esikashukela, esomfutho wegazi ophezulu, ukuzimuka, amafutha eqile zidinga ukugadwa. Ukuze sibe isizwe esiphilile, kumele sithathe izinqumo ezingqala ngokudla esikudlayo; kungaba ukuyeka ukuphuza utshwala nokubhema, bese sidla



okunomsoco ujwayele nokuzivocavoca. Konke lokhu kungenza umehluko omkhulu. Abantu abaningi bahamba nezifo bengazi. Kodwa uma uzijwayeza ukuyohlola okungenani kanye ngonyaka, lokhu kungasisiza ngokuthi izifo zinqandwe ngokushesha, okwenza kube lula futhi kungabizi ukuzelapha nokuzilawula,” kusho uDkt Dhlomo.

IXOXWANGEZITHOMBE



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health

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