

## EZINTSHA MAYELANA NOKUSEBENZA KWAMAKHESHI ASESIBHEDLELA I-ADDINGTON: IKOMIDI ELISHA ELIQOKIWE SELINQUME UKUTHI LIZOQAPHA KONKE OKWENZEKAYO MAYELANA NENQUBEKELA PHAMBILI YOKULUNGISWA KWAMAKHESHI

**UMnyango wezeMpilo KwaZulu-Natali ufisa ukubonga abasebenzi basesibhedlela i-Addington ngokubuyela emsebenzini kulandela umbhikisho ababenawo obumayelana nokungasebenzi nokungalungiswa kwamakheshi athwala abantu kulesi sibhedlela.**

Ukufa kwalawa makheshi ngenxa yokungenwa ngamanzi kuholele ekutheni kube namakheshi amane angasebenzi athwala iziguli, namabili athwala abasebenzi abenza imisebenzi enhlobonhlobo kanye namanye amabili athwala ukudla. Njengamanje, kusebenza ikheshi elilodwa elithwala abasebenzi abenza imisebenzi enhlobonhlobo nelinye elilodwa elithwala ukudla.

UMnyango ubulokhu uxoxisana kabanzi nenkampane eqashelwe ukuwalungisa, futhi nayo ibilokhu isebenza ubusuku nemini ukuthola lezo zingxenye zawo amakheshi ezidingekayo ukuze iqinisekise ukuthi lawa makheshi alungiseka ngokushesha.

Ngokulandela isinqumo esithathwe emhlanganweni obeyimpumelelo enkulu kuleli sonto, kusungulwe ikomidi elihlanganisa abamele abasebenzi, abaphathi ababhekelele ukulungiswa kwengqalasizinda, izikhulu eziphezulu ezivela enhloko hovisi – ezibandakanya abamele ithimba lonjiniyela elivela oPhikweni lokuThuthukiswa kweNgqalasizinda yoMnyango.

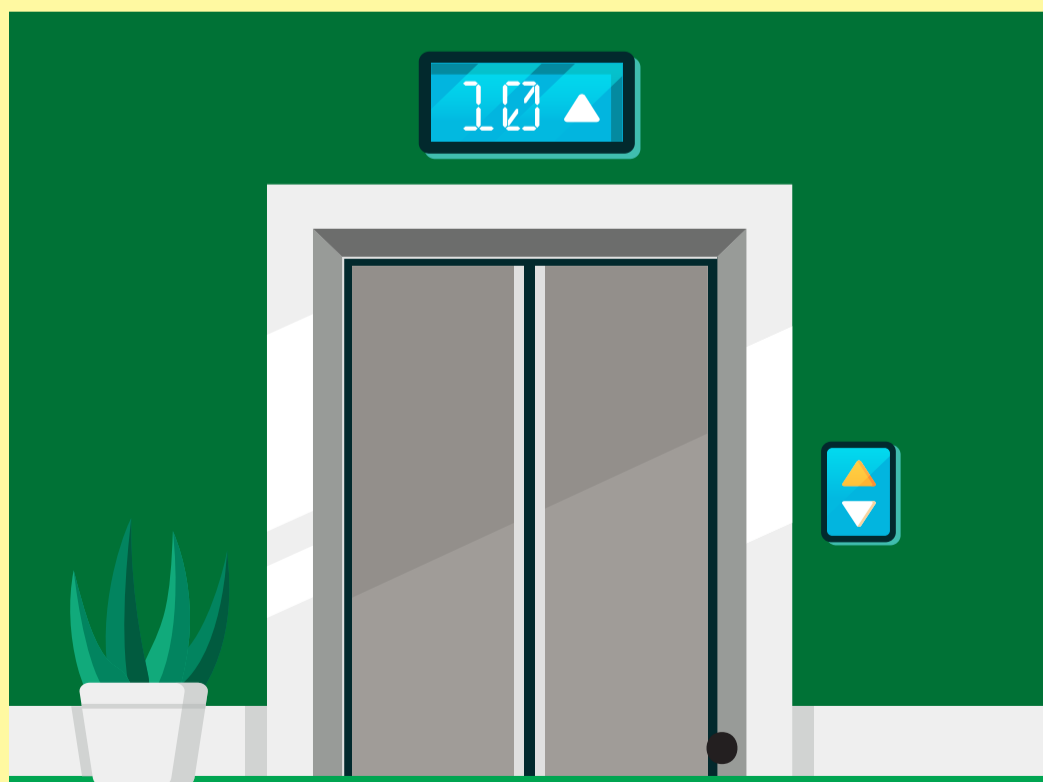
### Leli komidi lizokwenza le misebenzi elandelayo phakathi kweminye:

- Lizoqapha ukusebenza kwesibhedlela usuku nosuku kanye nenqubekelaphambili yohlelo okulungiswa kwamakheshi asesibhedlela;
- Ukuqinisekisa ukuthi kunokuxhumana njalo phakathi konjiniyela, abaphathi besibhedlela kanye nabasebenzi bese kuba
- Ukwazisa abasebenzi abakuyo yonke imikhakha ngenqubekelaphambili eseyenziwe ukusombulula izinselelo esezihlonziwe.


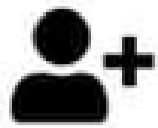



Kumele kuqashelwe ukuthi ngenxa yokuthi lezi zinsimbi ezidingekayo ukuze kulungiswe lawa makheshi azitholakali kalula, kuzomele ukuthi zithengwe emazweni apheresha kwezilwandle, lokho okungenza ukuthi sithi ukubambezeleka isikhathi obekumele zifike ngaso ngapha – nosekudalwe nawukusalela ngemumva kwazo zonke izinto ngenxa yalolu bhuhane lwegciwane le-COVID-19.

Noma kunjalo, kodwa kumele kuphinde kucace ukuthi yize zizofika nje kungekudala lezi zinsimbi zokulungisa amakheshi, kodwa uMnyango usezinhlelweni zokuqala umsebenzi omkhulu wokushintsha wonke lawa makheshi amadala. Lo msebenzi kulindeleke ukuthi usheshe uqalwe ngonyaka ozayo. UMnyango usiqonda kahle lesi simo esikhathaza abasebenzi nomphakathi futhi ufisa nokubaqinisekisa ukuthi isimo esibhedlela sizobuyela kwesijwayelekile nje kungekudala.

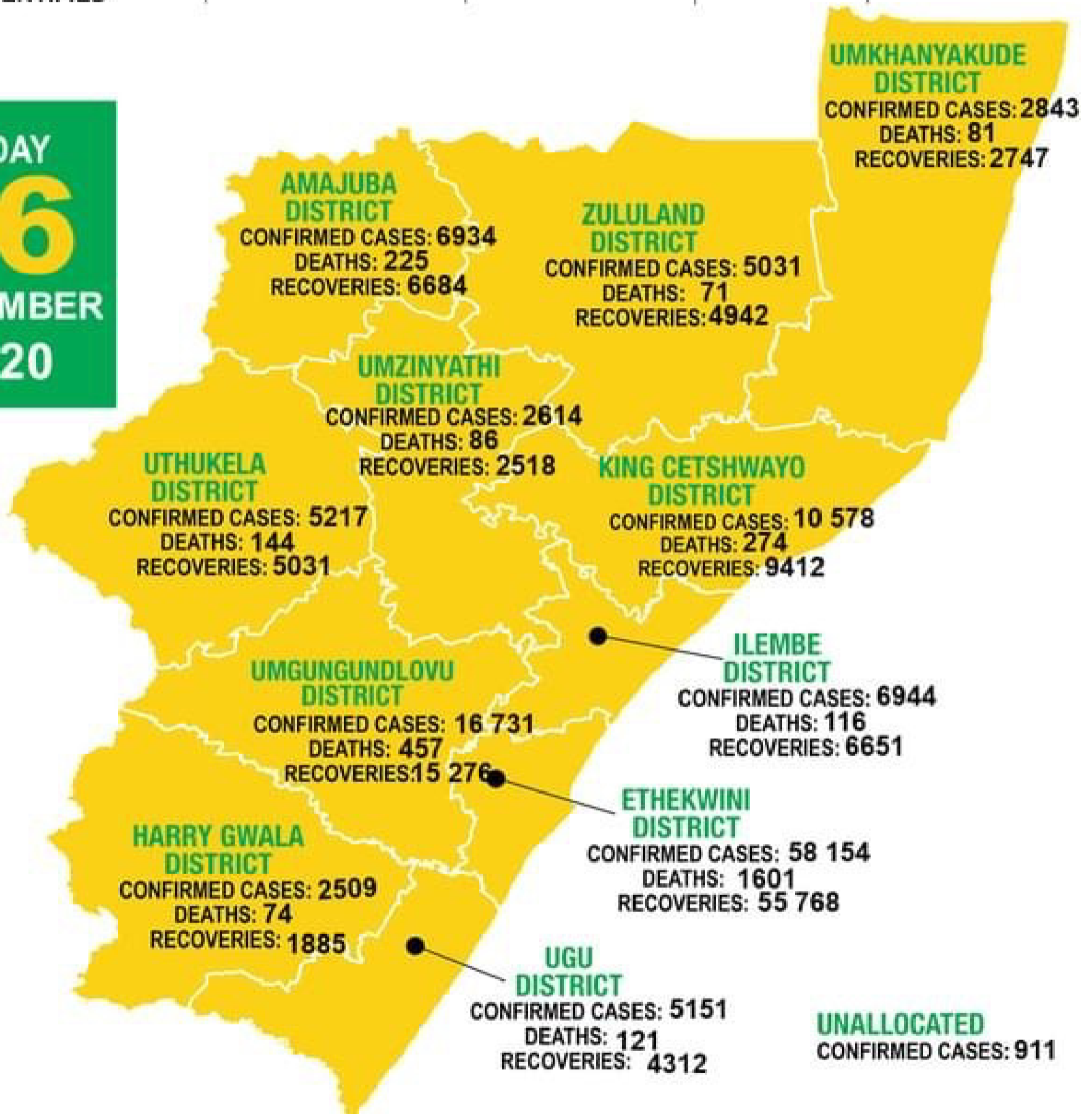
Ngokunjalo futhi uMnyango unxusa bonke abasebenzi bawo abenza imisebenzingqangi esibathintile lesi simo ukuthi babeke izidingo zomphakathi phambili, futhi bangagudluki esifungweni abasenza sokuzibophezela njengabasebenzi bezempilo sokwelapha abagulayo futhi basindise nempilo yomphakathi.



# COVID-19 STATISTICS IN **KZN**

				
<b>123 617</b>	<b>5141</b>	<b>115226</b>	<b>3250</b>	<b>120</b>
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

FRIDAY  
**06**  
NOVEMBER  
2020



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# UNAKEKELO LWEZEEMPILO OLUSEZINGENI ELIPHEZULU LWABO BONKE



Inyanga kalwezi yinyanga yokuqwashisa ngokuthi zonke izinto zenziwe ngeqophelo eliphezulu. Abophiko lwezindaba zezeMpilo baxoxisane noNkz. Moeketsi, ongumqondisi woPhiko oluQinisekisa Izingabunjalo eMnyangweni wezeMpilo esifundazweni iKwaZulu-Natali ukucacisa ukuthi luyini uPhiko oluQinisekisa Izingabunjalo.

## Ngabe kuyini Ukuqinisekisa Izingabunjalo?

Lokhu kuchaza

1. Ukuhlonza noma ngabe yini engaphazamisa inhlalakahle yesiguli noma izinkinga ezikhona esikhungweni sezeMpilo
2. Ukuhlola ukuthi ngabe izinto zenziwa ngokwezimiso ezibekiwe na noma lezo zinto eziqhubezela phambili izinkinga ezikhona njengamanje
3. Ukulungisa: ukuguqula lesi simo esingathandeki ukuze iziguli zibuyelwe ukuthembisa noma ukuba nethemba ezinhlelweni esizenzayo.
4. Ukuqikelela ukuthi lezo zinto ezibalulekile zonakekelo lwesiguli nezohlelo lwezempilo ziyaqhubeka nokwenziwa ngendlela efanele

## Kubaluleke ngani ukuqinisekisa izingabunjalo kwezempilo?

Kubaluleke kakhulu ukuze kugwemeke amaphutha

nokuphazamiseka kwendlela okulethwa ngayo izidingongqangi kubantu. Imisebenzi ihlelwa ngendlela yokuthi ifezekise izifiso esizibekile zona ngokusebenzisa izinsiza ezikhona.

## Ngabe kungumsebenzi kabani lokhu?

Lokhu kuwumsebenzi wawo wonke umuntu osebenzela uMnyango, kwazo zonke iziguli, imindeni yazo nomphakathi wonke jikelele.

## Ngabe uzuzani uMnyango wezeMpilo ngokuqinisekisa izingabunjalo?

- Kudaleka ubudlelwane obuhle bokuthembana phakathi kwabasebenzi bezeMpilo neziguli.
- Ukuba khona kwezikhungo zezeMpilo ezingabeki impilo yeziguli engcupheni nokuhlala kunezikhalo njalo, kwehlise nezinga labafaka izikhungo zezempilo ezinkantolo.
- Kungenyusa isibalo sabantu abakhula baze babebadala ngokweminyaka futhi kwehlise nomthwalo wokuhlaselwa yizifo.
- Ukuqinisekisa nokuhambisana nezinga elilindelekile emhlabeni wonke jikelele.

## Ngabe ubhubhane i-COVID-19 lulukhahlameze kangakanani uhlelo lokuqinisekisa izingabunjalo?

Inqubomgomo Yokuphathwa Kwezikhungo ZezeMpilo ZoMnyango WezeMpilo (DoH) e-KZN yakhelwe phezu kwezisekelo eziyisithupha, kulo nyaka sigxile esisekelweni sesi-2 nesesi-6.

## Lesi sinqumo sithathwe ngokubheka zonke izinselelo ebesibhekene nazo ezihambisana nobhubhane i-COVID-19. Lezi zisekelo yilezi ezilandelayo:

- Isisekelo sesi-2- Indlelakulawula Ingcuphe Yokuthelana Ngezifo Ezikhungweni ZezeMpilo, Izindlelakuqinisekisa Ukuphepha Kweziguli nokuSingathwa kwezikhalo ezikhungweni zezeMpilo.
- Isisekelo sesi-6- Ukubandakanya abamele iziguli kukho konke okwenziwayo

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# UMHLENGIKAZI UNQOBE UMKLOMELO OMKHULU KAKHULU OWAZIWA NGOKUTHI YI-“PRESTIGIOUS LIFE TIME ACHIEVER AWARD”

Kule nyanga esikuyo isizwe sonke sigubha Izinsuku Eziyi-16 Zokulwa Nodlame Olubhekiswe Kwabesifazane Nasezinganeni, iqhawekazi kule mpi esibhekene nayo, uSista Duduzile Ndlovu wasesibhedlela i-Port Shepstone nguyena ohlabane ngawo lo mklomelo. Ukhale wemuka nalo mklomelo ngesonto eledule ngesikhathi kunomcimbi wokuklomelelisa abasebenzi bakahulumeni abavelele ezingeni likazwelonke owaziwa ngokuthi yi-“Batho Pele Excellence Awards Ceremony”, obubanjelwe ehotela i-Birchwood eGoli. Uchonywe uphaphelwa legwalagwala ngomklomelo owaziwa ngokuthi yi-2020 Life Time Achiever Award” awunikezwe nguNgqongqoshe weZisebenzi zikaHulumeni nokuPhathwa kwazo, uMhlonishwa uSenzo Mchunu.



Lo mklomelo ofiswa yiwo wonke umuntu wanikezwa uSista Ndlovu ngenxa yokwaziwa kwamagalelo akhe iminyaka eminingi esebenza ngokuzinikela futhi evelela kukho konke akwenzayo emsebenzini wakhe wokuba uMphathi wophiko lwesibhedlela olwaziwa ngokuthi yiThuthuzela Care Center.

Lezi zikhungo ezaziwa ngokuthi ngamaThuthuzela Care Centre, ezitholakala ezweni lonke, zibaluleke kakhulu njengoba zisebenza njengengxenywe yesu lezwe iNingizimu Afrika lokulwa nesihlavo sokudlwengulwa kwabesifazane, okuhloswe ngalo ukwehlisa ingcindezi ebhekana nabagilwa, nokwenyusa amathuba okuthi laba abagila lo mkhuba bayaboshwa futhi namacala abo asheshe aphothulwe ezinkantolo. Lesi sikhungo sibambe iqhaza elikhulu kakhulu ekubuyiseni ithemba nasekunakekeleni

labo bantu abayizisulu zokudlwengulwa nodlame lwasekhaya.

“Ngibonga kakhulu kuSimakade ngokukhetha mina phakathi kwabasebenzi bezempilo abaningi kangaka abenza umsebenzi ommangalisayo ekuhlengeni impilo yabantu” kusho uSista Ndlovu. Ubonge ozakwabo, umndeni nabangani bakhe ngokumeseka kulo lonke lolu hambu waphinde wakhuthaza bonke abasebenzi bakahulumeni ukuba baqhubeke njalo nokusebenzela izakhamuzi zaKwaZulu-Natali ngenhlonipho futhi nangokubanika isithunzi esibafanele.

UMnyango wezeMpilo KwaZulu-Natali uyamhalalisela futhi uyaziqhenya kakhulu ngokuba nesisebenzi esiphumelele umklomelo omkhulu onjengalona futhi ebesivele siwufanele ngokuvikela izisulu zodlame lwangokobulili.



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# UMHLAHLANDLELA WOKUQONDA UMDLAVUZA

**UDokotela Womdlavuzwa uDkt. Thandiswa Lusu, osebenzela esibhedlela Inkosi Albert Luthuli**

**Umdlavuzwa wesikhumba kulula ukuwubona ngoba uyinto eba sesikhunjeni sakho. Uma umuntu ebona umkhangu emzimbeni wakhe olokhu uguquguquka ngokombala, ngokobukhulu, ngokomumo futhi olumayo kumele ayofuna usizo. Ngisho noma ngabe unesimila esingebuhlungu emzimbeni, kodwa kumele siyohlolwa ngodokotela, ikakhulukazi uma silokhu sikhula. Akuzona zonke izimila eziwumdlavuzwa kodwa ngeshwa akekho okwazi ukukubona lokho ngaphandle kokuthi lesi simila size siyohlolwa wudokotela.**

Esikhathini esiningi iziguli ziye zithi bezicabanga ukuthi isimila sizovele siziphelele nje noma bezizama eminye imizamo yokusiqeda lesi simila ngokwenkolelo yazo. Imidlavuzwa ejwayelekile ehlasela iningi labantu bakithi kuba umdlavuzwa womlomo wesibebeletho nowebele kubantu besifazane bese kuba umdlavuzwa wamakhwahla kubantu besilisa. Le midlavuzwa iyakwazi ukuhlonzeka isaqala, ukuze kusheshe kuqalwe uhlelo lokuyelapha ize igcine seyelaphekile. Ukuthanda umzimba wakho nakho kubamba iqhaza elikhulu kakhulu, kumele udamane uzihlola amabele akho, uyokwenza i-“Pap smear” futhi uyohlolwa umdlavuzwa wamakhwahla.

Kubalulekile ukuthi wonke umuntu awazi umlando womndeni wakubo mayelana nezifo, kubandakanya naso isifo somdlavuzwa. Uma kutholakala ukuthi emndenini bakhona abake bahlaselwa yiso lesi sifo somdlavuzwa, lokho kungachaza ukuthi kumele kuqashelwe kakhulu uma umuntu eyohlolwa izimpawu zawo. Kumele asheshe aqale ukuhlolwa izimpawu zalesi sifo uma kuqhathaniswa nabanye abantu abangenawo umlando waso emndenini. Sekube neziguli eziseminyakeni yamashumi amabili noma yamashumi amathathu ezihlaselwe wumdlavuzwa wamabele onamandla, ngakho-ke lesi sifo asihlaseli abantu abadala ngokweminyaka kuphela.

Kubalulekile ukuthi uwazi umzimba wakho; ukuzihlola amabele akho kumele kube yinto oyenza okungenani kanye ngenyanga. Qaphela ukuthi akukho guquko yini olubonakalayo ngokobukhulu, ngokombala, ngokuzwakala kokusazigaxana noma ngokuphuma kokusaketshezi ezingonweni zamabele.

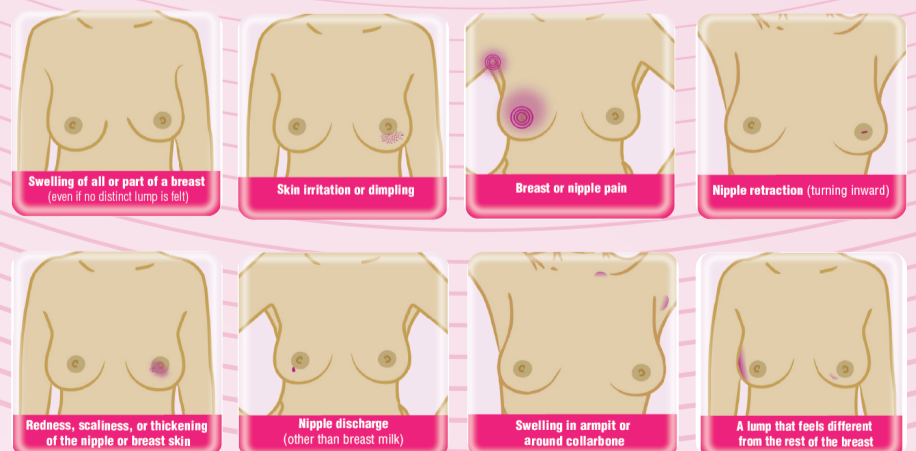
Hamba uyofuna usizo ukuze kuzotholakala ukuthi ngabe yini imbangela yaleyo nkinga. Imitholampilo kujwayeleke ukuthi kube yiyo indawo okuqalwa kuyo ukuyofuna usizo, kodwa kuyenzeka ukuthi zingabi nazo izinsiza ezidingekayo zokwenza uhlahlosifo ngendlela efanele. Iziguli zigcina zidluliselwe ezibhedlela zesifunda noma zesifunda esikhulu ukuze ziyohloliswa kahle.



Uma ufika esibhedlela odluliselwe kuso kujwayeleke ukuthi uphinde uhlolwe ngezindlela ezinhlobonhlobo ukuze kuzoqinisekiswa imiphumela yohlahlosifo. Njengoba isifo somdlavuzwa sinezigaba ezahlukahlukeni, uyobe sewaziswa ukuthi kuwe sesikusiphi isigaba. Isigaba esiphezulu kunazo zonke zomdlavuzwa yisigaba sesine, esichaza ukuthi umdlavuzwa ususabalalele nakwezinye izitho zomzimba kunalapha wawuqale khona. Isibonelo nje, isiguli esinomdlavuzwa webele kungathiwa sewusesigabeni sesine uma lowo mdlavuzwa ususabalalele nasemathanjeni.

Kubalulekile ukuthi ube nomunye umuntu ozokuphelezela wena njengesiguli ukuze ezokweseka ngendlela efanele njengoba kuye kube nzima kwesinye isikhathi ukwamukela ukuthi usuhlaselwe yilesi sifo. Lo muntu okuphelezelayo angakusiza futhi ukuthi akukhumbuze ezinye zezeluleko ozinikwe ngudokotela, ikakhulukazi ukukhetha indlela ofisa ukuthi akwelaphe ngayo. Umdlavuzwa webele welashwa ngokuthi uhlinzwe, ngokusebenzisa imithi/amaphilisi/imishanguzo, ngokusebenzisa imisebe (enamandla amakhulu) bese kuthi ezinye iziguli zelashwe zona ngokusebenzisa izigqa (amahomoni). Zonke lezi zindlela zokwelapha azenziwa ngesikhathi esisodwa, ziyalandelaniswa futhi ukwelashwa kungathatha isikhathi esingaze sibe wunyaka wonke.

Asikho isiguli esiphoqwa ukuba sikhethe indlela ethile yokwelashwa, kodwa izindlela zokwelashwa ziyachazwa zonke bese isiguli sizikhethela sona ngokuthi sisayine. Khumbula ukuthi uma isifo sisheshe selashwa lokho kungaholela ekutheni nemiphumela ibe mihle kakhulu.



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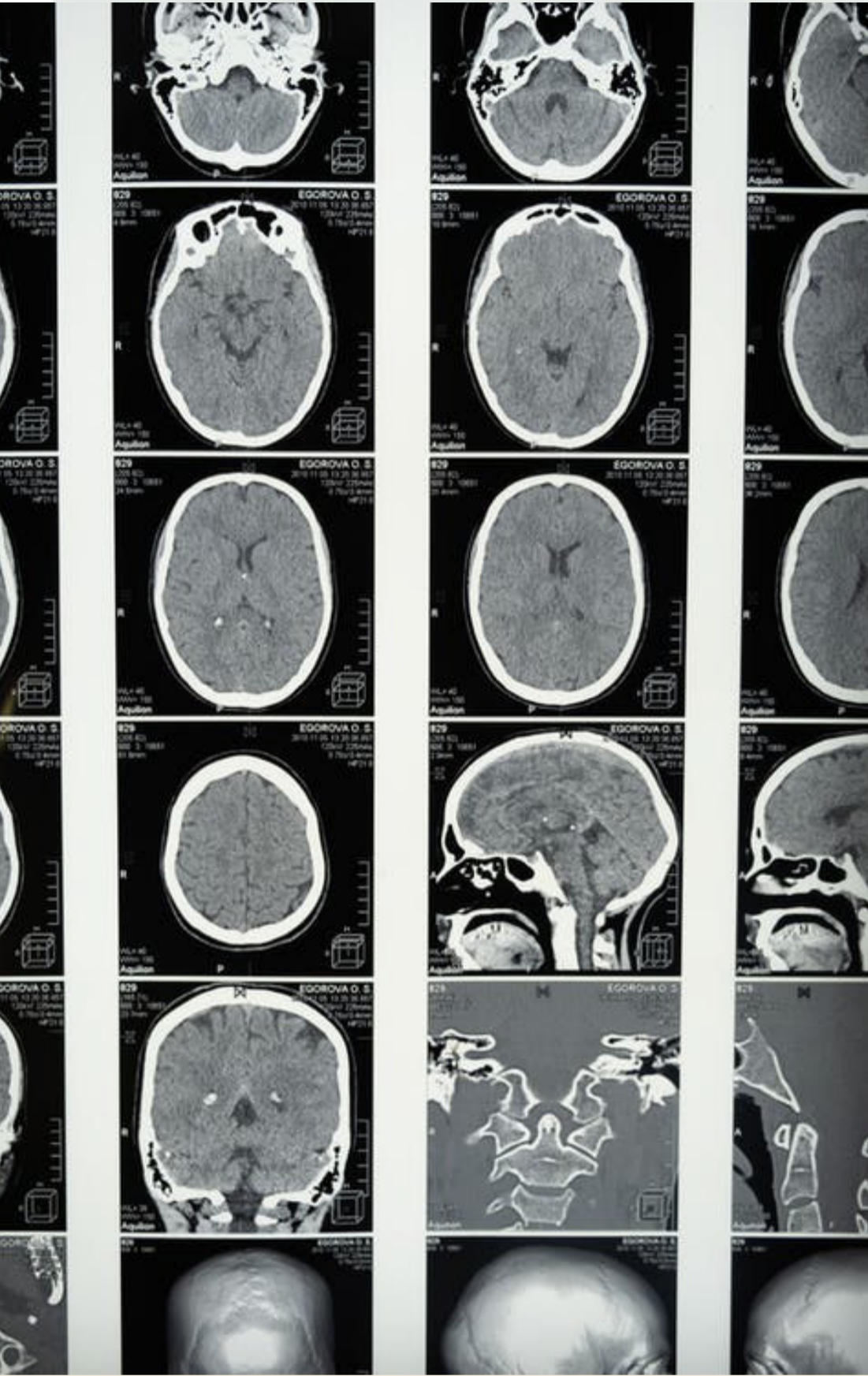
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# LANDELA YONKE IMIYALELO YOKWELASHWA UKUZE **KUNCIPHE** AMATHUBA OKUHLASELWA UNHLANGOTHI



**INingizimu Afrika kuzwelonke igubha isonto lokufundisa ngesifo soHlangothi kusukela ngomhla wama-28 kuMfumfu kuya mhla zi-3 kuLwezi minyaka yonke, ukuqwashisa ngezimpawu zesifo soHlangothi nokubaluleka kokuthatha imithi/imishanguzo ngendlela efanele ukuze ukwelashwa kube yimpumelelo. Leli sonto liphinde lifake phakathi usuku olubaluleke kakhulu okuwusuku lomhla wama-29 kuMfumfu okuwuSuku lwesifo soHlangothi lomhlaba wonke jikelele.**

Isifo soHlangothi sihlasele uma igazi lingasakwazi ukufinyelela kwezinye zezingxenywe zobuchopho, uma igazi okuyilo elithwala umoyampilo lingasafiki kulezo zingxenywe zobuchopho, lezo zingxenywe zobuchopho zingakhubazeka

noma zife unomphela. Kuya ngokuthi yiyiphi leyo ngxenywe yobuchopho ethintekile nanokuthi kusheshe kangakanani ukuthi lowo muntu athole ukwelashwa, umthelela wokuhlaselelwa wunhlangothi ungaba mubi kakhulu emzimbeni womuntu, ukungakwazi ukuhamba, ukukhuluma kahle nokungakwazi ukucabanga nokuzwa kahle.

Unhlangothi njengesifo kuyenzeka ukuthi akuhlasele kodwa wena ube ungezwa buhlungu emzimbeni wakho, noma kunjalo kubaluleke kakhulu ukuthi ufunde ngezimpawu nangezindlela zokuziphatha ezingadala ukuthi umzimba wakho uhlaselwe unhlangothi. Uma iziguli zithola ukunakekelwa ngendlela efanele, zithola ukwesekwa ukuze zilandele yonke imiyalelo yezokwelashwa, imithelela emibi yesifo soHlangothi inganqandeka.

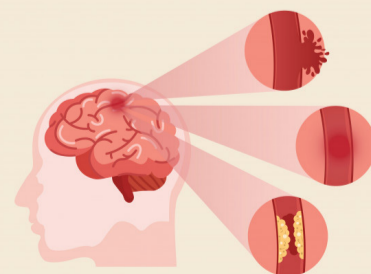
Isifo soHlangothi naso selashwa njengazo zonke ezinye izifo futhi nemithi/nemishanguzo yokuselapha iyatholakala kuzo zonke izikhungo zezempilo zaKwaZulu-Natali noma ezibhedlela njengoba ingakhethi ukuthi itholakale ezikhungweni ezithile kuphela, lokhu okusho ukuthi iziguli zingayithola le mithi/mishanguzo ezibhedlela ezakhelene nazo esifundazweni.

Njengazo zonke izifo ezingathathelani, izinhlobo eziningi zesifo soHlangothi zingagwemeka ngokuguqula indlela esiphila ngayo nangokulawula izifo ezingasibeka engcupheni yokuhlaselelwa wunhlangothi.

Lokhu kubandakanya ukuqinisekisa ukuthi isisindo somzimba wakho ngesinempilo ngaso sonke isikhathi, ukuyeka ukubhema, ukwehlisa uphuzo oludakayo, ukuzikhethela ukudla okunempilo (njengokugwema ukudla okunamafutha amaningi, okunosawoti noshukela omningi kodwa uqinise ekudleni izilimo/izitshalo nezithelo kakhulu), bese unyakazisa umzimba futhi ulawule ingcindezi zonke izinsuku. Isifo soHlangothi ngokwejwayelekile sikuhlaselela kungekho buhlungu obuzwayo, ngaleyo ndlela iziguli eziningi ziye zizishaye indiva izimpawu zalesi sifo futhi zingayi ngisho kodokotela ngethemba lokuthi zizobangcono.

Yize kunjalo, kodwa izimpawu ezijwayelekile zesifo soHlangothi zibandakanya ukuba buthaka komzimba okuyisigubhukane noma ukuba ndikindiki ebusweni, engalweni noma emlenzeni, ukusha kwezwi, ukungakwazi ukukhuluma kahle noma ukuqondisa inkulamo, ukungaboni kahle emehlweni; ukuqaqamba kwekhanda ngendlela engajwayelekile; ukuphathwa yisiyezi (inzululwane) noma ukuhamba kanzima.

Zonke iziguli ezihlaselwa unhlangothi kumele zihlaliswe ndawonye ngokushesha ngesikhathi zisafunelwa usizo lodokotela ngokushesha.



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# UKUNYAKAZISA UMZIMBA YIZE UQHELE NGEBANGA ELANELE KWABANYE

Njengoba iNingizimu Afrika yehliselwa esigabeni sokuqala semvalelwakhaya kusukela ngomhla wama-21 kuMandulo wezi-2020, iningi lezinto esijwayele ukuhlanganela kuzo njengasemajimini, emasinema nasemidlalweni zaqala ukusebenza zilandela imigomo nemihlahlandlela yezokuphepha.

Ukunyakazisa umzimba kuyayisiza kakhulu impilo yakho njengoba kukulekelela ukuthi ukwazi ukugcina isisindo sakho ukuthi sibe ngesinempilo, kukwehlisela namathuba okuhlaselwa yisifo somfutho wegazi ophezulu futhi kukusiza nasekutheni ukwazi ukulala kahle ebusuku.

Ngisho noma ngabe uzijimela wedwa ejimini noma ujima nabangani bakho kodwa ukulandela imigomo yezokuphepha enibekelwe yona kungaqinisekisa ukuthi uziphephisa wena kanjalo nalabo abaseduze kwakho ekuhlaselweni wubhubhane i-COVID-19.

**Nazi ezinye zezindlela ongazilandela ukuze uhlale uphilile yize uqhele**

## ngebanga elanele kwabanye:

- **Ukuhamba/Ukugijima** – ukuhamba ngezinyawo noma ukugijima kungakusiza ekutheni wehlise amathuba okuba sengcupheni yokuthelaleka ngegciwane i-COVID-19 nakwezinye izifo, njengoba ukuzivocavoca kubamba iqhaza ekuqiniseni amasosha omzimba. INhlangano YezeMpilo Emhlabeni Wonke Jikelele (WHO) incoma ukuthi abantu abaphakathi kweminyaka eyi-18 kuya kwengama-64 kumele bazivocavocwe okungenani isikhathi esingamaminithi ayi-150 esontweni lonke.
- **Ukuqhutshwa kwezifundo zokuzivocavoca ngezobuchwepheshe** – njengoba kusahlasele

lolu bhubhane, amabhizinisi amaningi aphoqekele ukuthi aguqule indlela asebenza ngayo, kuhlanganisa nezindawo abantu abazivocavocela kuzo (amajimu). Iningi lamajimu belithumela izinhlelo nezifundo ezenzeka bukhoma emalungeni awo ngezobuchwepheshe ukuze akwazi ukuzivocavoca esemakhaya. Amavido okuzivocavoca ayasiza kakhulu njengoba kunenqwaba yawo etholakala mahhala kusukela kulawo aqondiswe kubantu abasaqala ukuzivocavoca kuya kulawo abantu asebenmkansthubomvu kwezokuzivocavoca.

- **Amajimu** – Yize amajimu amaningi esevuliwe ukuthi asengasetshenziswa wumphakathi, kodwa nisakhuthazwa ukuba niqaphele kakhulu uma nisemajimini. Zama ukuthi ungayi ejimini ngesikhathi kusenabantu abaningi kakhulu (okungaba yizikhathi zasekuseni nezantambama)

njengoba kuyizikhathi lezi abantu abaningi abathanda ukuya ngazo emajimini. Kuyancomeka futhi ukuthi uma ungazizwa kahle emzimbeni uye esikhungweni sezempilo esiseduze nalapho uhlala khona esikhundleni sokuya ezindaweni ezinabantu abaningi okungenzeka ukuthi ugcine usubathelele nabo.

Enye into ebalulekile engakugcina uphile kahle wukudla okunempilo, njengoba ukudla esikudlayo kuyikona okwenza ukuthi imizimba yethu ihlale iphilile, njengoba esikudlayo nesikuphuzayo ngaphambi kokuzivocavoca noma ngesikhathi sizivocavoca ngisho nalokho esikuphuza noma esikudla emva kwakho ukuzivocavoca kuba neqhaza elikubamba ekutheni umzimba wakho ubeqatha futhi usheshe uphole.



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# NGOKUBAMBISANA SIYASINQOBA ISIFO SIKAMALALEVEVA!



**Kusukela mhla zi- 2 kuya mhla ziyisi-6 kuLwezi kusuke kuyisonto lokubungaza amaZwe aseNingizimu yeZwekazi i-Afrika (SADC) kanye nesifo sikaMalaleveva, inhloso yakho okuwukuqwashisa ngobungozi besifo sikaMalaleveva nokunxenxa umphakathi ukuthi ubambe iqhaza ezinhlelweni zokulawula lesi sifo sikaMalaleveva.**

Inggikithi/indikimba yakulo nyaka ibithi: "Iqhaza LoMphakathi yilona eliyinsika lokusiqeda nya isifo sikaMalaleveva" ihambisana nesiqubulo esithi "Ngokubambisana Siyasinqoba Isifo SikaMalaleveva" esilokhu sisetshenziswa kusukela ngonyaka wezi-2019 kuyoze kube wunyaka wezi-2021. UMalaleveva yisifo esinamandla futhi esibulalayo esinqandekayo futhi selapheke uma sisheshe satholakala.

Umpakathi uyanxuswa ukuba ubambe iqhaza ezinhlelweni zokulawula lesi sifo ezindaweni zawo umphakathi, ikakhulukazi leyo miphakathi ehlala kulezo zindawo ezithathwa njengezihamba phambili ekuhlaselweni yiso lesi sifo. Isifo sikaMalaleveva siyatholakala naKwaZulu-Natali ezifundeni ezifana nesaseMkhanyakude, e-King Cetshwayo nesase-Zululand ikakhulukazi kusukela ngenyanga kaNcwaba kuya kuMasingana.

**Okumele ukwenze ngaphambi kokuqala kwesikhathi sesifo sikaMalaleveva**

- Uma amathimba alwa nokubhebhethaka kwesifo sikaMalaleveva efika endaweni yangakini, avumele angene ukuze achele indlu yakho.

- Ukuchela ngaphakathi endlini kubulala omiyane abasabalalisa isifo sikaMalaleveva kanti kwenziwa mahhala futhi ngokuzithandela

- Abahlala ezindlini bayacelwa ukuba baqhelise ifenisha encike ezindongeni zendlu ukuze izindlu zabo zizocheleka kahle.

- Uma indlu yakho isicheliwe, linda okungenani isikhathi esingangehora elilodwa ngaphambi kokuthi ungene ngaphakathi futhi ungaluphahleki noma ulubhaceke, uligeze, ulipende kabusha ubonda lwendlu yakho kuze kuphele izinyanga eziyisishiyagalolunye.

**Okumele ukwenze ngesikhathi sesifo sikaMalaleveva nangesikhathi sesidlulile**

- Isifo sikaMalaleveva singavikeleka futhi selapheke: Uma uthatha imithi/imishanguzo yaso ngendlela efanele.

- Uma isifo sikaMalaleveva singasukunyelwanga ngesikhathi, singakubulala.

Khumbula ukuthatha imithi/imishanguzo yakho ngendlela efanele, njengoba wawuyalelwe wudokotela wakho.

- Vakashela isikhungo sezempilo esiseduze nalapho uhlala khona ngokushesha engakapheli amahora angama-24 uma uzwa izimpawu ezifana nezesifo sikaMalaleveva (isibonelo: imfiva, ubuhlungu bomzimba, ukucanuzela kwenhliziyo, ukukhishwa yisisu nokuphathwa yikhanda).

- Sekunephilisi elisha lokudambisa isifo sikaMalaleveva elaziwa ngokuthi yi-"primaquine" elengezwe kule mishanguzo ekhona njengamanje kwezinye zezingxenye zeNingizimu Afrika elizosiza ukwehlisa ukusabalala kwesifo sikaMalaleveva.

- Khumbula ukuthi leli philisi elisha i-"primaquine" kalithathi indawo yalo mshanguzo obuvela usetshenziswa owaziwa ngokuthi yi-"Coartem®"

- Gwemani zonke izinto ezandisa omiyane endaweni yangakini. Qinisekisa ukuthi zonke izindawo zalapho wakhe khona zihlale zihlanzekile futhi awekho amachibi amanzi (amanzi) lapho omiyane bengazalana khona bese beyanda.

- Uma nizihlalele noma nizixoxela ningaphandle kwendlu kusihlwa kunesimo sezulu esifudumele, ungakhohlwa ukugqoka izinto ezizomboza isikhumba namaqala okuyizindawo ezithandwa ukulunywa

ngomiyane.

**UKUVAKASHELA  
IZINDAWO  
EZINOMALALEVEVA**

- Abavakashi abasuka ezindaweni ezingenawo umalaleveva beya ezindaweni nasemazweni anawo umalaleveva kumele bathathe umgomo wesifo sikamalaleveva owaziwa ngokuthi yi-"chemoprophylaxis" bese begwema ukulunywa ngomiyane ngokugqoka izimpahla ezizobavikela noma bahlale ngaphakathi ezindlini kusukela ngehora lesi-6 ntambama kuze kube yihora lesi-6 ekuseni. Izinto zokuzivikela ekulunyweni ngomiyane zibandakanya: Ukugqoka izimpahla ezinemikhono emide nababhlukwe amade namasokisi ebusuku, ukushisa izinto ezibabulalayo omiyane nokuvula amafeni uma ekhona.

- Abantu abasengcupheni enkulu yokuhlaselwa yisifo sikamalaleveva babandakanya abantwana, izingane ezincane, abantu asebekhulile ngokweminyaka, abesifazane abakhulelwe, abantu abanamashisa omzimba abuthaka, abavakashi abasuka ezindaweni ezingenawo umalaleveva kanye nabasebenzi abavela kwamanye amazwe.

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