

2020 GOVERNMENT PLAN OF ACTION UNVEILED AT SONA



The State of the Nation Address by President Cyril Ramaphosa is what is driving the public discourse at the moment and probably for many days to come. The focus is on key pronouncements which were made by the President in relation to the programme of action for this year (2020) as well as an account of achievements and challenges of the previous year.

Also dominating the narrative or news coverage of the President's speech are reactions to it by different democratic organs of state and political formations. Health Chat Bulletin kept trail of the conversations and reflections on the State of the Nation Address 2020 #SONA2020

SPEECH HIGHLIGHTS

"A fundamental condition for growth and development is a healthy and productive population with access to quality, affordable healthcare. We have noted the enthusiastic support from Africans during public hearings on the National Health Insurance, and are putting in place mechanisms for its implementation following conclusion of the parliament process"

"In preparation for NHI, we have already registered more than 44 million people at over 3,000 clinics in the electronic Health Patient Registration System, and are now implementing this system in hospitals".

"Through bilateral student scholarship agreements we have signed with other countries, we are steadily building a cohort of young people who go overseas each year for training in critical skills. We have seen the impact this can have with the Nelson Mandela Fidel Castro Medical Training Programme in Cuba, which has produced over 1,200 medical doctors and a further 640 students are expected to graduate in December 2020"

2020 PROGRAMME OF ACTION

- Implementation of measures that will fundamentally change the trajectory of energy generation in the country. Initiation of procurement of emergency power from projects that can deliver electricity into the grid within 3 to 12 months of approval.
- *Negotiation of supplementary power purchase agreements to acquire additional capacity from existing wind and solar plants*
- Government will lead a youth employment initiative which will be funded by setting aside 1% of the budget to deal with high levels of unemployment
- *National Youth Development Agency and the Department of Small Business Development will provide grant funding and business support to 1000 young entrepreneurs in the next 100 days*
- R10 Billion funding targeted for women empowered businesses by Industrial Development Corporation over the next 5 years
- *Introduction of Coding and Robotics Programme in Grade R to 3 in 200 schools and full implementation by 2022*
- R64 billion set aside for student accommodation over the next years and plans to leverage at least another R64 billion in private investment.
- *Building nine new TVET college campuses this year, in Sterkspruit, Aliwal North, Graaff Reinet and Ngungqushu in the Eastern Cape, and in Umzimkhulu, Greytown, Msinga, Nongoma and Kwagqikazi in KwaZulu-Natal.*
- Establishment of the University of Science and Innovation in Ekurhuleni which will enable young people in that metro to be trained in high-impact and cutting-edge technological innovation for current and future industries.
- *Amendment of the Domestic Violence Act to better protect victims in violent domestic relationships and the Sexual Offences Act to broaden the categories of sex offenders whose names must be included in the National Register for Sex Offenders as well as passing a law to tighten bail and sentencing conditions in cases that involve gender-based violence*

TOGETHER LET'S STRIVE FOR A HEALTHY PREGNANCY AND PROMOTE SAFE MOTHERHOOD THROUGH ANTE-NATAL CARE



The KwaZulu Natal Department of Health is calling on all pregnant women to work hand in hand with it in striving for healthy pregnancies, safe deliveries and motherhood by ensuring regular ante-natal care visits. The call is part of heightening awareness about Pregnancy Awareness Week which is observed from the 10th to 16th February every year.

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MY HEALTH, YOUR HEALTH, OUR HEALTH: A HEALTHY KWAZULU-NATAL.

Women who gave birth in KwaZulu-Natal public health facilities during the 2018/19 financial year were 204 033;

In the 2019/20 financial year, first three quarters:

Quarter 1 (April – June 2019) = 56 544

Quarter 2 (July – September 2019) = 56 952

Quarter 3 (October – December 2019) = 50 604

In the month of January 2020 alone, 17 811 women delivered babies in public healthcare facilities. The fact is, many pregnancies are unplanned. If a woman isn't trying to become pregnant, the earliest signs of pregnancy can go unnoticed and may lead to complications later in the pregnancy.

Knowing the early signs of pregnancy can help a woman determine whether or not she is pregnant earlier and allows for prenatal care to be started sooner.

Symptoms of pregnancy can vary greatly from woman to woman, even pregnancy to pregnancy. Some women report experiencing signs of pregnancy within a week of conception; however it's more common that the earliest signs become apparent after a woman has missed her first period.

Your first antenatal visit:

Your first antenatal care appointment is an important one. During your visit your nearest health facility will confirm your pregnancy, assess your health and give you some information that you will need in the months ahead. You will also be able to discuss which health facility will

provide your ongoing pregnancy care.

When should I make the first appointment?

It's best to make the appointment when you think you may be pregnant or at around 6-8 weeks into your pregnancy.

Finding out about you:

During the visit to your health facility your doctor will discuss your detailed medical history and family history as part of assessing your overall health. This includes finding out about any prior pregnancies, illnesses or operations and what medicines you're taking, including those from a pharmacy or supermarket.

They will also want to know if you have any current health problems and if you are allergic to any medicines. The nurse will ask you if you smoke, drink alcohol or take recreational drugs. They will also ask if you are stressed, have any signs of depression or anxiety and about the support you could receive from people at home and at work.

If you are experiencing any family violence you should let them know, since it's important to get professional help.

Finding out about the health of your family is also important because it could affect you or your baby. This includes any family history of twins, genetic disorders, or chronic illnesses such as diabetes.

The nurse will check your blood pressure, weight and height. You will also be offered a blood test to check your blood group and whether you have anaemia, any infectious diseases or sexually transmitted infections (STIs), as well as checking whether you have rubella immunity.

The nurse may suggest a urine test to see if you have a urinary tract infection (UTI).

Finding out about your baby:

The nurse will calculate how many weeks you have been pregnant and the due date of your baby. If you're not sure when your last period was, they may schedule a dating scan. This is an ultrasound that will help determine which week of pregnancy you are in.

The nurse will also offer a test to see if your baby is at high risk of having Down syndrome or other abnormalities. Other tests may be suggested such as an amniocentesis, or chorionic villus sampling (CVS) if you are over 35 years old or have a higher than normal risk of problems.

Discussing your antenatal care options:

- During this first appointment, the nurse will give you information and discuss which model of care you would like to have for your antenatal appointments and the birth. You'll be able to discuss:
- Where you would like to receive your antenatal care
- How many antenatal visits you will have and when
- Where you would like to give birth

- Where to find local antenatal classes or education sessions
- Information that will help you. Your midwife nurse will give you information during this appointment to help you keep healthy and ensure you have good support and care.

This includes:

- Help to stop smoking or drinking alcohol (if needed)
- Advice about healthy eating, exercise and weight gain expectations
- Letting you know which vitamins and minerals you should take or avoid during pregnancy
- Referrals to support services or professional help if you need them
- Answering questions about issues that worry or concern you
- Letting you know if you have a higher risk pregnancy and what can help reduce or remove this risk

Occasionally, a pregnancy starts off normally but develops a problem later so the relevant information may not be available during this first visit. It's always a good idea to remain flexible.



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SUPPORTING THE EXPECTING MOTHER

Women are thought of as strong and resilient beings- of which they are, however, carrying and delivering life can take a toll on the expecting mother. Pregnancy can be an emotional rollercoaster, and for some women, it can feel like the longest nine months of their lives. Caring for a new born baby can be exhausting and take its toll on her existing relationships.

Helping to meet the new mum's physical and mental health needs is important for the health of the woman, the new born baby and all of her other relationships. You don't necessarily have to offer support but we strongly encourage fathers to take priority in being the expecting moms' main source of support.

It's no secret that fathers in South Africa are largely absent and even if they are around, pregnancy may feel like a time that doesn't really involve them as they don't have a physical role to play. This couldn't be further from the truth. If you are lucky enough to have a supportive partner help him bond with your bump. It's a vital process for your baby too. A father's commitment to the relationship is most deeply affected by their ability to form a close bond early on with their children.

Research shows new moms have a better overall pregnancy experience when dads are actively involved. In your role as your partner's number one pregnancy

partner, you'll enjoy the experience more and give her some much-appreciated relief by sending the message that you'll be a reliable partner in childcare as well — not just a partner-in-reproduction.

DAD'S ROLE DURING PREGNANCY!

Emotional security and nurturing: Listen...and talk. A loving relationship with an involved father is an endless stream of emotional support.

- Fathers who accept their partners' changing figures and bond with the pregnancy are more likely to bond with their new babies.

- Research has shown the way fathers treat the mothers and their unborn babies can have a direct effect on the baby's personality formation and character.

- If dads learn how to support the mother through massage, saying and doing appropriate and helpful things during the labour, he can be a strong source of stability and safety in

labour.

- If the father lovingly talks to the unborn baby, the baby forms an emotional connection with the father. Dad's voice could have a soothing and calming effect for baby because the familiar sound lets baby know he is safe.

Be physically supportive:

- Pitch in -She's not only tired during her pregnancy, she's emotionally vulnerable too. So go the extra mile — pitch in more than you usually do with household chores, especially since her bump is not her best friend when she's trying to sweep the floors or make the bed

- Tell her she looks good when she leaves in the morning, give her tummy an affectionate pat when she walks by, or offer her a shoulder massage or foot-rub — you'll always get points for that.

Stay informed:

- Go with her to her doctor clinic visits when you can and attend.

- Learn about her body and her baby's development, day-by-day and week-by-week and track every step of your journey. You'll be able to impress her when you surprise her by announcing that your baby is the size of an avocado today.

Pregnancy is a sacred space for the mother and father, a space that needs to be filled with; peace, love, joy and approached with enthusiasm.

A little goes a long way – a back rub here and there, and even an extra hour of sleep could do the trick. Everybody in an expecting mother's life is important – especially for the growth of the new bundle of joy.



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MIDWIFERY IS A **CRUCIAL**

PILLAR OF SUPPORT TO PREGNANT WOMEN



In line with observing Pregnancy Awareness Week, Health Chat Bulletin caught up with Anusha Singh who is an Advanced Midwifery from Northdale Hospital to reflect on the significance of a Midwife's role in managing pregnancies and ensuring safe deliveries.

Here is how that conversation went:

Why did you choose to be a Midwife?

I have a passion for integrated mother and child care and it gave me the opportunity to gain specialized skills as an independent nurse practitioner.

Where did you study and what was the duration of your study?

I studied at the Natal College of Nursing. I completed my Diploma in Nursing (General, Community and Psychiatry) and midwifery from 1998 to 2002. After my Diploma I advanced to midwifery and neonatal nursing science from the year 2011 to 2012.

How long have you been a Midwife in the Department?

I have been in the Department for 21 years and served 16 years in midwifery.

What was the greatest experience you had while doing your job?

I have delivered twins, diagnosed triplets that went to theatre. I have delivered vaginal breech babies, I managed cord prolapse and babies had good outcomes. I have been involved in all obstetric emergencies.

The birth of a new-born baby and hearing the babies' first cry is an amazing experience.

Seeing a mother bonding with their child is wonderful to see, it gives me self-satisfaction and a sense of selflessness to be working in difficult situations with limited resources and still be able to provide the best possible care to a mother and child.

What challenges did you come across and how did you overcome them?

We have come across walk-in patients who were without medical history. No patient is turned away. We ensure that the patient is attended to and

booked for a maternity case record. In a case of complications or death during delivery, the patient is counselled privately and we allow the patient to grieve with her family. The patient is allowed to ask anything relating to the result.

How do you ensure that you continue to stay on top of your game as midwives?

We attend in-service training, Essential Steps in Managing Obstetric Emergencies (ESMOE) drills. We follow guidelines and protocols to be skilled and competent in our work environment

What advice would you give soon to be mothers? (How to handle their pregnancy, things to do and not do)

Sex education and abstinence is very important for the youth as there is an increase in teenage pregnancies. I'd advise prevention since there are many contraceptives to choose from.

Mothers should ensure early antenatal booking which lowers the possibility of spreading communicable diseases to the child and identifies possible health issues in the mother.

Mothers are also educated about antenatal care, labour and postnatal care of the baby so they are aware of what to expect



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HEALTH PROFESSIONALS: THE GYNAECOLOGIST

A gynaecologist is a doctor that is specialized in women and girl's reproductive health. You can find her in the Obstetrics and Gynaecologist section of the hospital performing pap smears, STD tests, breast examinations and more.

Requirements

At the secondary level of education, generally a pupil must perform highly in Life Sciences, Physical Sciences and Mathematics.

Qualifications

At tertiary, a student must complete a 6-7 year general medicine degree to become a general practitioner (GP). After obtaining the degree, undergoing an internship and community placement, a student can then specialize in gynaecology. Registering at the Health Professions Council of South Africa is also compulsory. Even after specializing in Gynaecology, a gynaecologist can specialize further.

Recommended Personal Traits

- H** ave above-average intellectual ability
- H** ave concern for the health and well-being of people
- B** e able to work accurately for long periods
- B** e able to make weighty life and death decisions, quickly and confidently
- B** e responsible
- B** e able to empathise with women
- B** e emotionally stable to be able to withstand the pressures that go with this profession
- H** ave excellent health and stamina to cope with long and irregular hours, including being constantly on stand-by for births

source: gostudy.net



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PRACTISE SAFE SEX, USE A CONDOM AND SECURE YOUR FUTURE

The province of KwaZulu Natal has a large number of young people, upcoming professionals and leaders of tomorrow, who are sexually active and are still of child bearing age. There is also a significant number of old people (males and females) who engage in sexual activities.

The Department is continuously promoting the use of condoms, making the public aware of symptoms of Sexually Transmitted Infections (STIs) and emphasizing on the importance of seeking treatment.

On 10-16 February 2020 is STI/Condom week in the Health calendar. STI/Condom Week is aimed not only at reducing the spread of STI but also at curbing the spread of HIV/AIDS.

What is the Meaning of STIs (Sexually Transmitted Infections)?

A Sexual Transmitted Infection (STI) is an infection that can be transferred from one person to another through sexual contact. In this context, sexual contact is more than just sexual intercourse (vaginal, oral and anal) and also includes kissing, and the use of sexual "toys," such as vibrators.

Risk Factors Associated with Acquiring STIs

- Any unprotected penetrative sex (Anal, Vaginal, oral)
- Multiple sexual partners
- Sexual coercion, abuse, rape and violence
- Alcohol and drug consumption in conjunction with sexual activity

- Inconsistent condom usage or incorrect condom use.

- Vaginal douching

- Periodic separation of partners e.g. Migrant work

- History of recent STI

CAUSES

Sexually transmitted diseases (STDs) or sexually transmitted infections (STIs) can be caused by:

- Bacteria (gonorrhoea, syphilis, chlamydia)

- Parasites (trichomoniasis)

- Viruses (human papillomavirus, genital herpes, HIV)

- Sexual activity plays a role in spreading many other kinds of infections, although it's possible to be infected without sexual contact. Examples include the hepatitis A, B and C viruses, shigella, and Giardia intestinalis.

Signs and Symptoms that Might Indicate an STI Include:

- Sores or bumps on the genitals or in the oral or rectal area.
- Painful or burning urination.
- Discharge from the penis.
- Unusual or odd-smelling vaginal discharge.

- Unusual vaginal bleeding.

- Pain during sex.

- Sore or swollen lymph nodes particularly on the groin and sometimes in other areas

- Lower abdominal pain

- Painful or swollen scrotum

- Fever

- Rash over the trunk, hands and feet

- Pubic lice

How Do We Prevent STIs

- Abstinence

- Use condoms and dental dams correctly and consistently

- Stay with one (avoid multiple partners)

- Avoid drinking excessively or using drugs which might expose you to risky behaviour.

- Consider Medical Male circumcision

- Communicate about safe sex with your partner before engaging in any sexual activity

- Avoid vaginal douching since it can destroy normal vaginal floras thus exposing the patient to STI's

When to See the Nurse or the Doctor?

- When you notice any of the signs above
- When you are sexually active and have been exposed to STIs
- When you are at risk according to the risk factors listed above for proper advice.

NB: It is important to treat the partner as well if you have an STI to prevent the spread and reinfection.

NB: STI's don't always cause symptoms, it is therefore critical that you also visit the clinic or the doctor for check-up.



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KZN HEALTH MEC'S VALENTINE'S DAY SAFE SEX PLEA: **"SLIP A CONDOM ON BEFORE YOU GET IT ON"** (DEPARTMENT TO SOON UNVEIL NEW SAFE SEX AWARENESS BILLBOARDS)



As the spirit of Valentine's Day grips the country, KwaZulu-Natal Health MEC Ms Nomagugu Simelane-Zulu is pleading with lovers across the province who may be amorous, to pause and consider the unpleasant consequences of unprotected sex for a moment

February is Reproductive Health Month, and with today being Valentine's Day, MEC Simelane-Zulu says it's an opportune time to remind people about the importance of engaging in safe sexual practices at all

times, so that they will have no regrets tomorrow.

The MEC says couples young and old need not lose themselves in the hazy romance of candle-lit dinners and the requisite red roses, chocolate, wine, good food and

laughter that tend to characterise days such as today.

"KwaZulu-Natal is a very youthful Province. Yet, young people are the most exposed to sexually-transmitted infections such as HIV/AIDS, and other social ills like unplanned and unwanted pregnancy.

"We remain concerned that young girls aged between 15 – 24 in particular, are still exposed to HIV/AIDS, mainly due to inter-generational relationships. Therefore, we have to reinforce messages about safe sexual practices.

"By the way, unplanned pregnancy and the spread of sexually-transmitted infections don't only happen to young people, but the older generations too, as well as among those who have one night stands or so-called 'situationships' (casual sexual encounters).

"It is extremely unfortunate that despite all the different effective contraceptive methods that we have on offer free of charge at our healthcare facilities, people still have unplanned or unwanted pregnancies. In fact, at least 10% of all babies in the province are born to mothers who are aged 18 and below, which is a problem. We say it is a problem because at that age, physiologically and psychologically, they are not ready to have a child. Secondly, it becomes harder for young women to continue pursuing an education and ultimately realise their full potential.

"So, on Valentine's Day and beyond, we are urging our fellow compatriots, young and old, to protect themselves. We also want young men to get circumcised, and use condoms

during every sexual encounter. We are also pleading with men to play a more active role in encouraging their partners to choose a family planning method that is suitable for them. Prevention of pregnancy isn't the sole responsibility of women.

"We are also appealing to men to desist from promiscuity, and to always use protection, so that they safeguard the health and well-being of their partners."

MEC Simelane-Zulu has also revealed for the very first time the Department's advanced plans to unveil brand-new advertising billboards that are aimed at creating sexual awareness among young people.

"These billboards will carry new, fresh, repackaged and youthful messaging to promote HIV prevention, prevention of unplanned pregnancy, family planning, and safe sexual practices. We want to ensure that we reach young people so that we can begin to engender behavioural change. These billboards will be erected in strategic places in order to catch their attention."

The MEC also shared a word of advice for those who may be sad due to being alone on Valentine's Day.

"We want people to know that it's not the end of the world if they find themselves without a romantic partner on Valentine's Day. For young people in particular, they can use the time productively, to catch up on their studies; read a book; go out and watch a movie; or take a walk along the beach with friends."



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YOUR HEALTH YOUR RESPONSIBILITY

WHAT IS ORAL HEALTH?



Oral health is a key indicator of overall health, wellbeing and quality of life.

The World Health Organisation (WHO) defines oral health as "a state of being free from chronic mouth and facial pain, oral and throat cancer, oral infection and sores, periodontal (gum) disease, tooth decay, tooth loss, and other diseases and disorders that limit an individual's capacity in biting, chewing, smiling, speaking, and psychosocial well-being."

The separation involved in viewing the mouth separately from the rest of the body must stop because oral health affects general health by causing considerable pain and suffering and by changing what people eat, their speech and their quality of life and well-being.

Oral health also has an effect on other chronic diseases (1). And because of the failure to tackle social and material determinants and incorporate oral health into general health promotion, millions suffer intractable toothache and poor quality of life and end up with few teeth.

WHO further states that chronic diseases such as obesity, diabetes and dental caries are increasing in developing countries, with the implication that quality of life related to oral health, as well as general

quality of life, may deteriorate. Because oral and other chronic diseases have determinants in common, more emphasis should be on the common risk factor approach.

TIPS TO MAINTAINING ORAL HYGIENE

The following abstract was supplied by the Grand Canal Dental Clinic

1. Brushing twice daily

It is important to brush twice daily, with a soft simple flat headed toothbrush. It's important to focus on the gum line as plaque always moves towards the gums. Use fluoride toothpaste since, it helps strengthen the tooth surface against decay.

2. Floss

Despite adverts for toothbrushes claiming to clean in between the teeth, nothing cleans better than floss or interdental brushes, especially designed for these nooks and crannies. It is important to use floss or an interdental brush in between your teeth to prevent bad breath, tooth decay and gum disease.

3. Avoid snacking

Aim to only have three main meals a day, with minimal snacking. Snacking promotes more plaque acid in the mouth which in turn leaves the

tooth surfaces more susceptible to decay. Sometimes it is not the food we eat but the frequency of what we eat. It is important for the teeth to have a recovery period after every acid attack. If you are peckish, try snack on healthier alternatives such as popcorn, cheese, milk or water.

4. Change your toothbrush regularly

Like any product once it begins to wear it becomes less effective so it is important to change your tooth brush when the bristles start to lose their shape or every three months.

5. Try to quit smoking

Smoking is a very well researched cause of gum disease. It contains lots of toxins that can disguise the normal signs of gum disease and because of these toxins your tartar can be more aggressive and destroy tooth tissue quicker than for a non-smoker.

6. Visit your dentist and hygienist regularly

It is important to see your dentist and hygienist regularly for dental check-ups and cleanings. Your dentist will identify any teeth that may need fillings or look at risk and monitor them. Your hygienist will clean your teeth and advise you on the best tools suited to you to keep your

home care up to scratch.

7. Avoid acid and sugar filled drinks.

Tooth decay is caused by bacteria in the mouth using sugar from foods and drinks to produce acids that dissolve and damage the teeth. Tooth erosion occurs when acid attacks the teeth to dissolve the outer surface of tooth enamel.

The overall benefit of maintaining oral hygiene is the perks of having a beautiful set of pearly whites that keep you away from having to go through the agony of tooth aches.

source:
<https://www.grandcanaldentalclinic.ie/six-top-tips-maintain-good-oral-hygiene-take-care-teeth-mouth/>

Not only does an apple a day keep the doctor at bay but it surely keeps the dentist away too!



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COST EFFECTIVE WAYS TO SPEND

Valentine's

There are two types of people: those who completely adore Valentine's Day and those equally abhor it.

Many of those who hate it will say things such as "It's too expensive", "Valentines leaves me broke" or "It's just another holiday created by businesses for us to spend money unnecessarily". Either way you look at it, the excuses tend to be about money. However, showing your loved one that you love them doesn't have to cost an arm or a leg. Here are few ideas of how to spoil them:

PICNIC

As an alternative to spending money on restaurant food, you can just make a meal or sandwiches and have a romantic date

at the beach, at the local park or even your back yard.

MAKE A GIFT

Gifts that take time to make can often be more sentimental and treasured than store-bought presents. Use Pinterest and other websites for ideas on what to make. From food, to home or office decorations, the internet is teeming with ideas on how to make a variety of things. If you have children, you can even recruit them as your helpers for a quicker and fun time.

SPA AT HOME

Simply ask your person of choice to sit or lay down while you work your magic with lotions and oils you already have in your home. Valentine's day doesn't have to break the bank! What cost-effective ideas have you used or are planning to use on Valentines? Tell us on Facebook and we'll publish our favourite ideas on next week's Health Chat and on our Facebook page.



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WHO SAID WHAT THIS WEEK

"BREAKING!!! We now have a name for the #2019nCov disease: COVID-19, ill spell it: C-O-V-I-D hyphen one nine-COVID-19".

World Health Organization

"Under agreed guidelines between WHO, the @OIEAnimalHealth & @FAO, we had to find a name that did not refer to a geographical

location, an animal, an individual or group of people, and which is also pronounceable and related to the disease".

World Health Organization

"Having a name matters to prevent the use of other names that can be inaccurate or stigmatizing. It also gives us a standard format to use for

any future coronavirus outbreaks".

World Health Organization

As we deal with RBM: let's build a conducive environment for investments & business to create jobs"

Sihle Zikalala, Premier of KwaZulu-Natal.



INVENTIONS THAT SHAPED THE WORLD: GARDASIL, THE FIRST HPV VACCINE

Gardasil, the HPV vaccine made by Merck & Co, was licensed for use in June 2006. It targets four types of HPV: 6, 11, 16 and 18. Types 16 and 18 lead to cervical cancer.

HPV 6 and HPV 11 cause about 90% of genital warts. The vaccine contains a virus-like particle but not the actual virus. Three doses are given over six months.

Insurance coverage for Gardasil is common within the recommended age ranges. The federal Vaccines for Children Program cover the vaccine for those under age 19 who qualify. No serious HPV vaccine side effects have been found, although fainting spells following injection have been reported in teens and young adults. Sometimes soreness occurs at the injection site. It should not be administered to pregnant women.

The vaccine was approved for medical use in the United States in 2006, initially for use in females aged 9–26. In 2007, the Advisory Committee on Immunization Practices (ACIP) recommended

Gardasil for routine vaccination of girls aged 11 and 12 years.

had been approved in 120 other countries.

Source: en.wikipedia.org

As of August 2009, vaccination was recommended before adolescence and the beginning of potential sexual activity. By 2011, the vaccine



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KZN HEALTH IN PICTURES

KZN HEALTH STAFF BIDS FAREWELL TO FALLEN SECURITY PERSONNEL @ KING CETSHWAYO DISTRICT





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