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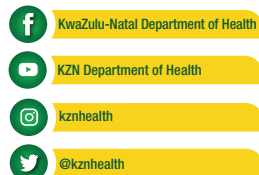
APRIL 2021

**MASIGOMELE  
IGCIWANE LE-COVID-19  
UKUZE SIZOPHEPHA**

**PHANSI AMAPHAPHU!!!  
NAWE, UZOWUTHOLA UMGOMO  
WEGCIWANE LE COVID-19**



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**UNKK NOMAGUGU SIMELANE**  
UNGGONGQOSHE WEZEMPILO

## MASIGOMELE IGCIWANE LE- COVID-19 UKUZE SIZOPHEPHA

Ngokubambisana, SESIHAMBE ibanga ELIDE futhi SISAZOQHUBEKA nempilo uma sithatha isinqumo esiphusile sokuthi SIYOGOMELA igciwane le-COVID-19.

Zakhamuzi zaKwaZulu-Natali, sekuyisona sikhathi lesi sokuthi leli thuba eliyinqayizivela lokuyogonywa mahhala silibambisise ngezandla zombili ukuze sizovikeleka.

Isigaba soku-1 sohlelo lokusatshalaliswa komgomo (komnokoloto) lapha e-KZN okungesokugoma abasebenzi bezempilo okuyibona abasezimpondweni zokulwa le mpi, sesivele sesiqalile.

UMnyango ufisa ukubabonga futhi ubancome bonke abasebenzi bezempilo abaphume ngobuningi babo bazogoma. Sithanda ukugqaguzela nalabo abangakezi ukuba beze bazothatha eyabo.

Uhlelo lokusatshalaliswa komgomo (komnokoloto) luzobe lulokhu lusatshalaliselwa nakwezinye izibhedlela (ukwengeza kulesi sase-Prince Mshiyeni Memorial nesaseNkosi Albert Luthuli) bese kufakwa nezigaba ezilandelayo zabantu, njengoba isifundazwe silokhu siqhubekile nokuthola imithwalo yalo mgomo. Ekugcineni, wonke umuntu uzowuthola umgomo (umnokoloto), kodwa okwamanje lolu hlelo lusatshalaliswa ngokwalezi zigaba ezilandelayo:

**Isigaba soku-1 :** Abasebenzi bezempilo okuyibo abangamafolosi okulwa nempi yobhubhane

**Isigaba sesi-2 :** Abasebenzi abenza imisebenzingqangi, abantu abangaphezulu kweminyaka engama-60 yobudala nalabo abaneminyaka eyi-18 nangaphezulu abaphila nezinye izifo

**Isigaba sesi-3 :** Nabo bonke abantu abaneminyaka yobudala engaphezulu kweyi-18

Ukugoma selokhu kwaba yingxenywe yempilo yethu kusukela sizalwa. Ngempela akumele sibe nengebhe njengoba nawo lo mgomo wobhubhane i-COVID-19 uzosebenza ngendlela efanayo nalena yezinye izifo ezifana njengesifo sovendle (polio), isifo esithathelana ngokocansi i-Human Papilloma Virus (HPV), ingxibongo (chicken pox), isimungumungwana (measles) nezinye eziningi. Sofinyelela esigabeni lapho sokwazi ukuthi abantu sebegome bonke kuphela uma sizophuma sonke ngobuningi bethu sizogoma. Ngempela sekusezandleni zethu ukuthi sizakhele thina ikusasa lethu futhi siqinisekise ukuthi siyakuthokozela ukuphila isikhathi eside siyimiqemane. Masizenzeleni thina, imindeni yethu, imiphakathi yethu, isifundazwe sethu kanye nezwe lethu elihle kakhulu.

UMnyango uthanda ukubonga izakhamuzi zaKwaZulu-Natali ngokuweseka nangokubamba kwazo iqhaza ekulweni nale mpi yalolu bhuhane i-COVID-19. Sibonga kakhulu ngokuhlonipha kwenu imithetho yezokuphepha yobhubhane i-COVID-19 nangendlela eniziphatha ngayo. Yize kunjalo, kodwa masingabi-ke nobudedengu njengoba sehlela esigabeni soku-1 semvalelwakhaya (lockdown). Kusadingeka ukuthi siqhubeke nokwehlisa amathuba okuthi sithaleleke ngokuthi:

Sigqoke izifonyo (amamaski) ngaso sonke isikhathi;

Sigeze izandla ngamanzi anensipho noma sizihlanze ngesibulalimagciwane esithakwe ngokusatshwala,

Siqhelelana ngebanga elifanele nabanye abantu.

**Zikhethele ukuthi uyogoma, uhlale uphilile!**

## PHANSI AMAPHAPHU!!! NAWE, UZOWUTHOLA UMGOMO WEGCIWANE LE COVID-19

Sifisa ukuphinda siqinisekise bonke abasebenzi bezempilo, abasebenzi abenza imisebenzingqangi (amaphoyisa, othisha, abasebenzi basezikhungweni zezezimali nabo bonke abanye abantu bemikhakha esebenza ngomphakathi ngqo) kanye nezakhamuzi zesifundazwe sonke ukuthi nabo bazowuthola khonamaduze nje umgomo (umnokoloto) wegciwane lobhubhane i-COVID-19.

Kasinikhohliwe neze, nani nizolithola ithuba lokuthi nigonywe uma sesinayo eminye imijovo yalo mgomo (mnokoloto).

NjengoHulumeni, sisiqonda kahle kamhlophe isidingo sokuthi senze konke okusemandleni ukuthi kugonywe abantu abaningi ngokushesha ukuze sizoba nesizwe esigonyiwe.

NjengoHulumeni sisiqonda kahle kamhlophe isidingo sokuthi kumele sizame ngakho konke okusemandleni ukugoma abantu abaningi ngokushesha ukuze sizoba nesiqiniseko sokuthi sinomphakathi ovikelekile

Ukusatshalaliselwa komgomo (komnokoloto) ezindaweni eziningi kuzoqinisekisa ukuthi abantu abaningi, ngisho nalabo abasezindaweni ezikude zasemakhaya esifundazweni sethu bawuthola ngendlela efanele.



**UDKT. SANDILE TSHABALALA**  
INHLOKO YOMNYANGO

Ngakho-ke sinxusa zonke izinhlaka zomphakathi ukuthi zibeke phansi umoya bese nazo zilindela ithuba lazo.

Uhlelo lokusatshalaliswa komgomo (komnokoloto) wegciwane le COVID – 19 lwethulwa ngokusemthethweni ngokushesha emva nje kokufika komthwalo wokuqala womgomo (womnokoloto) ngomhla we-18 kuNhlolanja wezi-2021, futhi lwabe seluqaliswa ngokushesha ezibhedlela ezimbili ezasezihlonzelwe lona:

**Isibhedlela i-Prince Mshiyeni Memorial** esinezindawo zokugomela ezili-10

**Isibhedlela Inkosi Albert Luthuli Central** esinezindawo zokugomela ezingama-20

UMnyango wabe usuqala ngokushesha izinhlelo zokuthi lolu hlelo ludluliselwe nakwezinye izibhedlela ngokuthi uhlonze ezinye izibhedlela ezikwezinye izifunda ukuze kuqinisekise ukuthi kufinyelelwa kubantu abaningi, yize okwamanje kusagxilwe ekutheni lo mgomo utholwe ngabasebenzi bezempilo, njengengxenywe yesigaba sokuqala sokusatshalaliswa kwawo.



# I-KZN IQEDA UNYAKA OWODWA KUSUKELA KWABA NESIGAMEKO SOKUQALA SOKUBHEDUKA KOBHUBHANE I-COVID-19



**Ngomhla wesi-5 kuNdasas wezi-2021 iNingizimu Afrika ibiqeda unyaka owodwa kusukela kwaba nesigameko sokuqala sokubheduka kobhubhane i-COVID-19 KwaZulu-Natali. UNgqongqoshe wezeMpilo kuZwelonke, uDkt. Zweli Mkhize ehambisana noNdunankulu wase-KZN uMnu. Sihle Zikalala kanye noMphathiswa wezeMpilo e-KZN uNkz. Nomagugu Simelane bebekade bebuyekeza izigameko ezenzekile njengoba sekuphele unyaka wonke kulokhu kuliwa negciwane lalo mbhedukazwe ikhorona, bebesibhedlela i-Greys, okuyisona sibhedlela sokuqala okwatholakala kuso isiguli sokuqala esasinaleli gciwane.**

UMphathiswa Simelane usakhumbula, "Ngesikhathi ngizwa okokuqala izindaba zokuthi sesinesiguli sokuqala esinaleli gciwane, angikholwanga. Angibanga naso isiqiniseko sokuthi ngabe lezo zindaba zabe zilinginiso yini, noma zabe zingamampunge nje. Ngavele ngakhungatheka.

Ngaphambi kwalokho, sasesivele sesisilungiselele isifundazwe ukuthi uma kwenzeka sithola isiguli sokuqala, sibe sesimi ngomumo. Yize kunjalo, kodwa sasingakaze sikucabange nje

ukuthi umuntu wokuqala ezweni lonke wayengaba ngowase-KZN. Kanti-ke, emva kwaleso sigameko sokutholakala komuntu wokuqala, njengoba sesazi sonke ukuthi impilo yabe isiguquka unomphela kubasebenzi bezempilo nakubo bonke abantu baleli lizwe."

Echaza ngakubona, uDkt. Bradley Naidoo, ongudokotela osemusha ongomunye wodokotela ababesebenza ngelanga okwafika ngalo isiguli sokuqala ukuba naleli gciwane esibhedlela sase-Greys,

"Ngikhumbula kahle kamhlophe emasontweni andulela ukungeniswa esibhedlela kwesiguli sokuqala ukutholakala sinaleli gciwane. Izindaba zokuqubuka kwaleli gciwane elisha elihlasela umgudu wokuphefumula ezwenikazi lase-Asia zazibebhethekisa okomilo wequbula emazweni aphehlaya kwezilwandle. Saaqale sacabanga ukuthi naleli gciwane lizofana namanye amagciwane ekhorona aseke aba khona ngaphambilini, ngokuthi lizohlala kulezo zindawo eliqubuke kuzo kuphela,

kodwa kwabe sekuvela izindaba zokuthi selisabalele nasemazweni aseYurophu nawaseMelika, yilapho-ke kwangicacela khona ukuthi leli gciwane le khorona liyogcina lifikile nakuleli lakithi.

"Ngaleso sikhathi izindaba ngaleli gciwane elingumashayabhuqo zase zisabalele yonke indawo ngobungozi balo leli gciwane, ukuthi lizosihlasela yini nathi leli gciwane, sizobe sikulungele yini ukubhekana nalo nanokuthi sizolwa kanjani nalo futhi kwase kunalowo muzwa wokuba nexhala nengebhe ngaleli gciwane. Ngibukhumbula kahle lobo busuku okwafika ngabo isiguli sokuqala esasinaleli gciwane, empeleni kwakuwusuku lwami lokugcina ngisebenza ebusuku ngaphambi kokuba ngiye ekhefini, okujwayeleke ukuba kube wubusuku obumnandi esibhedlela kodwa kwathi ngezikhathi zamaphakathi namabili ngathola ucingo olwaluthi kunesiguli esinegciwane le khorona esizolethwa ngabashayeli bemoto ethwala iziguli, ngacelwa ukuba ngivule igumbi lokusihlalisa ngasodwana bese ngiyasemukela.

Kwaphuma bonke odokotela bethu asebenkantshubombu, abahlengi nabahlengikazi futhi ngicabanga ukuthi kwathatha isikhathi cishe esingangehora lonke ngaphambi kokuba isiguli lesingeniswe ngaphakathi kodwa lelo hora lafana nosuku lonke. Ngafikela yinqwaba yemicabango engqondweni ngaleso sikhathi mayelana naso lesi siguli. Zaziziningi kakhulu izindaba ezazivela emazweni aphehlaya kwezilwandle, zikhuluma ngokuthi lalubahlasela kanjani abantu lolu bhuhane, nathi-ke sasicabanga ngokuthi ngabe sizophatheka kanjani lesi siguli. Ngabe zizodinga ukufakelwa umoyampilo (i-oxygen) na? Ngabe zizodinga ukufakwa egunjini labagula kakhulu (e-ICU)? Ngabe hlobo luni lonakekela okuzodingeka sibanike lona njengoba kwakukuncane kakhulu esasikwazi ngaleso sikhathi.

Ngangiphinde ngicabange kabanzi ngokuphepha kwami kanjalo nokwethimba esasisebenzisana nalo. Emasontweni alandela lapho, kuningi kakhulu okwenziwa

nguNgqongqoshe wethu, uMphathiswa wethu, abaholi bethu kanjalo namathimba ethu aseziphedlela zendawo ukulungiselela indawo ezoba namagumbi okuhlalisa isiguli ngasodwana, ukuqinisekisa ukuthi leyo ndawo iphephile futhi isesimani esihle ukwamukela iziguli zethu kanye nathi uqobo.

Waba mkhulu ngendlela eyisimanga umsebenzi owenziwa ngosista bethu boPhiko olubhekelele ukuLawula kokuNqandwa kwezifo ezithathelanayo (IPC) nethimba labo ngokusitholela Impahla Yokuzivikela (PPE), basinika noqeqesho lokuthi isetshenziswa kanjani le Mpahla Yokuzivikela, njengamanje lolu qeqesho selwaziwa ngokuthi "ukugqoka nokukhumula" futhi konke lokhu kwenzeka nje ngalobu busuku obubodwa nje vo. Yize kunjalo, kodwa miningi imicabango eyayisifikela engqondweni ngokuthi ngabe yayizosisebenzela yini imahla yokuzivikela, ngabe ngeke yini sizichayise egciwaneni, kuzokwenzekani uma le mpahla yokuzivikela (PPE) ihluleka ukusivikela uma sesiphambi kwesiguli?

Kodwa ngaphezu kwakho konke lokho sabeka impilo yesiguli sethu phambili futhi saqinisekisa ukuthi ukusinakelwa yikona okuhamba phambili kunakho konke okunye. Izinsuku ezimbalwa zokuqala zaba matasa kakhulu ngokuthi kwase kumele siqaphelise kakhulu ngisho nakulezo zinto esasesingazazinaki kakhulu, njengokuyohlola isiguli ngendlela ejwayelekile, ukubhala phansi okuqhubekayo ngesiguli ngendlela ejwayelekile, ukubhalela isiguli imithi (imishanguzo) okumele siyisebenzise, ukuthatha amasampula egazi esigulini ukuze ayohlolwa, konke lokhu kwaba yinselelo engajwayelekile futhi bonke abantu abanolwazi olunzulu baphoqeleka ukuba basukume ukuze kuzanywe imizamo yokuthola izixazululo zalezi zinkinga. Izinto ongeke uzinakisise njengezokubhala noma amaphepha okungenwa nawo uma kuyohlolwa isiguli, kumele zigcinwe kulelo gumbi okulele kulo isiguli, kungaphunywa nazo ukuze kulawuleke ukusabalala

kwegciwane."

Emva konyaka kwenzeka lesi sigameko, ziningi kakhulu izinguquko esezenzekile emva kokungenelela kukaHulumeni ngezindlela eziningi njengokuqashwa kwabasebenzi abangaphezulu kwezi-10 000. Kulo mcimbi uMphathiswa wezeMpilo umemezele ukuthi ingamaphesenti ayisi-7 kuphela imibhede yeziguli ezinegciwane le COVID-19 esetshenziswayo futhi nesibalo sabantu abathelekayo ngaleli gciwane esekhule kakhulu esifundazweni. Isifundazwe siphinde sabungaza uhlelo lokusatshalaliswa komgomo (komnokoloto) i-"Johnson and Johnson" olwaluqaliswe ngokunikwa kwabasebenzi bezempilo esibhedlela i-Prince Mshiyeni Memorial nesaseNkosi Albert Luthuli kanti kamumva nje seludluliselwe nasesibhedlela i-Edendale.

Ngempela, njengamanje siyizwe kanye nesifundazwe sekubukeka kwangathi sesizinqobile izingqinamba ezinkulu ezimayelana nobhubhane i-COVID-19. Yize kunjalo, kodwa uMphathiswa uSimelane ukuphawulile ukuthi besingeke nakancane sifike kule mpumelelo esikuyo ngaphandle kokusebenza ngokuzinikela kwezinkulungwane zabasebenzi bezempilo. UNgqongqoshe, uNdunankulu kanye noMphathiswa bakhumbule labo basebenzi bezempilo abasala empini yokulwa nalolu bhuhane emcimbinini wokukhanyiswa kwamakhandlela.

UMandy Nyawo, ongumhlengikazi oqeqeshiwe ube nokuncoma okukhulu ngokwesekwa nangolwazi ahlale ekuthola njalo kubaphathi esibhedlela asebenza kuso nokuyikho okumenza ukuthi ahlale njalo enethemba futhi asebenze ngokuzimisela njalo. "Engikuthanda kakhulu ukuthi uHulumeni wethu usesihlinzekile ngomgomo (ngomnokoloto) futhi sithemba ukuthi izinga labantu abagulayo nelabazoshona lizokwehla njengoba uHulumeni esewuthengile umgomo (umnokoloto). Sibonga kakhulu. Sonke nathi sesilibeke ngabomvu ithuba lokuthi sithole owethu umgomo."



# EZINYE IZIGAMEKO NGOHAMBO LOKULWA NOBHUBHANE I-COVID-19: USOLWAZI MOSA MOSHABELA WASE-UKZN



**Esikhathini esingangonyaka kusukela kwaqubuka igciwane le COVID-19 KwaZulu-Natali, sijeqeza emumva ukuze sibuke izigameko esidlule kuzo kulolu hambo olude esiluhambe ngokubambisana ngesikhathi sobunzima obukhulu emhlabeni wonke, ezweni lonke, emphakathini wakithi nasemakhaya ethu. Kumele siqale ngokuvuma ngandlela zonke ukuthi lesi bekuyisikhathi senhlupheko, sentukuthelo, sokukhungatheka, sobuhlungu nokulahlekelwa. Kumele sibakhumbule labo abasishiya emhlabeni kungakabi yisikhathi ngenxa yalolu bhuhane i-COVID-19.**

Esikhathini esingangonyaka kusukela kwaqubuka igciwane le COVID-19 KwaZulu-Natali, sijeqeza emumva ukuze sibuke izigameko esidlule kuzo kulolu hambo olude esiluhambe ngokubambisana ngesikhathi sobunzima obukhulu emhlabeni wonke, ezweni lonke, emphakathini wakithi nasemakhaya ethu. Kumele siqale ngokuvuma ngandlela zonke ukuthi lesi bekuyisikhathi senhlupheko, sentukuthelo, sokukhungatheka, sobuhlungu nokulahlekelwa. Kumele sibakhumbule labo abasishiya emhlabeni kungakabi yisikhathi ngenxa yalolu bhuhane i-COVID-19.

Kodwa okwamanje, ngifisa ukuthi kesithathe umzuzwana kesijeqeze emumva sibuke izigameko ezenzekile kulo nyaka ophelile futhi sizamukele lezo zigameko eziningi ezibe yisifundo kithi bese sethamba ukuthi lezi zifundo zizosisiza ukuthi sithathe izinqumo eziphusile ohambeni lwehu lokunqoba lo mbhedukazwe womhlaba wonke. Iqiniso lokuqala engizothanda ukuthi ngilivume futhi ngilamukele ngelokuthi igciwane elibangela lolu bhuhane i-COVID-19 lavela e-China lase lisabalala emhlabeni wonke jikelele. Isifundo lapha ukuthi yize singazihlalela edolobhaneni elincane elikude le ezindaweni zasemakhaya KwaZulu-Natali, kodwa kumele sikhumbule njalo ukuthi sixhumene nomhlaba wonke. Imincele ehlukana amazwe kanye nezilwandlekazi eziphakathi kwamazwekazi (continents) nazo ziyimincele yokuzenzela nje kodwa ukuxhumana kwethu njengengxenywe yomndeni womhlaba wonke jikelele kusikhumbuza ukuthi okwenzeka e-China kuzogcina nathi kusithikameza lapha KwaZulu-Natali. Ngakho-ke kumele sikuqaphele konke lokho okwenzeka kwamanye amazwe omhlaba futhi sikwamukele ukuthi okwenzeka kwelinye izwe kusengenzeka nalapha eNingizimu Afrika. Sesikubonile lokhu ngandlela igciwane elisha eseliziguqulile eliqale ukutholakala eNingizimu Afrika kodwa njengamanje eselitholakala ezingxenyeni ezahlukene zomhlaba, okuyinhlenhanyovane kwesakubona ngegciwane elasabalala lisuka e-China lagcina selifike nalapha eNingizimu Afrika.

Iqiniso lesibili ngokwami ukuthi labo abethu abanenhlanhla yokuhambela kwamanye amazwe omhlaba kungaba yibo abathwala isifo besuke naso kwezinye izingxenywe zomhlaba bese besiletha emiphakathini yethu engakaze iphumele ngaphandle kwezifunda nezigodi ehlala kuzo. Sihambela amazwe aphesheya kwezilwandle bese sibuya sesithwele izifo sizothelala ngazo labo abangakaze baphumela ngaphandle kwezwe. Labo abasemadolobheni bahambela izindawo ezisemakhaya bethwele izifo bafike bathelele ngazo labo abangakaze

baphumela ngaphandle kwezigodi abahlala kuzo. Kusona lesi simo sokuthwalwa kwezifo zisuswa kwenye indawo kuyothelaleka abahlala kwenye indawo kukhona neqiniso lokuthi isimo somnotho nezinga lempilo emphakathini kunomthelela njengoba lokho kuye kubonakale ngenzanga lokungalingani emphakathini. Singazama ukusiphika ngayo yonke indlela lesi simo, kodwa iqiniso linye nje ukuthi kumele sisivume ukuthi sikhona futhi siyenzeka emphakathini. Kumele ngisho futhi ukuthi izifo ezihambisana nobuphofu nazo ziyathwalwa zisuka ezindaweni ezisemakhaya ziye ezindaweni ezingamadolobha bese zisabalalela emhlabeni wonke futhi yingakho nje abantu baye bakhulume ngezokuqapha ezempilo emhlabeni wonke, okuye kubonakale njalo eminceleni emikhulu yamazwe. Kanti-ke kuyithemba lami ukuthi silivume leli qiniso bese sizibophezela ekwakheni indlela yokuvikela umphakathi ezoqinisekisa ukuthi sonke siyazibophezela ekunakekeleni impilakahle yomunye nomunye ngenxa yesizathu sokuthi kungenzeka ukuthi sibeke impilo yabanye engcupheni ngenxa yezinto esizenza ngazo kubona noma kube yizinto ezingagcina sezindaweni kubo.

Iqiniso lesithathu ngifisa ukulamukela yilelo elimayelana nobudlelwane bethu singabantu kanye nezilwane. Akukasuki engqondweni yami ukuthi sasheshe salehlulela izwe lase-China ngokuthi igciwane le COVID-19 laqala khona ukusuka ezilwaneni lahlasele abantu futhi ngisho abantu bakulo leliya lizwe sibabuka ngalelo liso elibamatana namagama nohlobo lwalezo zilwane ezikulelo luhlu. Yize kunjalo, kodwa nathi sinabo ubudlelwane bethu nezilwane khona lapha KwaZulu-Natali, iningi lalezi zilwane kuba yilezo ezifuywa emakhaya kanye nezinye ezasendle, kodwa okusalayo kusuke kuseyibo ubudlelwane nezilwane. Kasikhulumi yini ngenkinga yesifo samatele (isifo sezinkomo), ngenyukhasela (isifo sezinkukhu), njll na? Ake sithathe umzuzo ube munye kesicabangisise ngalolu daba, siphinde sibheke futhi ukuthi silokhu siqhubeka njalo nokusebenzisa izinto ezivela kuzo kanye lezi zilwane. Uma singenza kanjalo sizobe sesiyakwazi ukuqonda kancono ukuthi sixhumene kanjani namanye amazwe omhlaba, hhayi ngokwabantu nje kuphela noma ngokwamazinga ezomnotho nezinga lempilo kodwa ngisho nangezinhlobo zezilwane esisebenzisa imikhiqizo yazo enhlobohlobo. Lokhu angikusho ngoba ngifuna ukususa umsindo kodwa ngikusho ngenhloso yokuqwashisa nje bese sizoqala uhlelo lokuqinisekisa ukuphepha kwethu singabantu kanye nokuphepha kwezilwane esiphilisana nazo ngokwesimomqondo sokubhekelela ingomuso.



# NGABE YAZILUNGISELELA KANJANI I-KZN UKUBHEKANA NEZINSELELO ZOBHUBHANE I-COVID-19

## UKUHLONZWA KWESIBHEDLELA SOKUQALA

Ngaphambi kokutholakala komuntu wokuqala owayenaleli gciwane le-COVID-19, sasesivele sesithathiwe isinqumo sokuthi **isibhedlela i-Greys** kwakuzoba yisona sibhedlela sokuqala okwakuzokwelashelwa kuso abantu asebehaqwe yigciwane le-COVID-19 njengoba neziguli ezaziguliswa yisifo se-Ebola zazilaliswa kuso lesi sibhedlela.

Isiguli sokuqala esasinaleli gciwane salaliswa kusonani lesi sibhedlela.

Emva kwalokho **izibhedlela i-Addington, iNgwelezane neManguzi** nazo zafakwa ohlwini. **Isibhedlela i-Richmond** sona saba ngesinye sezibhedlela ezaguqulwa zalungiswa kabusha ngesikhathi kuqubuka lo mbhedukazwe. Ezinyangeni ezimbalwa nje lesi sibhedlela bese siguquliwe ekubeni yisibhedlela se-TB saba yisibhedlela esiseqophelweni eliphezulu sokubhekana nobhubhane i-COVID-19

esinemibhede engama-95 yokugonqisa nokuhlalisa iziguli ngazodwana. **Isibhedlela i-Doris Goodwin** okuyisibhedlela esigxile ekwelapheni iziguli ezinesifo sofuba esingazweli emakhambini (MDR-TB) esinemibhede eyi-100 eMgungundlovu naso sahlonzwa njengesinye sezibhedlela ezaba ngezokuqala ezahlonzelwa ukugonqisa iziguli. Phakathi kwezinye izibhedlela kwezaguqulwa ukuze zibhekane neziguli ezazinegcwane i-COVID-19 kwaba **yisibhedlela i-Wentworth, i-Dundee** kanye ne-**Niemeyer**.

## IZIBHEDLELA EZAKHIWE KABUSHA

Ukwakhiwa kabusha **kwesibhedlela i-Clairwood** kwaphothulwa ngenyanga kaNhlanguvana wezi-2020 okwathatha izinyanga ezimbili nje kuphela, okuyisibhedlela esinemibhede eyi-154 yokuhlalisa iziguli ngazodwana nengama-40 yokuzigonqisa. Siphinde sikwazi ukusebenza ngobuxhakaxhaka bezobuchwepheshe njengokuba neminyango ekwazi ukungenisa abantu abagqoke

izifonyo futhi abanezingakushisa (temperature) elamukelekile emzimbeni kuphela, siphinde sibe nendawo yokuhlaza izimoto ezithwala iziguli (ama-ambulensi) ngesibulalimacwane ngokushesha njalo emva kokwehlisa iziguli ezinegcwane le-COVID-19.

Ngokuhamba kwesikhathi, ciske zonke izibhedlela, kubandakanya nemitholampilo emikhulu, bese zinawo amawodi alungele ukulalisa iziguli ezinegcwane le-COVID-19. Ngesikhathi sokushicilela leli phephabhuku (magazine)

uMnyango ubungakaze ubhekane nenkinga yokuntuleka kwemibhede. Uma kwenzeka ukuthi isikhungo esithile sesamukele iziguli ezanele ezinegcwane le-COVID-19, ezinye iziguli bezihanjiswa kwezinye izikhungo zezempilo ezingaphansi kwawo lo Mnyango.

**Isibhedlela esisha ceke i-Dr Pixley Ka-Isaka Seme Memorial ne-King Dinuzulu** nazo zasezikulungele ukwamukela iziguli uma kwenzeka kuba nokuntuleka kweminye imibhede. Kodwa azange sibe khona lesi sidingo.





## UKUGUQULA IZINDAWO EZITHILE ZIBE YIZIBHEDLELA ZESIKHASHANA

Ukulungiselela iziguli ezinegiwane le-COVID-19 okwase kulindeleke ukuthi isibalo sazo senyuke kakhulu esifundazweni, kwabe sekuguqulwa izindawo ezithile

ukuze zibe yizibhedlela zesikhashana KwaZulu-Natal. Nazi ezinye zalezo zindawo:

**-Inkundla yezemidlalo i-The Royal Showground**, Ngaphansi kwesifunda uMgungundlovu.

**-Isikhungo sokuqeqesha i-Amatikulu Training Centre**, esingaphansi kwesifunda i-King Cetshwayo.

**-Ihhotela i-Coastlands**, elingaphansi kwesifunda iTheku

**-Indawo ehlala abavakashi i-Chaka's Rock Chalets**, engaphansi kwesifunda iLembe

Izindawo ezihlala abantu ezizimele emahhotela, ama-B&B nezindawo zokuchitha amaholide nazo zasetshenziselwa ukugonjisa iziguli kuso sonke isifundazwe.



## ABASEBENZI

Ekuqaleni uMphathiswa wezeMpilo uNomagugu Simelane wayenxuse ihhovisi likaNdunankulu ukuba libathwalele izindleko zokuqashwa kwabasebenzi bezempilo abayizi-5 000 izinyanga eziyisithupha abazolekelela ngesikhathi kusaliwa nalempi yalo mbhedukazwe. Yize kunjalo, kodwa esikhathini esingangonyaka wonke laba

basebenzi asebebalelwa ezi-10 000 baphinde belulelwa izinkontileka zokusebenza kwabo ngezinye izinyanga eziyisithupha. UNdunankulu waphawula wathi, "Ukuqashwa kwalaba basebenzi besikhashana kulekelele kakhulu ekwehliseni ingcindezi nokusebenza isikhathi eside kakhulu kwabasebenzi abaqashwe ngokugcwele ngenxa yokubhekana nezinsalelo ezidalwa yilolu bhuhane i-COVID-19. Ukuba khona kwabo kwenza ukuthi yonke into yenzeke ngokushesha ngisho

nokwelashwa kweziguli, lokho obekuholela ekutheni ngisho isikhathi sokulinda seziguli besiba sifushane kakhulu, okungezinye zezinto ezibaluleke kakhulu emsebenzini."

Ngenyanga kaNhlabane onyakeni wezi-2020 uMphathiswa uNomagugu Simelane waphinde wemukela ithimba lodokotela elivela e-Cuba abathunyelwe esifundazweni ukuzolwa nokubhebhetheka kwaleli gciwane lalo mbhedukazwe i-COVID-19.

## UKUXOXISANA NEZINHLAKA ZOMPHAKATHI EZIBAMBE IQHAZA

Kusukela ekuqaleni kwenyanga kaNdasa wezi-2020, uMphathiswa wezeMpilo uNomagugu Simelane neNhloko yoMnyango uDkt. Sandile Tshabalala baqala ukuxoxisana nezinhloko zomphakathi ezahlukene ezibambe iqhaza mayelana nokukhathazeka kwazo nokudingida ngezinhlelo zokuvikela izakhamuzi. Lezi zinhloko zomphakathi zibandakanya iMboni yezokuThutha yaseNingizimu Afrika, abelaphi nabaholi bezendabuko, izinhlangothi zezenkolo, abemithombo yezokwazisa nezinyonyana zabasebenzi.





## IMINIKELO EVELA EZINHLANGANWENI EZIZIMELE

Ziningi izinhlangano ezizimele ezasebenzisana noMnyango ekulweni nobhubhane i-COVID-19. Nazi ezinye zazo:

### Ibandla lenkonzo i-Covenant Fellowship Church International (i-CFCI)

Ngenyanga kaMbaswa wezi-2020 ibandla lenkonzo i-Covenant Fellowship Church International (elaziwa ngokuthi yi-CFCI) lafaka isandla empini yokulwa negciwane lekhorona (i-COVID - 19) ngokunikela ngezifonyo eziyi-20 000.



### Inkampani ekhiqiza iphepha iMondi

Ngenyanga kaNhlanguvana wezi-2020 abakwaMondi, okuyinkampani ehamba phambili emhlabeni wonke jikelele ekukhiqizeni iphepha neziqokathi, yona yanikela ngezifonyo eziyi-100,000 zohlobo lwe-FFP3/N95 zokuvikela abasebenzi bezempilo okuyibo abangamafolosi empi yokulwa nobhubhane i-COVID-19 KwaZulu-

Natali. Lezi zifonyo zeqophelo eliphezulu, "ezaziinyama enkulu" ikakhulukazi ngesikhathi sokuhlasela kwalolu bhuhane okwehlandla lokuqala zaba wumnikelo ovela esikhwameni esaziwa ngokuthi yi-Solidarity Fund ukuze zedluliselwe eMnyangweni wezeMpilo KwaZulu-Natali futhi ezabiza imali ecela ezigidini eziyi-R10.



### Inkampani Yamabhasi i-Transnat Coachlines

Ngenyanga kaNhlaba wezi-2020 inkampani yamabhasi ezinze e-Newcastle i-Transnat Coachlines yanikela ngemitholampilo

engomahambanendwana emithathu (amabhasi amabili neloli elilodwa) ukulekelela uMnyango wezeMpilo esifundazweni ukuze ukwazi ukuhlelela kuyo abantu abanezimpawu zegciwane le-COVID-19.



### Abakwa-Transnet

Ngenyanga kaNhlaba wezi-2020 abenkampani yakwa-Transnet bethula ngokusemthethweni isitimela esiwumtholampilo esaziwa ngokuthi yi-Transnet-Phelophepha healthcare train clinic e-Phoenix, enyakatho yeTheku.

### Abakwa-Toyota

Ngenyanga kaNcwaba wezi-2020 abenkampani yakwa-Toyota banikela ngempahla eyisamba semali esiyizigidigidi zamarandi okwakuhloswe ngayo ukwelekelela uMnyango wezeMpilo KwaZulu-Natali (KZN) kanye nomasipala wesifunda iTheku. Le mpahla eyisamba

semali esilinganiselwa ezigidini eziyi-R15 ibandakanya izinsizakuhlolela igciwane le-COVID-19, izinsiza ezisetshenziswa ezibhedlela, amaveni ayi-10 ohlobo lakwa-Hilux asetshenziselwa ukuthungatha labo abake basondelana nosenegciwane kanye nezifonyo ezisahawu ezivikela ubuso bonke.





# UKUCACISA NGOMGOMO WOBHUBHANE I-COVID-19

Ngabe uyini umgomo (umnokoloto)?

NgokweNhlangotho yeMpilo eMhlabeni wonke jikelele (WHO) ukugoma kuyindlela elula, ephephile nesebenza ngokufanele ukuvikela abantu ukuthi bangangenwa yizifo eziyingozi, ngaphambi kokuthi zibahlasele. Umgomo (umnokoloto) uqinisa amasosha omzimba wakho ukuze umzimba ukwazi ukuzivikela wona ngokwemvelo uma uhlaselwa yizifo ezithile.

Umgomo (umnokoloto) uqeqesha amasosha omzimba wakho ukuthi akwazi ukulwa futhi anqobe uma ebhekene nezifo. Yize kunjalo, kodwa ngenxa yokuthi umgomo (umnokoloto) wakhiwa ngamanye amagciwane noma amabhaktheriya asebulwe noma angasenawo amandla, wona awusidali isifo noma ukubeke engcupheni yokuhlaselwa yizo.

Imigomo (iminokoloto) eminingi itholakala ngokuthi ujoywe ngayo, kodwa eminye iyatholakala ngokuyidla (ngomlomo) noma uyifuthe emakheleni.

Ngabe sekuhloliwe yini ukusebenza komgomo we-COVID-19?

Yebo.

Imigomo (iminokoloto) esetshenziswa kakhulu

isinamashumi amaningi eminyaka ilokhu ikhona futhi ithathwa ngokuphepha yizigidigidi zabantu minyaka yonke. Njengayo yonke imithi (imishanguzo), umgomo (umnokoloto) nawo kumele uyohlolwa kabanzi ukuze kuqinisekise ukuthi uphephile ngaphambi kokuthi udluliselele emphakathini, ngokweNhlangotho yeMpilo eMhlabeni wonke jikelele (WHO).

Umgomo (umnokoloto) osahlolwa kumele uqale usekshenziswe ezilwaneni ukuwuhlola ukuthi uphephile yini nokuthi unawo yini amandla okunqoba izifo. Emva kwalokho-ke uzobe usuyohlolwa kubantu.

Ngaphambi kokuthi umgomo (umnokoloto) usatshalaliswe, kumele uqale uyohlolwa ukuphepha kwawo, ukusebenza kwawo ngendlela efanele nezingabunjalo lawo yiNhlangotho eLawula ukuKhiqizwa kweMithi (kwamaKhambi) yaseNingizimu Afrika (SAHPRA). Le Nhlangotho (SAHPRA) isizibophezele ekutheni lonke uhlobo elwenzayo izolusheshisa ngezindlela eziningi ukuze ukugunyazwa nokusatshalaliswa kwemikhiqizo kungezokuthatha isikhathi eside. Umgomo (umnokoloto) i-AstraZeneca okhiqizwe yiNyuvesi yase-Oxford usugunyaziwe yizinhlangano

eziningi emhlabeni wonke jikelele futhi usatshalaliselwa nakwamanye amazwe (NICD 2020).

Esikhathini esingaphansi kwamahora angama-24 kufike umgomo (umnokoloto) i-Johnson & Johnson eNingizimu Afrika, uMengameli weZwe uMnu. Cyril Ramaphosa, uNgqongqoshe weMpilo uDkt. Zweli Mkhize, isekela lakhe uMnu. Joe Phaahla kanye nabasebenzi bezempilo bathola imigomo (iminokoloto) yabo esibhedlela sesifunda iKhayelitsha esifundazweni i-Western Cape ngomhla we-17 kuNhlolanja.

"Umgomo (umnokoloto) i-Johnson & Johnson usuhlolwe ngezindlela eziningi futhi nawo wakhombisa ngokusobala ukuthi uphephile futhi uzokwazi ukuvikela abasebenzi bethu bezempilo ukuthi bangahlaselwa yizifo futhi bangabulawa yilolu bhubhane i-COVID-19," kusho uMengameli u-Cyril Ramaphosa.

"Ukukhombisa ukuthi siyawethemba lo mgomo (umnokoloto) nokwehlisa ingebhe abanye abantu abanayo, uNgqongqoshe weMpilo kanye nami sizongena kuleli thimba lokuqala labasebenzi bezempilo elizoba ngelokuqala ukuthola lo mgomo eKhayelitsha."

Ukugoma kuyindlela elula, ephephile nesebenza ngokufanele ukuvikela abantu ukuthi bangangenwa yizifo eziyingozi, ngaphambi kokuthi zibahlasele





# ABASEBENZI BEZEMPILO KWAZULU-NATALI BATHOKOZELE UMGOMO WE-COVID-19

Abasebenzi bezempilo abanengi sebesukumele phezulu bayothola umgomo wabo we-COVID-19. Nanka amanye amazwi ahlabahlosile ashiwo yilabo asebewutholile lo mgomo.

Usuku lokuqala lokugoma abasebenzi bezempilo KwaZulu-Natali (KZN) lwaba ngomhla we-18 kuNhlangano wezi-2021 esibhedlela i-Prince Mshiyeni Memorial elokishini eMlaza eThekwini. Uhlelo lokwethula ngokusemthethweni nokusatshalaliswa komgomo lwalusingethwe (Iwenganyelwe) nguNdunankulu wase-KZN uMnu. Sihle Zikalala, uMphathiswa wezeMpilo e-KZN uNomagugu Simelane neNhloko yoMnyango wezeMpilo uDkt. Sandile Tshabalala behambisana neSikhulu esiPhezulu salesi sibhedlela (CEO) uMnu. Gabriel Bigboy Khawula.

Yize abanye babasebenzi bezempilo besemanjika ngokuthi bawuthathe yini noma bangawuthathi umgomo we-COVID-19, kodwa abanengi babo sebeveze ukuthi manje sebezosebenza ngokukhululeka njengoba sebewutholile umgomo.



**UDkt. Kasthurba Maharaj (oneminyaka engama-45 yobudala)** ohlala eManzamtoti, eningizimu yeTheku, waba yisisebenzi sokuqala sezempilo sasesibhedlela i-Prince Mshiyeni Memorial ukuthola umgomo (umnokoloto) wegciwane le-COVID-19 e-KZN ngelanga owawethulwa ngalo ngokusemthethweni esifundazweni.

UDkt. Maharaj uthe lokhu okwenzeke kuye kungaphezulu kakhulu kunesimo nje esijwayelekile njengoba ezizwa ehloniphekile futhi engokhethekile

kakhulu ngokuthi ube ngowokuqala ukuthola umgomo (umnokoloto) esibhedlela sonke, okuyinto emthokozisa ngendlela eyisimanga.

"Uhlelo lokugoma lona ngokwalo lulula futhi lulandelela kalula kakhulu. Umgomo (umnokoloto) ngiwunikwe nguDkt. Aung, ongijove ngobukhulu ubuchule nesineke esikhulu, angibuzwanga nhlobo ubuhlungu. Isibhedlela i-Prince Mshiyeni nendawo yaseMlaza yonke ibisidinga kakhulu lesi senzo sokubuyisa ithemba esenziwe yiziphathimandla kanti nami singithokozise kakhulu."

UNkz. Maharaj uthe ubehlaba ngedolo usuku nosuku ethandazela ukuthi kutholakale umgomo (umnokoloto) ozosebenza kusukela ngesikhathi ubheduka lo mbhedukazwe ngisho nangesikhathi usuhlasela ihlandla lokuqala nelesibili.

"I-COVID-19 iwumbulali ongenanembeza, onesihluku esiyisimanga futhi oqotha imbokodo nesisekelo. Ayikhethi bala lamuntu futhi ngeke uyiqagulele. Isiphuce bonke

abangani bethu, amalungu emindeni, omakhelwane, abantu ebesebenza nabo kanye nabathandiweyo bethu. Isenze sahlala ngokuhlukana futhi saguqula indlela esifunda ngayo ezikoleni nempilo yethu yansukuzonke."

U-Maharaj uthe, "Kuze kuzoba yimanje beku lokhu kungongaphansi nongaphezulu silwa nalesi sitha esinonya singenazikhali ezitheni. Ukufika kwalo mgomo (umnokoloto) sekusihlomise kakhulu."

Uthe labo abangakawuthathi lo mgomo (umnokoloto) akumele bangenwe ngamanzi emadolweni, i-COVID-19 iyivaka elikhulu njengoba umgomo uzofinyelela kubo bonke abantu ukusimamisa nempilo yalabo ababuthaka futhi usize ukuvikela ukuhlaselwa yizifo ezinamandla nokuthi zikubhubhise.

"Ngelanga elilandela leli engangijove ngalo, ngezwa nje ubuhlungu obungatheni kule ndawo engangijovwe kuyo. Kodwa nje ngale kwalokho, umgomo awuzange ubenayo imithelela emibi kimi."



**Umn. Sbongiseni Ndlovu (oneminyaka engama-41 yobudala)** waseShowe e-KZN osebenza njengomthuthimpahla esibhedlela i-Prince Mshiyeni Memorial uthe ukuba ngomunye wabantu abawuthole kuqala umgomo kuthokozisa kakhulu kanti futhi kuyefana nje nayo yonke eminye imigomo (iminokoloto).

"Abantu akumele balalele lezi zindaba ezingamampunge ezithi umgomo (umnokoloto) uyingozi njengoba lo mgomo uzosiza bona. Uzoqinisa amasosha omzimba ukuthi ungahlaselwa yigciwane ikakhulukazi njengoba kuthiwa ihlandla lesithathu selisendleleni. Kumele bathathe umgomo (umnokoloto), bayeke ukuba novalo entanyeni njengexoxo, "kusho uNdlovu.

UNdlovu uthe wezwa nje ubuhlungu obuncane ngesikhathi ejova kwase kuba wubuhlungwana bekhandla nje nakho okwaba wusuku olulodwa nje kuphela.



**UThandeka Edna Gcwabaza (oneminyaka engama-39 yobudala)** wase-Adams Mission, eningizimu yeTheku naye oyisisebenzi sezempilo esingumhlengikazi omkhulu esibhedlela i-Prince Mshiyeni Memorial, yena owathola owakhe umgomo (umnokoloto) we-COVID-19 ngosuku olwalulandela ukwethulwa kwawo ngokusemthethweni.

Yena uthe emva kokugonywa, wezwela ukukhathala okuncane nje ngakusasa kodwa

futhi nakho okwaphinde kwaphela kwase kusala nje ubuhlungwana okwakwenzeka uma ethinta kule ndawo ayejove kuyo

"Yebo, sengikhululekile manje njengoba sengiwuthathile umgomo (umnokoloto) futhi angisezukukhathazeka kakhulu nge-COVID-19 kanti futhi ngibe yisibonelo esihle emndenini nakubantu engisebenza nabo, " kusho uGcwabaza.



**U-Sarisha Singh**, ongudokotela owelapha ngokuvocavocisa wase-Mount Edgecombe osesebenze esibhedlela i-Prince Mshiyeni iminyaka eyi-17 uchaze intokozo anayo ngokutholakala komgomo (umnokoloto) ngabasebenzi bezempilo, wathi umuzwa wakhe yena uhlukeni phakathi. Wayekuthokozela ukuthi njengamanje umzimba wakhe wawusuhlome ngokuphelele ukuthi ukwazi ukuzivikela ekuhlaselweni yigciwane kodwa futhi wayenekhala lokuthi ayemaningi amathuba okuthi umjovo ube nemithelela engemihle emzimbeni wakhe.

U-Singh waba nemithelela eminingi engemihle eyamhlasela emva kokuthatha umgomo (umnokoloto) njengokuphathwa yikhanda, umkhuhlane wokuzwela amakhaza kakhulu (wokugodola), ukukhathala kakhulu nobuhlungu bomzimba. Uthe emva kwezinsuku ezimbili wavuka enomdlandla oyisimmanga futhi namandla emzimbeni wakhe ayesebuyele ezingeni lawo elejwayelekile. Ukhuthaze abantu ukuba baphume ngobuningi babo bayogoma yize ekhona abathuba okuthi umgomo ube nemithelela engemihle kwabanye babo njengoba umkhulu kakhulu umvuza wokugoma.

"Ngicela ningadikibaliswa yimithelela engemihle enokuvela emva kokuthatha umgomo (umnokoloto). Ulwazi lungamandla, ukwazi nje ukuthi kungenzeka ukuthi umgomo ube nomthelela ongemuhle emzimbeni nanokuthi kungaba yimithelela enhloboni, lokho kukodwa nje kungaba yikhambi lokukwelapha ingabe isavela," kusho u-Singh.



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