

FREE

HEALTH MATTERS Ezempilo

EDUCATE || INFORM || EMPOWER

DECEMBER • 2015



MEC Dhlomo launches anti illegal abortion campaign

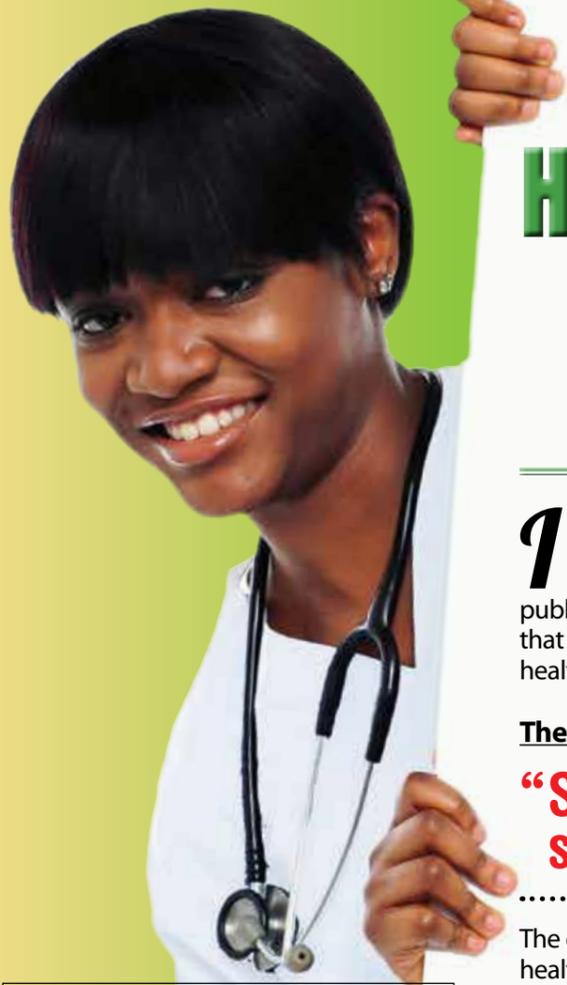
Focus on AIDS ● ARVs & children ● Water safety



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Department:
Health
PROVINCE OF KWAZULU-NATAL



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



DEPARTMENT OF HEALTH COMMITMENTS IN LINE WITH KZN CITIZENS' CHARTER

In line with its focus on enhancing service delivery and ensuring a healthy community, the commitments made in the KwaZulu-Natal Citizens' Charter are highlighted below. Patients and clients of our public health care facilities should take note of these commitments so that they become aware of what kind of services they should expect from health care personnel.

The vision of the Department of Health is:

“SAVE LIVES. Make health facilities serve the people.”

The department commits itself to effectively manage a comprehensive health system that is responsive, effective and evidences professional competency. This will be achieved during the current electoral cycle by a strong focus on the following priority areas:

- * Cleanliness of the environment throughout the health facilities.
- * Every client entering the health facility will be attended to within the same working day. Waiting time for a client within the health facility shall not exceed 3 hours.
- * All health care providers shall introduce themselves to the client during all interventions.
- * All health care providers shall address clients by their name/ clan name in a culturally respectful manner.
- * All health facilities will have hand washing requirements and hand washing points, with guidelines in common languages.
- * All complaints received will be resolved within 25 days, and the complainant will be informed of the progress.
- * All health care providers and external customers visiting the facility will be identified by wearing the staff/visitor's name badges at all times.
- * Medications will be available at all times to all clients visiting the health facilities.

CONTACT INFORMATION

Head of Department: **Dr S Mtshali**

Physical Address **11th Floor, South Tower, Natalia Building, 330 Langalibalele Street, Pietermaritzburg, 3201**

Postal Address **Private Bag X9051, Pietermaritzburg, 3201**

Tel. **033 395 2779**

Fax **033 345 0792**

Email **samantha.foulkes@kznhealth.gov.za**

Contact **Ms S L Cheatle**



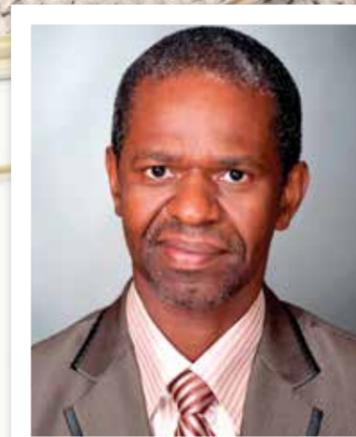
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Message from...

KZN Health MEC, Dr Sibongiseni Dhlomo



IT'S THE FESTIVE SEASON, a time to be jolly and to rejoice in the year that was. With the national closure of schools, factories and other industries for the holidays, all major routes throughout KwaZulu-Natal experience a remarkable influx of road usage and traffic congestion. This by people who are returning home from places of work outside of the province, as well as holiday-makers entering the province, or travellers within the province.

UNFORTUNATELY, this also leads to an increase in the number of incidents of trauma and fatalities resulting from road crashes, violence and drownings. It has been proven that most road accidents happen as a result of human error, including failure to adhere to road traffic rules. During this time, communities also experience a heightened incidence of social ills and crimes, which lead to violence and trauma during this time. These incidents exert pressure on government resources as a result of people having to be treated in government hospitals and those who require rehabilitation; and in other cases, people having to receive social grants, let alone those who pay the ultimate price – death.

WHAT WE ALL NEED to remember is that things do not have to be this way. The time has come for all road users to exercise caution – on the roads, at home and on the streets – by staying on the right side of the law. It starts with you, by doing the little things, really – like not drinking and driving, and by ensuring that your vehicles are not overloaded and are always

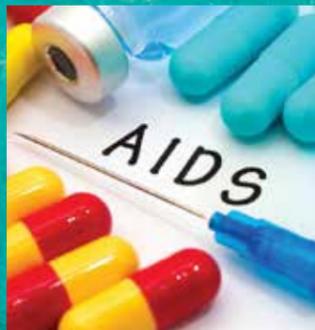
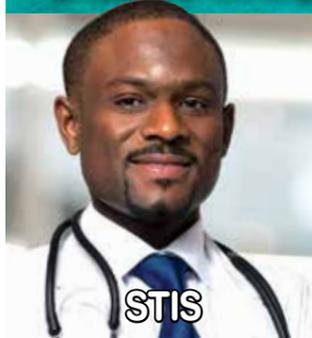
roadworthy. It is these little things that will result in savings of health resources.

THE SCHOOL HOLIDAYS also mean that many young people will have a lot of time on their hands. Left unchecked, some of them may experiment with potentially dangerous things, such as unprotected sex. As a Department, we always encourage abstinence from sex for as long as possible – until one is physically and psychologically ready to deal with its consequences. For those who don't abstain from sex, we encourage the use of Dual Protection, which promotes Medical Male Circumcision and the use of female contraceptive methods, while also using condoms during every episode of sexual contact. This ensures protection against both sexually transmitted infections – including HIV – and unwanted pregnancies.

THE MONTH OF DECEMBER also contains one of the most important days in the health calendar: World AIDS Day, which we commemorate on 01 December. This year, South Africa will focus on **ZERO DISCRIMINATION**. But, as the South African National Aids Council says, we should not lose sight of the other 'zeroes': **ZERO new HIV infections** and **ZERO AIDS-related deaths**. Therefore, we once again call on all South Africans to stand together and unite in the fight against the spread of HIV. Let us ensure that those of us who are HIV positive are never ostracised, discriminated against or made to feel sub-human.

I wish you all a happy and safe festive season!

inside



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With thanks to the following contributors:

- KZN DEPARTMENT OF HEALTH: COMMUNICATIONS UNIT
- ZOHRA MOHAMED TEKE (EDITOR)
- THEMBA MNGOMEZULU (DEPARTMENT PHOTOGRAPHER)
- SARA AULD (GRAPHIC DESIGNER)
- DR GUGU MAZIBUKO (TRANSLATOR)

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Your suggestions and comments are welcome, and if you have been impressed by a health worker who provided an outstanding service, let us know and we will feature them! CONTACT US on 031 562 9803, write to us on PO Box 25439, Gateway 4321 or email editor@ezempilohealthmatters.co.za

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THIS HOLIDAY, STAY ALIVE! DON'T DRINK AND DRIVE!



Good Friends Don't Let Good Friends Drink and Drive!

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WHEN YOUR CHILD IS HIV POSITIVE

Zinhle's child was born HIV positive. She is now 12 years old and receiving ARV treatment. Zinhle did not tell her daughter about her HIV status until she heard how this could affect her later in life.

Telling a child they are HIV positive is one of the hardest things for any parent or guardian. But if a child is told the truth:

- ★ They understand their feelings better
- ★ They are better able to deal with the physical effects of the disease
- ★ They become less depressed and less suicidal because they become more informed
- ★ There is support to help them through their feelings and treatment.

When to tell your child?

Many things affect this: their age, maturity, emotional feelings and if you and your child have support. Ask your local clinic to refer you to a support group for help.

Experienced health and social workers will guide you on how to discuss the matter with your child – and can even be there to answer questions that the child may have. **A trained social worker can help your child deal with feelings about being HIV positive.** They can also guide your child to understand that being HIV positive is not their fault, it's not even their parent's fault and that it's not the end of the world. A positive attitude is the most important gift one can give to a child on ARVs, and professional guidance will help your child stay positive about their future.

South Africa is winning the battle against AIDS

We have come a long way in fighting HIV and AIDS, and KZN in particular has turned the corner. Far fewer HIV positive women are giving birth to babies who have the virus, our life span has increased thanks to ARV treatment and we have managed to drastically cut the number of deaths due to HIV and AIDS.

Be honest with your child

Many parents are scared to tell an HIV positive child that he or she is on ARV's, so they lie about it. **"We encourage parents to first be open with their children about their own HIV status:** tell them that they are living healthy with HIV, and be honest with the children about their status. We started a support group where both child and parent can receive counselling. This way everyone gets support to deal with this difficult issue. We need to encourage families to talk more openly about it," explains one health worker.

"I was so scared to tell her that she is HIV positive that I lied and told her that the ARV is actually a vitamin. I was worried about how she would handle her HIV status and also that maybe she won't take the medicine if I told her the truth. But then I attended a support group in my community for parents with children who are HIV positive and I heard that if children are not told the truth they can become angry and find it difficult to accept later in life. Many stop taking their ARVs because they are angry that they were lied to, and so I decided to tell my daughter the truth. She was shocked at first, but now accepts her status, especially after I explained that we have come a long way in dealing with the virus and that today HIV patients are living longer lives."



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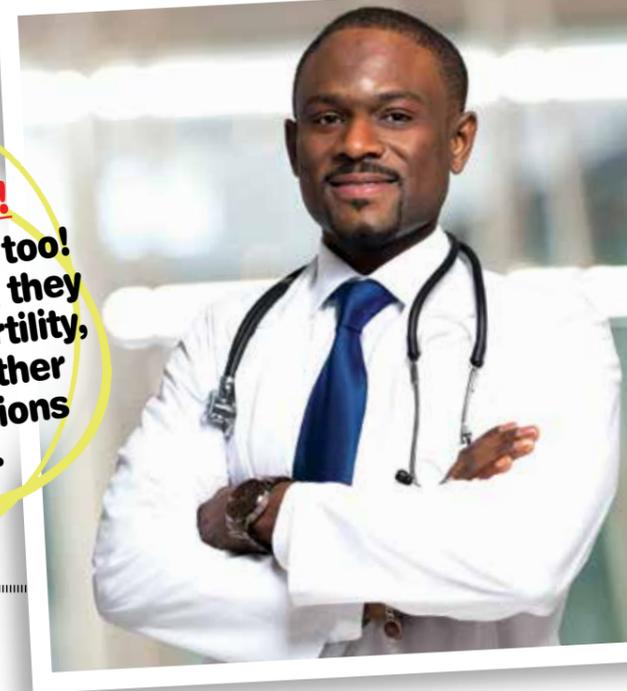
Why Sexually Transmitted Infections affect women more than men...

Men and women can both get Sexually Transmitted Infections (STIs). But a woman is more affected than a man because her body is more vulnerable to sexual abuse and the signs of a STI are harder to see in a woman than a man. She may not know if her partner is sleeping with other women or if he has a sexual infection himself – and more than half of all women with a sexual disease do not show any signs, which is why it's most important to prevent STI's, especially as a woman.

How to know if you are at risk of a STI

- * If your partner has a sexual disease, he can pass this on to you even if you do not show any signs!
- * If you or your partner is sexually active with more than one person, the greater the risk that a sexual disease can be passed on from another person.
- * If your partner lives away from home often and is sexually active on the road he may become infected and not know it and then pass it on to you.

REMEMBER!
STIs affect men too! If left untreated, they can lead to infertility, lasting pain, other serious infections and AIDS.



WHAT TO DO

If you already have a sexual infection or think you are at risk:



TREAT IT EARLY Although many women show no signs, some common signs include discharge from the vagina (whitish liquid), pain in your lower stomach, a rash, bump or sore on your private parts. Speak to your local clinic where you will receive medication to help with the STI.



DON'T WAIT UNTIL IT GETS WORSE Early treatment will protect you from more serious problems later on as well as other diseases. Early treatment will also prevent the spread to others so act responsibly!



PRACTICE SAFER SEX Use a latex condom every time you have sex, especially if your partner sleeps with more than one person.



WASH PRIVATE PARTS AFTER SEX Do not use soap, herbs or other powders to clean your vagina as this can lead to irritation making it more sensitive to catching a STI.



MAKE SURE YOUR PARTNER GETS TREATED AT THE SAME TIME

If he does not, he can infect you again if you have sex. Encourage him to come with you to the clinic for treatment and make sure he takes the proper medicine correctly.



TAKE THE CORRECT MEDICATION

Make sure you take all the medicines for treatment, even if your signs start to go away. Remember you will not be cured until all the required medicine is taken so do not stop until this is complete. Speak to your health worker if you are not sure.



GET TESTED AT YOUR CLINIC

If you have one STI, chances are you could be infected with another and have no signs. Go to your clinic and get tested for other STI's and also get tested for HIV.

It's the responsible thing to do for you and your partner.

ENCOURAGE YOUR COMMUNITY TO TALK ABOUT RESPONSIBLE SEXUAL BEHAVIOUR SO THAT EVERYONE UNDERSTANDS THAT IT BEGINS WITH THEM!



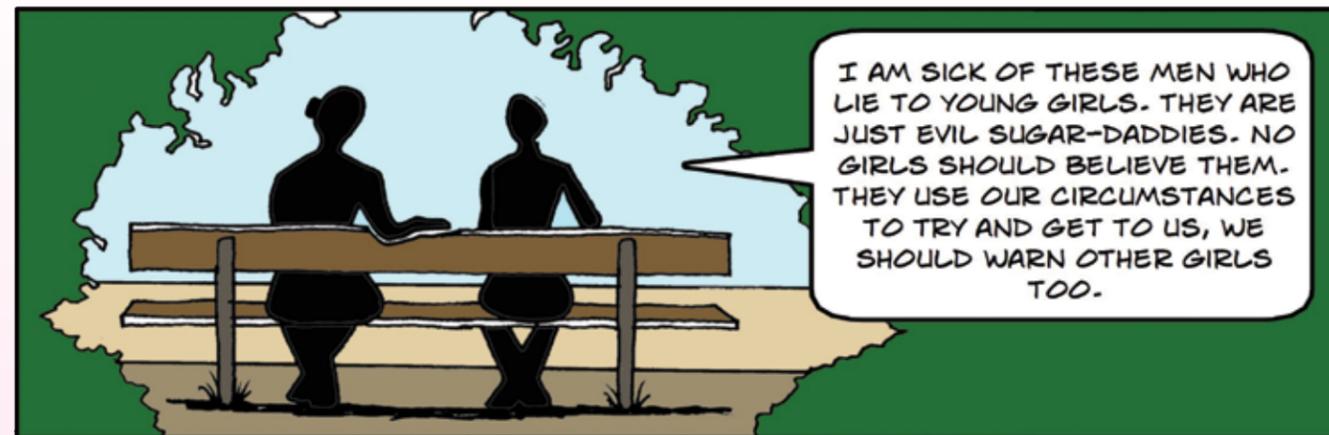
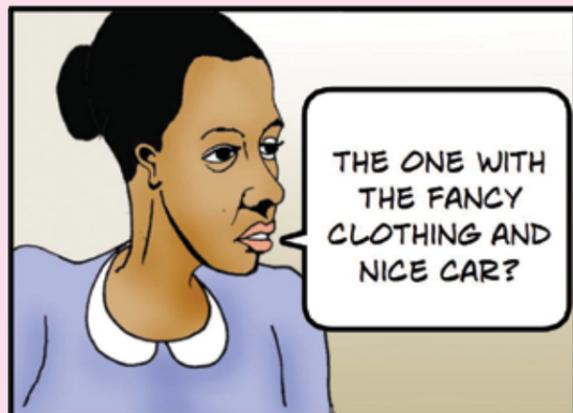
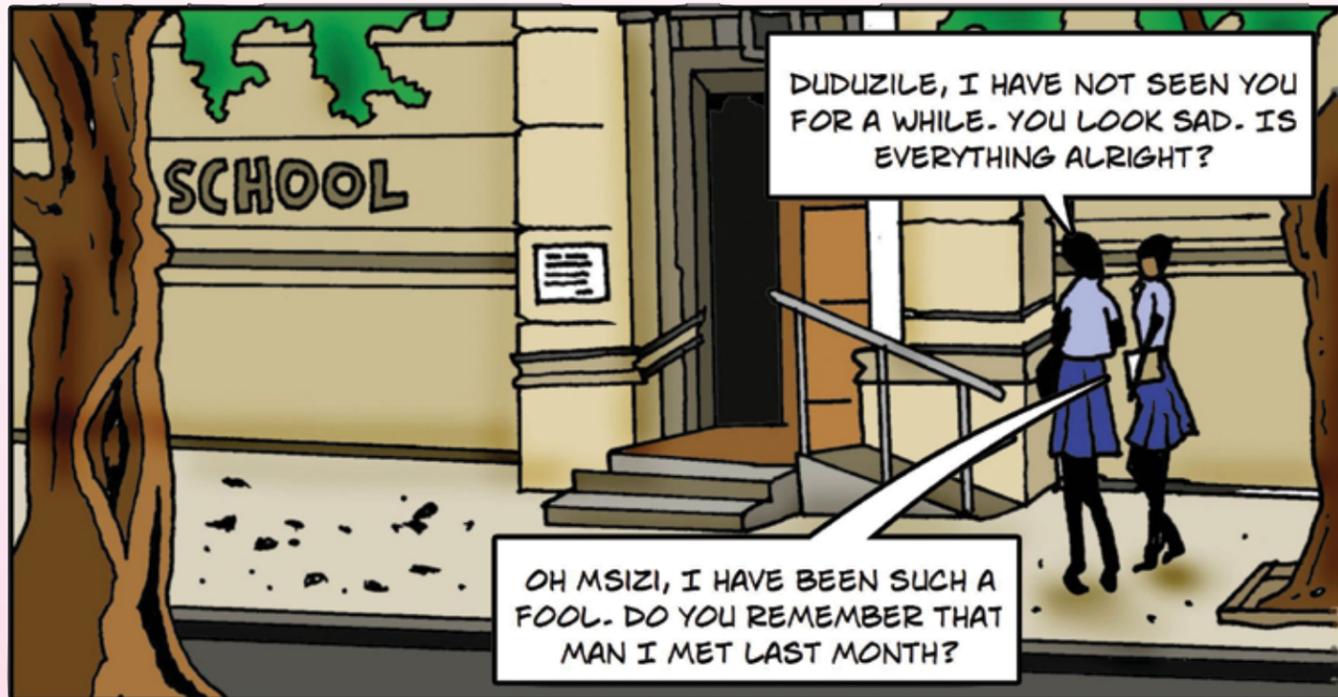
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TEENAGE PREGNANCY

STAY IN SCHOOL, SAY NO TO SUGAR DADDIES!



FOR HELP OR ADVICE, CALL KZN HEALTH TOLL FREE ON 0800 005 133



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NEWS

Fighting Disease, Fighting Poverty, Giving Hope



KZN Health launches anti-illegal abortion campaign

THIS SHOCKING STATISTIC continues to remain a concern across the country, including KZN, prompting Dr Dhlomo to lead a march against illegal abortions. "It is a matter of great concern that despite having one of the most progressive abortion laws in the world, South Africa still remains a place where women choose backstreet providers rather than the widely available Government sanctioned abortion centres.

It is disappointing that 18 years after the promulgation of The Choice of Termination of Pregnancy Act that was introduced in 1996, we still have women being maimed and dying as a result of illegal and unsafe abortions.

"What is most alarming is that we see these illegal abortion providers on street corners distributing illegal abortion pamphlets. We also see these adverts

plastered all over street walls and lamp posts professing 'safe', 'pain free', 'quick and 'cheap' abortions. The proliferation of this advertising, and the fact that it is posted in public spaces such as taxi ranks and shopping centres makes many women believe they are accessing a legitimate service," says Dr Dhlomo, who warned women against using illegal abortion clinics which exploit their vulnerable situation.



"Regular testing saves lives" says HOD Dr Mtshali

THE HOD OF KWAZULU-NATAL DEPARTMENT OF HEALTH, Dr Sifiso Mtshali, has urged the public to get into the habit of getting tested for diseases at least once a year, because early detection makes diseases easier and cheaper to treat or manage.

Addressing World Diabetes Day last month at Esikhawini Tertiary Vocational Education and Training, Dr Mtshali was joined by members from the Bongi Ngema-Zuma Foundation and the Department of Transport to raise awareness on diabetes as part of a community outreach programme.

Despite the rain, there was positive response to the event and more than 1,000 people participated in the screening and testing of diseases on the day. "Health is like an investment. The more you invest in it, the longer you will live. And type 2 Diabetes is avoidable. It's a self-made illness. We are urging people to increase exercise, adopt healthy lifestyles and eat properly. TB is the number one killer. If you have diabetes, it affects your immune system. Untreated diabetes makes TB thrive in your body. As a Department, we wish to call upon you to get tested. Our message is, halt the diabetes epidemic, be active, decrease your intake of alcohol, and stop smoking," said Dr Mtshali.

Diabetes has become one of the major

causes of death in the world, with the majority of sufferers from the disease coming from South Africa.

Dr Mtshali also expressed his appreciation for the partnership that the Department enjoys with the Bongi-Ngema Zuma Foundation, which was represented at the event by its patron, First Lady Bongi Ngema-Zuma. Also addressing the event,

the First Lady called on all South Africans to change their lifestyles in order to minimise their chances of getting diabetes. She said the decision to commemorate World Diabetes Day in the Umhlatuze area was that, although this region did not have the highest number of people with diabetes, the rate of mortality due to diabetes was the highest there.

MEC condemns murder of health worker

KZN HEALTH MEC, Dr Sibongiseni Dhlomo, has strongly condemned the murder of a Pinetown Forensic Pathology Services staff member last month. The deceased forensic pathology officer and mother of two who was 39 years old, was allegedly murdered by her former boyfriend at her home in Clermont, Durban.

"We are shocked and saddened by this callous and inhumane act. What is even worse is that it has come at a time when government is intensifying its efforts to create a better environment for women, through the 16 Days of Activism for No Violence Against Women and Children. Murder is unacceptable and regrettable. We are always even more concerned when women and children are killed or harmed by those who are known to them, and are supposed to care for them. We wish to offer our deepest condolences to the her family and colleagues," said MEC Dhlomo.

KZN Health Bursary Schemes

ALL YOU NEED TO KNOW...

Around this time of the year, the KwaZulu-Natal Department of Health is usually inundated with bursary-related enquiries from parents and matric pupils as they await their final examinational results.



Those wishing to apply for bursaries from the Department of Health are advised to take note of the following:

- * Bursaries from the KZN Department of Health are advertised between 01 April – 31 August every year.
- * Bursaries are advertised in the following: Simama Newspaper; Internal Department of Health intranet and on its external website; hospitals; clinics; local offices working with Operation Sukuma Sakhe; and some local newspapers.
- * The closing is 31 August every year.

The Department offers bursaries in the following categories, depending on the needs of the Department:

Bachelor of Clinical Medical Practice (BCMP), Health Promotion, Medicine, Audiology, Dietetics, Pharmacy, Radiography (Diagnostic and Ultrasound), Physiotherapy, Occupational Therapy, Speech Therapy, Optometry, Medical Orthotics and Prosthetics, Psychology (Clinical), and Emergency Medical Care.

Applicants must:

- * Be from KZN
- * Have a good academic record
- * Have proof of application/registration to a tertiary Institution
- * Not be in receipt of another bursary
- * Not have another degree/diploma.

The applicant must ensure that he/she applies for a bursary only if the intended field of study is captured and advertised on the poster per District.

The applicant must be from the KZN Province and reside in a specific district, as bursaries are provided per catchment area, and consideration is given to the place of residence per municipal ward.

Applicants can get a KZN Department of Health Bursary Application Form from the Government Hospital, HR Department, closest to their family home in KZN.

Applicants are advised **NOT** to go to the nearest Government Hospital to where they stay at University, as this may not be their home town and/or province. The applicant or a family member must collect and sign for the application form.

The fully completed form must be returned to the same hospital from where it was collected.

Applicants please note that:

- * **POSTED or LATE applications will NOT be considered**

Officials dealing with Bursaries can be contacted at Human Resources Development offices at all KZN Department of Health Hospitals.

The KwaZulu-Natal Department is committed to assist all qualifying students in their quest to further their studies and help government attain its goal of quality healthcare for all.

DECEMBER

Prevention of Injuries Month

While we focus on how to avoid injuries during this month's theme, we should also be aware of the serious effects of burns. More than 80% of serious burns happen in mainly informal settlements and we can change this, with simple prevention. This includes making sure that children do not get close to a burning stove or fire or burning candle. The highest number of deaths from burns is mainly in the 0-14 year age group, while people with the highest injuries are mainly over 55 years. Speak to your local clinic or council about safer cooking methods and they will advise you on how to reduce fires at home. Teach others in the community and let's save more lives!



DID YOU KNOW?
Injuries from burns are four times higher in SA than any other industrialised country in the world?

1

GETTING TO ZERO



World AIDS Day

South Africa has come a long way in reducing the spread of HIV and AIDS. People are living longer, healthier lives today and it is no longer a death sentence. But the challenge is to keep reducing the spread and ensure that everyone practises safe sex and healthy lifestyles. The only way is prevention and being responsible sexually.

5

International Volunteers Day

This day is recognised around the world as a tribute to those who freely give their time, skills and care to others. Imagine if we all did this in our communities? Lending a helping hand to those in need, sharing and giving freely of what we have. The West calls it volunteering... to us it's simply Ubuntu – let's bring it back!

9

World Patient Safety Day

The World Health Organisation launched this annual day to ensure that people understand their rights to safety of care in hospitals everywhere. As a patient your rights are protected both in the constitution and the Patient Health Charter. At the same time, we also need to remember that patients also have responsibilities towards their health, and the way they treat health workers – it's a partnership.

3

International Day of Disabled Persons

This day is aimed at raising awareness of the rights of people with disabilities. They are often isolated in society and this day is a reminder that they still have a role and contribution to make and simply want the chance to prove themselves – not handouts.

10

International Human Rights Day

This day honours the Universal Declaration of Human Rights. In South Africa, Human Rights Day is celebrated on 21 March in remembrance of the Sharpeville massacre. Take some time to tell your children about the importance of this day and what they can do to value the rights and freedoms for which so many South Africans fought and died.





She was among the first African black women to publicly say she was HIV positive 21 years ago. Many thought she would not make it. As a singer, even record companies in the country refused to sign her up, saying she would 'die before they made their money from her'.



Musa Njoko

21 years living with HIV and stronger than ever

Yet, today she is alive and well, 21 years later and going strong! She is a successful singer (she established her own record company), fashion designer and devoted mother.

This is her story...

Musa Njoko was first diagnosed with HIV in 1994 and was told she had three months to live. "I was told that I would see Christmas of 1994 only if I was lucky. But I have now seen 19 Christmases. My son was only two years old at the time. He is now 23. But all of this is not just a miraculous act," explained the lively Njoko.

She emphasised the importance of using medication in the right manner, adding that she never forgets her ARVs where ever she goes and that her faith in God has helped her through the years. "God promised not to leave nor forsake us. I am also proof of what our South African government has done for us."

While stressing that she is not proud of the fact that she is HIV positive, Njoko also doesn't pity herself. "I am not a liability to my family or community at large. I am proudly black and African.

HIV does not define me. If HIV makes me who I am, then it must be good looking!

We must take care of our health

"It's our duty to look after ourselves as well as our loved ones. In the past 21 years, there is not one person who can claim to have been infected with HIV by me. I have made it my personal duty to ensure that in my family, my community, our country and worldwide, that HIV stops with me. You can also do that." She says that when she was involved in

a car accident in 2003, she chose to alert those who tried to help her without the use of gloves that they must be careful.

"When we were involved in the accident all I remember is seeing a lot of blood and broken glass. I stopped people who came to help me and told them that I have HIV. I advised them to use the plastics I had in my boot. I still do that."

She finished off by giving the ladies a challenge: "Women are still at high risk of contracting HIV. My question is, what are they doing to stop the spread of HIV? We should stop being victims. Change your lives, not only for yourselves, but for your children as well, seeing as God still has a lot installed for you."

The Department of Health in KZN salutes Musa Njoko and all those who collectively fight the battle against HIV and AIDS – together we have turned the tide!



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KZN Health clamps down on illegal abortions

DON'T PUT YOUR LIFE AT RISK

Many young women leave their homes for what they see as better opportunities to work and study in the cities. The freedom away from home is an exciting time in their lives and for many, it means being able to do as they please.

But, a look around the street poles and adverts placed across the city will tell you that we are facing a huge problem - the increase in illegal abortion clinics which take advantage of vulnerable, young women who make their mistake and then turn in desperation to these clinics to 'fix their problem.'

The team at KZN Health recently took to the streets to raise awareness of illegal abortions and to clean out all the advertising which exploits young women by offering this service. Read a typical case of a young woman's experience at an illegal abortion clinic so you don't make the same mistake...

Don't take the risk...

A young woman, around 25 years of age, is walking up a dark staircase in a building in central Durban. She is scared and does not want to end her pregnancy, but she is left with no choice. Her parents will not allow her back home if she is pregnant and she will be forced to quit her studies to support herself, so she contacts a man who advertises his abortion services on a pamphlet she was given recently. The young woman's boyfriend is an older man who left her after finding out she was pregnant.

"The room in this building was filthy, it had needles, cotton wool and a dirty cloth on the floor which I had to sleep on. I was very scared. I gave them my cell phone and ID as security for payment, so I couldn't run away if I wanted to," she explains. After being given a mixture to drink, the man, who claimed to be a doctor, started the abortion. "He shoved an instrument inside me to pull out the unborn baby in pieces and put it all in a plastic bag for me to get rid of it. It was horrible. I ended up with an infection which I am still battling with and I have a lot of pain. I would never go to an illegal abortion clinic ever again," says the young woman.

TURN TO YOUR CLINIC

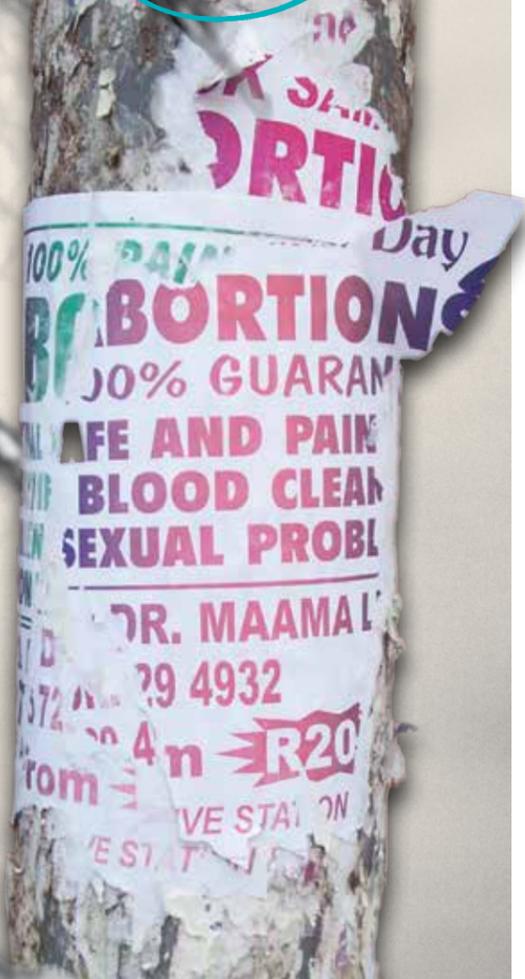
DON'T MAKE THE SAME MISTAKE!

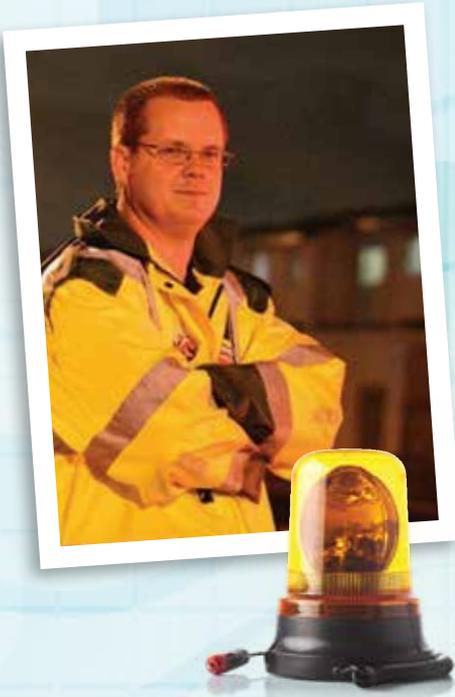
Speak to someone professional if you really have made up your mind about having an abortion. Visit your nearest clinic or hospital where they will provide counselling, appropriate medical advice and referral where necessary.



BACK STREET ABORTION WHY YOU SHOULD TURN AWAY

- ★ Backstreet abortions are dangerous because the person may not be trained.
- ★ Unsterilised instruments could be used – putting you at risk of serious infection.
- ★ Parts of your body can tear on the inside if it's not done properly.
- ★ By law, the person performing the abortion MUST be a certified doctor, nurse or midwife.
- ★ Abortions can only be performed at a facility authorised by the Minister of Health.
- ★ By law, you must be provided with counselling, before and after the procedure.





Be safe this holiday season

Drowning is one of the leading causes of accidental death among children in South Africa

By Robert McKenzie
EMS spokesperson,
KZN Department of Health

It's sun, sea and fun time of the year so please take extra care, especially when in the water. Follow our useful tips below and make sure everyone with you practices safe swimming too!

- ❏ Knowing how to swim is an important skill that everyone should have. Find out from your local council if there are services offering free swimming lessons
- ❏ Swim with a buddy – swim with someone who is a good swimmer
- ❏ Never go into deep water unless you are an experienced swimmer
- ❏ Swim where lifeguards are on duty just in case anything happens

- ❏ Bathers are urged to swim within designated bathing areas, marked with red and yellow flagged beacons. Swimming hours are from 06h00 to 18h30 and swimming at night is dangerous as there are no lifeguards on duty then
- ❏ Swim or take part in water sports when you are alert, never when you're sleepy or have used drugs or alcohol
- ❏ Keep a look out for your friends - If you're a good swimmer but your friends aren't, make sure they know their limits, and keep an eye on them in the water
- ❏ Don't drink and swim – drinking alcohol (or using drugs) dramatically increases the risk of injury – especially when diving

- ❏ If a large wave approaches you and there is not enough time to get away from it, try to dive underneath the wave. Keep your body as low as possible until the wave passes over you
- ❏ Never leave a young child unattended near water and do not entrust a child's life to another child; teach children to always ask for permission to go near water
- ❏ If a child is missing, check the water first. Seconds count in preventing death or disability
- ❏ Steer clear of animal life like jellyfish and stingrays
- ❏ Always keep swimming pools covered with a safety net or cover
- ❏ **Be wise and REMEMBER, water is dangerous – even if you know how to swim.**



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Health
PROVINCE OF KWAZULU-NATAL

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE