

FREE

HEALTH MATTERS Ezempilo

EDUCATE || INFORM || EMPOWER

MAY • 2015



DIPTHERIA: an important vaccine for your child

First aid ● How to become a nurse

And more inside!



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

Clean hands lead to a healthy life

Why is it important to wash your hands?

Hands are carriers of bacteria and disease. It is important to wash your hands. You should wash your hands with water and soap in order to remove bacteria. Washing hands properly is very important because it prevents the spread of diseases such as diarrhoea and is also important in the prevention of diseases like HINI and cholera.

Teach your children from a young age how to wash their hands thoroughly. Parents, teachers, care-givers, students and the community at large have a major role to play in teaching the importance of using soap when washing hands.

When should you wash your hands?

It is important to always wash your hands to prevent the spread of germs and disease, especially in the following cases:

- 1 After using the toilet
- 2 Before dealing with food
- 3 Before any meal
- 4 After changing nappies
- 5 After caring for a sick person

MAKE WASHING YOUR HANDS A WAY OF LIFE.



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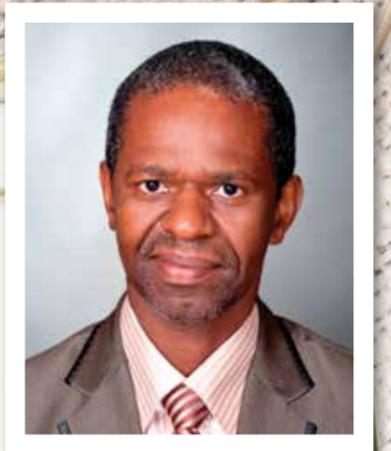
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Health

PROVINCE OF KWAZULU-NATAL

Fighting Disease, Fighting Poverty, Giving Hope

Message from...

KZN Health MEC,
Dr Sibongiseni Dhlomo



I WOULD LIKE TO START by thanking all South Africans who responded to government's clarion call to help stop the xenophobic attacks against our African brothers and sisters. The scenes we saw last month were ugly indeed. Xenophobia should not be happening in this day and age in our country, the majority of whose citizens are peace-loving people. Therefore I'd like to echo the sentiments made by our Honourable President Jacob Zuma and KwaZulu-Natal Premier, the Honourable Mr Senzo Mchunu regarding xenophobia. In addition, His Majesty, King Goodwill Zwelithini has declared war on violence against foreign nationals. This means that we have a collective duty to ensure that no one is murdered, attacked or victimised for merely being born in another country. We must all heed this advice from our torch-bearers to avoid such shameful acts in our country.

IN THE SAME BREATH, I would be failing in my duty if I didn't thank each and every health care worker, volunteer and any other person who came to the aid of those who needed medical attention during this difficult time. You are all heroes and heroines of our country.

AS WE MARK INTERNATIONAL NURSES DAY on May 12, I wish to thank all our committed and hard-working nurses for their selfless service. They are the backbone of our hospitals and clinics and the engine of our health care system. Your efforts and sacrifice do not go unnoticed. Keep it up.

DURING MAY, we also observe Hospice Week, which places the spotlight on the need for support and care for people with life-threatening illnesses. Every person has the right to quality of life and dignity in death. And it is everyone's responsibility, particularly healthcare workers, to help those who are terminally ill to exercise this right.

ONE OF THE MOST IMPORTANT commemorative activities in the health calendar year is Child Protection Week, from 27 May to 2 June. Child abuse is defined as "any form of harm or ill-treatment inflicted on a child." The painful truth is that many children continue to suffer in silence. The least we can do as parents, guardians or siblings is keep our eyes wide open in order to recognise the signs of children in distress, and act quickly. Some of these are poor peer relations, a drop in school marks, inappropriate sexual acts, sleep disorders or nightmares. If you suspect that something may be amiss with a child, speak to him or her. You can report child abuse to local authorities such as the SAPS on 10111 or Childline on 0800 05 55 55. Remember, children are our future. We have a duty to protect them and ensure that they are raised in environments where they are nurtured. When children have enjoyable childhoods, it becomes much easier for them to realise their full potential and be the best adults they can be. Forward with a healthy and conducive environment for children, forward!

God bless!

inside



NURSES DAY



DIPHTHERIA



WOUNDS



CHILD ABUSE

... **SMOKING**

Read how your body recovers once you give up

... **AWARENESS DAYS** Health days for May

... **COMIC** Child protection begins with awareness

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Latest updates from your Health Department

... **NURSES DAY** What it takes to become one

... **DIPHTHERIA**

Why it's important to immunise your child

... **WOUNDS** Healing and home care advice

... **CHILD PROTECTION** Stop child abuse

... **EMRS** Know when to call an ambulance and when not to!

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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!
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TAKE THE TEST - TAKE CONTROL!



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MAY 31 WORLD NO TOBACCO DAY

Now's the time to kick the habit and save money!



Alice is a 52 year old domestic worker who has been using snuff every day for more than 30 years. It's a habit she picked up from her father. He believed that snuff would clear his nose and head, giving him the ability to think more clearly. He thought that it was also a good choice for living a healthy life until his health began to suffer and he eventually passed away.

Today Alice realises that snuff is unhealthy and could make her very ill – she already has “rotten” lips and suffers from gum disease. This year she has set herself a goal to kick the habit, one day at a time, for the sake of her grandchildren. “I don't want them to learn from their Gogo and continue my bad habits. I want them to grow up to be healthy and look after themselves,” she says.

Quitting is not easy

There are many people out there like Alice, who don't realise that using snuff is as bad as smoking a cigarette. Like most smokers, Alice didn't feel the effects on her health at first, but it eventually started to attack her body. The shock of possible cancer has encouraged her to give the habit up while she has a chance. You should too!

Children do what they see

Young adults and children choose to smoke for several reasons. Two possible reasons are that as a child grows up with a parent who smokes, they begin to copy their parent, and often use smoking to fit in with other friends and later as adults smoking becomes a way of dealing with stress.

WHY QUIT?

80% of lung cancer deaths in South Africa are a result of smoking. That's enough to encourage you to quit now if you are a smoker. It takes courage and determination to give up smoking, but the choice is between life and death. Smoking kills, that's the bottom line. You may experience withdrawal symptoms, and some shakiness when you first give up smoking, but don't give in, this will only last a few days and is also a sign that your body is healing itself! We all know the effects of giving up smoking in the long term, but did you know that your body starts to benefit even immediately?

WITHIN HOURS:

- * Your circulation will improve in your hands and feet, making them feel warmer
- * Your body's will begin to fight colds and coughs more easily
- * You'll be able to taste your food better as the smell and taste of tobacco will no longer be there
- * You will start to enjoy eating healthy snacks so eat fruit when you crave a cigarette or want to reach for your snuff!
- * The risk of heart attack or stroke starts decreasing

WITHIN MONTHS:

- * You will be able to walk more easily, no more finding it difficult to breathe!
- * You'll SAVE money and will be surprised at how much you wasted on cigarettes and snuff in the past!

LONG TERM:

- * Your risk of getting lung cancer is reduced by half within five years
- * Your heart becomes healthier, leading to less chance of a heart attack
- * You will feel better, look better and have a healthier body!



SMOKING KILLS. QUIT TODAY.



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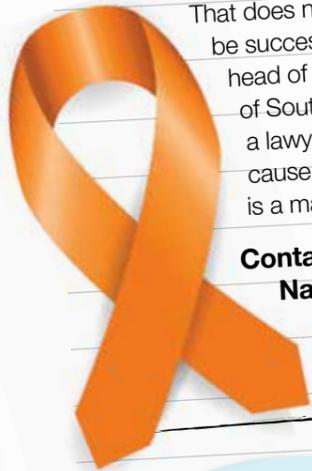
MAY

International Multiple Sclerosis Month

Multiple Sclerosis (MS) is a disease which affects the brain and spine of the body, where signals to the body are broken, and cannot be repaired.

That does not mean a person cannot be successful. Dr Samantha Gregory, head of the Multi Sclerosis Society of South Africa (MSSA) is a doctor, a lawyer and also has MS. The cause of MS is still unknown, but is a manageable disease.

Contact the MSSA on their National Helpline on 0860 45 6772 for more information.



Anti-tobacco Campaign Month

Smoking and lung cancer go together. While giving up smoking or snuff is not easy it is not impossible. The aim of this month-long campaign is to focus on why tobacco is bad for your health, how to give up and where to go for help. Think of the money you'll save if you win the battle!

It's time to make a change, save some change and put your money to better use - give up smoking. One day at a time, you can do it!

MANY LIVES, HIDDEN PATIENTS



MAY 3-10

Hospice Week

One of the most challenging things when someone we love or care about falls very ill without any hope for a cure, is providing proper care for them to make them comfortable. Centres like Hospice, provide emotional and medical care for terminal illnesses and this year the theme focuses on helping patients access this support.

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World Red Cross Day

The aim of this day is to say thank you to those who risk their own lives to save others around the world. The organisation, Red Cross is often the first at the scene in many dangerous situations including war zones. They are often called in to help in times of natural disasters and this international day salutes all those brave volunteers who sacrifice their lives to save others.

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World Move for Health Day

Come on, move that body into action! The more you exercise, the healthier you will be. Our health MEC Dr Dhlomo is a keen runner, who leads by example. As a nation we are getting heavier, more unhealthy with increasing lifestyle diseases. Use this day to make a new resolution to eat, live, and enjoy a healthier mind and body. A healthy body helps keep a healthy mind!

12

World Chronic Fatigue and Immune Dysfunction Syndrome Day

It's more than just feeling very tired. This is a serious condition that leads to pain in the muscles and bones, headaches and exhaustion. **BUT IT CAN BE TREATED!** Consult your health worker if you have any of these symptoms.



A Force for Change: Care Effective, Cost Effective

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International Nurses Day

This day is celebrated each year around the world in memory of British manager of nurses and social reformer, Florence Nightingale. She was responsible for reducing deaths at British hospitals by more than half as result of her improvement in cleanliness at the hospitals and is considered a founder of modern nursing.

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Candlelight Memorial Day

Supporting the future

On this day friends and family are asked to remember those who have died because of HIV & AIDS and those who are living with the disease. It's also a time to remind people of the importance of **PREVENTION, TESTING and LIVING POSITIVELY.** South Africa has come a long way in dealing with HIV and AIDS but we can only wipe it out if we all act responsibly and encourage those we know to do the same. An AIDS free generation is possible!



MAY 27 - JUNE 2

Child Protection Week

Child Protection is Everyone's Business – that's what we all have to remember. Government introduced Child Protection Week as a way of putting children first. Part of this is to make sure services exist that can help child victims of abuse to report what is happening to them. Report any form of suspected child abuse to the authorities. If you suspect that a child is being abused SPEAK out – whether it is to a doctor, health professional or a family member. **DON'T WAIT!** Encourage children to speak out without fear.

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World No Tobacco Day

In South Africa and around the world people are asked not to smoke or use any tobacco products for a 24-hour period. This is to remind smokers of the bad effects these products have on your health. Ask a friend or a family member to lock away or hide your packet of cigarettes on this day! See if you increase this time – to show you can quit! Remember it's not just the person who smokes that is at risk. Breathing in smoke from someone else's cigarettes can also kill!

MAY 28

International Day of Action for Women's Health

It is every woman's right to live a healthy life and to make important decisions about her life and her health without being forced to make a choice. The main aim of this day is to stop abuse and violence against women and to encourage women to empower themselves through speaking out, education and access to services.



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CHILD PROTECTION WEEK - SAYING NO TO SUGAR DADDIES

HEY BABY, LET ME BUY YOU LUNCH AND WE CAN TAKE A DRIVE TO THE BEACH. LOOK, I EVEN BOUGHT YOU A LITTLE PRESENT.

SUGA WENA, YOU'RE TOO OLD AND I DON'T GO WITH SUGAR DADDIES.

COME ON NOW, I'M NOT LIKE THAT. I WILL LOOK AFTER YOU AND KEEP YOU HAPPY, JUST GIVE ME A CHANCE. AND YOU KNOW I'M NOT LIKE THE YOUNG BOYS WHO WANT A GOOD TIME.

YOU SOUND GENUINE HEH?

I LIKE THAT!!

OK, LET'S GO FOR A DRIVE BUT YOU HAVE TO BUY ME A NICE LUNCH!

A FEW WEEKS LATER...

MY CHILD, PLEASE LISTEN TO ME. THAT MAN IS JUST A SUGAR DADDY; YOU NEED TO FOCUS ON SCHOOL.

EISH MAMA, YOU DON'T UNDERSTAND, HE REALLY LOVES ME AND HE WILL LOOK AFTER ME IF ANYTHING HAPPENS.

DUDU STARTS GETTING USED TO THE GOOD LIFE AND ENJOYING THE PRESENTS

Dudu does not listen to her mother. She has unprotected sex, falls pregnant and drops out of school. Then Jabu, the taxi driver, leaves her...

OH MAMA, I'M SO SORRY, I DIDN'T THINK HE WOULD DO THIS, HE WAS SWEET TALKING ME ALL THIS TIME. I WISH I LISTENED TO YOU!

DUDU, YOU HAVE TO GO BACK TO SCHOOL. WHAT YOU DID IS FOOLISH BUT YOU HAVE TO GET AN EDUCATION TO BE ABLE TO LOOK AFTER YOURSELF AND YOUR CHILD.

BUT MAMA, THE GIRLS WILL TEASE ME. I CAN'T GO BACK.

Once again Dudu does not listen to her mother and ends up unemployed and unable to look after her child.

A few months later a school friend comes to visit...

DUDU, I FINISHED SCHOOL AND I NOW HAVE A JOB. YOU REALLY MUST GO BACK TO SCHOOL.

I HAVE BEEN SO FOOLISH. I SHOULD NOT HAVE GONE OUT WITH THAT SUGAR DADDY WHO JUST WANTED ME FOR SEX. I MADE A BIG MISTAKE. MY MOTHER WAS RIGHT. I WILL GO BACK AND FINISH SCHOOL, MY EDUCATION IS MORE IMPORTANT TO ME, IT'S MY ONLY HOPE FOR A BETTER FUTURE FOR ME AND MY CHILD.

DON'T BE FOOLED BY THE GIFTS AND THE SUGAR SWEET WORDS. EDUCATION IS THE BEST GIFT YOU CAN GIVE YOURSELF. IT'S A HEAD START TO A BETTER FUTURE AND NOBODY CAN TAKE THAT AWAY FROM YOU.

**SAY NO TO SUGAR DADDIES
SAY YES TO EDUCATION**



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NEWS

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MEC ACTS ON COMMUNITY CONCERNS IN IXOBO

DR SIBONGISENI DHLOMO, ACCOMPANIED BY CABINET MEMBERS, visited Ixobo recently, where he assured the community that the team was there to review the pace of service delivery. He urged residents, especially men, to access health care through the mobile clinic in the area, saying men are especially reluctant to seek healthcare. "Some men, like

taxi drivers, can't go to clinic to undergo health check-ups due to the nature of the work they do. We then said that because it is important for men to know their health status, let us bring healthcare services to them. If people are checked, when we detect ailments early they become easier and cheaper to cure. Prevention is better than cure," said the MEC.

Department cracks down on internal corruption

KZN HEALTH MEC, Dr Sibongiseni Dhlomo has welcomed the fact that the Department recovered more than R2.9 million as a result of internal investigations, which included staff working illegally outside the public service.

MEC Dhlomo has sent out a strong message to all employees and service providers that the department has zero tolerance to fraud and said it would continue to partner with and support law enforcement agencies to ensure successful convictions.



Department speeds up complaint process

Hospital and clinic laundry service receives boost

DESPITE THE CHALLENGES experienced with resource constraints in the province, the Department of Health is pleased to announce it is making progress in improving Laundry Services at its public health facilities.

The upgrade of the Durban Regional Laundry is proceeding well and in December 2014, the Department undertook Beneficial Occupation which allows it access to utilise the equipment whilst the Laundry is being upgraded. This has resulted in reduced cost due to the use of out-sourcing to Private Laundries.

In the 2015/2016 Financial Year, the Department will procure four new Laundry Trucks which will be compartmentalised into soiled and clean linen in order to comply with Infection Prevention and Control requirements.

In addition, the Department has ring-fenced R20 million for the Linen Buffer Stock in an effort to reduce linen shortages and patient clothing at facilities. All of these efforts are aimed at improving your experience at health facilities and providing a cleaner, more efficient environment for your health care!

THE DEPARTMENT OF HEALTH in KwaZulu-Natal has seen a major turnaround in resolving complaints about health care in the public sector, with over 70% of complaints efficiently resolved within the past year.

The increased turn around time has been a result of the establishment of the Office of the Health Ombudsperson which now oversees the process of complaints where these cannot be resolved at facility level.

The Department would like to encourage all users of public health facilities to approach the Office of the Ombudsperson if they are unable to resolve their complaints at facility level.

Honouring the backbone of our health system!



NURSES PLEDGE OF SERVICE

I solemnly pledge myself to the service of humanity and will endeavour to practice my profession with conscience and with dignity.

I will maintain by all the means in my power the honour and the noble traditions of my profession. The total health of my patients will be my first consideration.

I will hold in confidence all personal matters coming to my knowledge.

I will not permit considerations of religion, nationality, race or social standing to intervene between my duty and my patient.

I will maintain the utmost respect for human life. I make these promises, solemnly, freely and upon my honour

With this pledge, thousands of qualified nurses enter the profession each year, their heart's full of hope, eager to make a difference, to touch a life, to be there for their patients. Unfortunately whilst many work tirelessly, remembering their pledge of service, there are some for whom the pressure of work and long hours become too much and after a while they stop caring about their patients, and simply regard their profession as a job.

As our health system prepares for a new way of caring where we focus on preventing diseases, nurses will play an even bigger role in their communities. Our public hospitals and clinics are severely short of professional nurses, which means the nursing staff are often over worked and stressed. To help address this, the Department of Health continues to make a call for more people to pursue careers in nursing to ensure the country has enough staff to cover all public health facilities, especially in rural areas where the need is the greatest due to lack of sufficient resources.



Who can become a nurse?

You will need to be a natural care giver, willing to help others, be patient and understanding and have the ability to deal with medical situations in a calm manner – nurses are often called angels in comfortable shoes!



Education requirements

You must have a matric senior certificate to study at a South African Nursing Council (SANC) approved institution, or a matric exemption to study at university. University is more expensive and requires four years full time study to become a registered nurse. Training colleges offer one and two year courses, depending on which area of nursing you wish to work in.



Are all nurses the same?

No, different types of nurses have different ranks. A professional or registered nurse can undertake any task a doctor requires of them, and are considered leaders in the team; a staff nurse works under a sister and can give medication; an auxiliary nurse is usually tasked with changing bedpans, helping patients with bathing or dressing etc.

For more information CONTACT



The South African Nursing Council (SANC) offers support and advice for all those interested in becoming a nurse. Contact them on **012 426 9599** or **012 426 9542**.

WARNING! ALWAYS CHECK THAT AN INSTITUTION OFFERING A NURSING COURSE IS APPROVED BY THE SANC BEFORE PAYING ANY MONEY. IF THEY ARE NOT, IT MEANS THEY ARE ILLEGAL AND YOU WILL WASTE YOUR MONEY AND TIME, AS YOUR COURSE WILL NOT BE RECOGNISED.

Is your child immunised?

KZN Health MEC, Dr Sibongiseni Dhlomo has appealed to all parents and caregivers to make sure children are up to date with all their immunisations.

This follows a few reported cases of Diphtheria (a rare bacterial infection) in the province recently where it was found that the children were not up to date with their immunisations.

"I don't want us to press the panic button as if we have an outbreak of diphtheria. I'm saying this because when we followed the cases of the children who have been admitted, we found that one of them does not have a Road To Health Chart, which means we cannot ascertain when last this child was immunized; and the second child who demised at eight years of age was last immunised at 14 weeks. Now this is probably due to absent mothers. Diphtheria is a preventable disease. We really call upon our compatriots to make sure that they adhere to the vaccination schedules that we have for them," says Dr Dhlomo.

When to immunise against diphtheria

The Department of Health policy states that babies are first vaccinated against diphtheria at six weeks. They then receive boosters at eight years of age, and again at 12 years. Sticking to this schedule means children have a life-long immunity against this disease, which is why it's important to make sure your child receives the immunisation.



"Immunisation protects your child against childhood diseases" - MEC Dhlomo

Signs and symptoms of diphtheria

Specific signs and symptoms of diphtheria depend on the particular strain involved and the part of the body affected. Some cases of diphtheria infection affect the skin, which is less serious.

The most severe cases of diphtheria are life threatening, causing breathing problems and a greenish or blueish (even black) colour around the tonsils area in the throat. Some of the early signs of this include:

- * Fever and weakness
- * Swollen glands at the front of the neck
- * High heart rate
- * Nausea and vomiting
- * Chills, headache and fever.

What to do

If your child has not been immunised against diphtheria and has the above signs, get medical attention immediately. Let your clinic know and always remember to take your Road To Health Chart with you.

REMEMBER THE BEST WAY TO PROTECT YOUR CHILD AGAINST DISEASES IS IMMUNISATION!



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How to treat wounds

How to care for a wound depends on many factors and sometimes it can be hard to tell if it is healing or has become infected. Keep the following guide handy so that you know when to call on your clinic for further help.

Cleanliness is most important in preventing infection and helping wounds to heal!

Scrapes and minor cuts

These should be left to dry in the air, do not cover the wound.

WHAT TO DO:

First wash your hands with soap and water, then gently wash the scraped area. Do not put any dressing or plasters if the scrape is on the top of the skin and not deep. It will heal more quickly if left to dry in the open air, provided it is kept clean.

Deeper wounds which are dirty



1 Wash your hands very thoroughly with soap and water



2 Wash the wound with soap and cooled boiled water. Clean out all the dirt carefully, as dirt can cause an infection.



3 After cleaning the wound, place a piece of clean cloth over the top (not too tight) which will allow air to flow in and help it to heal. Change the cloth every day and look for the following signs of infection:

- * Red, swollen, hot and painful around the wound.
- * It has pus
- * It begins to smell bad

WARNING! If the wound has a bad smell and brown or grey liquid comes out or if the skin around it turns black and has air bubbles or blisters, this may be gangrene. Open up the wound if it is covered, let it get some air.

Get to a hospital or clinic urgently as this could be life threatening.

REMEMBER! Wounds which are deeper must be covered lightly, while scrapes and minor cuts are better treated through leaving it to heal in open air.

If a wound is infected

- * Put a warm cloth over the wound for 20 minutes at least four times a day.
- * Keep the infected part at rest or raised above heart level.
- * If you can get wild honey, apply this daily to the dirty wound to help with the healing. Honey reduces the swelling and helps clean and protect the wound from further infection.



How to stem bleeding from a wound

If a person starts bleeding from an open wound, you need to act quickly to prevent blood loss and death. Remain calm and do the following:

- 1** Get the patient to lie down and raise the injury.
- 2** With a clean cloth (or clean hands), press directly on the wound. Keep pressing until the bleeding stops. This can take 15 minutes to an hour or more. Direct pressure will stop the bleeding of most wounds.
- 3** If the bleeding still doesn't stop and the person is in danger of bleeding to death:

- * Keep pressing on the wound
- * Keep the wound as high as possible
- * Never use sand, mud, coffee etc. to stop the bleeding.



BE PREPARED

It's a good idea to keep a first aid kit at home, which should include: antiseptic, medical gauze, bandages, plasters and scissors.

OTHER TIPS TO HELP WITH FASTER HEALING:

- * Eat a healthy diet, focusing on food that is rich in Vitamin C. The body needs good food to fuel the healing process. Fresh fruits and vegetables will also supply the body with other nutrients essential to wound healing such as vitamin A, copper and zinc. It may help to supplement the diet with extra vitamin C.



- * Keep the wound dressed if it is a deep wound and open if it is a light, surface wound.

- * Don't use antiseptic creams, washes or sprays on a chronic wound. These preparations are poisonous to the cells involved in wound repair.



- * Try to get some regular exercise because it increases blood flow, improves general health and speeds wound healing. Ask the doctor for suggestions on appropriate exercise.



NEVER PUT ALCOHOL DIRECTLY INTO A WOUND, IT WILL DAMAGE THE FLESH AND SLOW DOWN HEALING. USE SOAP AND WATER INSTEAD!



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CHILDREN LIVING ON THE STREETS have often run away to escape violence and abuse at home. On the streets, many turn to drugs and crime as a way to cope with their problems. With winter starting, as a society we must reflect on what we have done, or not done, to protect children from becoming victims of abuse. Our responsibility is not only to our own children, but every child, because children are the future of our country, and a reflection of the society we leave behind.

Some people believe that using a child's body parts in traditional treatment is more effective - **THIS IS UNTRUE AND ILLEGAL!**

As a community we must watch out for our children, and encourage them to speak out against abuse no matter who it is. They must be taught early on that it is not ok for anyone to touch them in a sexual manner, even if that person is family, a care giver, teacher or trusted friend. Always remember to discuss this with a social worker or community health carer as they are trained on how to deal with the situation if you suspect a child is being abused. Do your part and teach others in your community how to spot signs of abuse in a child.

Look out for the following signs of possible abuse:

EMOTIONAL ABUSE

- * He/she is scared about doing something wrong
- * Doesn't seem close to the parent
- * Acts like a baby (rocking or thumb-sucking).

PHYSICAL ABUSE

- * Is often injured or has bruises or cuts
- * Is always "nervous," as if waiting for something bad to happen
- * Avoids touch, or seems afraid to go home
- * Wears unsuitable clothing to cover up injuries (e.g. long-sleeves on hot days)

SIGNS OF NEGLECT

- * Has a body odour, clothes are filthy
- * Has untreated illnesses and physical injuries
- * Is often left alone
- * Is often late or missing from school

SIGNS OF SEXUAL ABUSE

- * Has trouble walking or sitting
- * Shows interest in sexual acts
- * Avoids a particular person
- * Has a sexually transmitted disease (STD)
- * Runs away from home

Protect your child

TEACH YOUR CHILD TO:

- * Be with trusted friends. If they have to walk to school, encourage them to walk with other children
- * Ignore strangers
- * Never get into a vehicle with a stranger.
- * If someone in a vehicle asks them for directions, they must keep their distance.

Educate your child from an early age about his or her body and which parts are private and should not be touched by anybody.

Teach your child that if an adult makes them feel uncomfortable or scared, they should get away from that person immediately and tell you about it.

Children's Rights

Our responsibility to make sure they are protected.

- I have the right to a loving, caring family, a proper, safe and comfortable home, clothing and healthy food.
- I have the right to be taken seriously and to make mistakes.
- I have the right to be told the house rules of where I live.
- I have the right to my own religion and culture.
- As a child, I should not be forced to work.
- I have a right to my name and my nationality
- I have the right to an education suitable to my abilities.
- I have the right to be treated the same, no matter what my colour, race, gender, language or religion.
- I have the right to a say in my care, and any changes in how I am cared for, according to my age and maturity.
- I have the right to be proud of my heritage and beliefs.
- I have the right to get special care for special needs.
- I have the right to speak and be heard.
- I have the right to be protected from hurt.
- I have the right to send and receive private mail that is not read or opened by others.
- I have the right to good health care if I am sick and to be kept away from cigarettes, alcohol and drugs.
- I have a right to a lawyer in courtrooms and hearings affecting my future.
- I am a real person and have a right to be treated properly.
- I have a right to live in a nice place and not be put in prison or in a police cell.
- I have the right to know what my rights are.

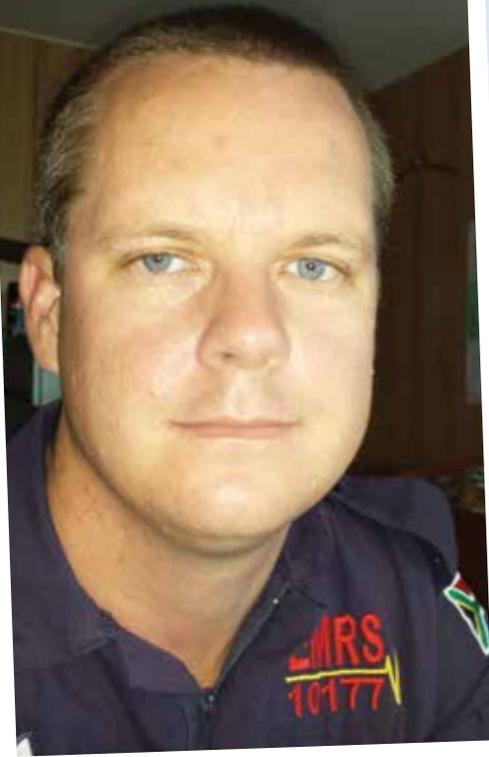
IT IS NOT OK TO KEEP QUIET IF YOU KNOW A CHILD IS BEING ABUSED.



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Ambulances should only be called in case of an emergency.

When and how to call an ambulance

By KZN EMRS spokesperson, Robert McKenzie



The primary function of an ambulance is for the transport of sick or injured people to hospital in an emergency. Ambulances are staffed by two paramedics, who are trained to treat a variety of medical and traumatic conditions.

Ambulances shouldn't be called as a source of transport to go hospital or a clinic, as this often means that non-urgent calls take up critically needed resources which are meant for those in need of urgent medical assistance. It also means a delay in responding to those who need our care.

Ambulances should only be called in case of an emergency. Patients with minor ailments or minor injuries are urged to visit their local clinic, who will call an ambulance if they can't be treated there. In an emergency, you need to have as much information as possible about the emergency in order to help EMS determine to severity of the incident.

When calling EMS, these are some of the questions you will be asked:

- ★ Your name
- ★ Your contact number – to call you back if the call is cut or the paramedics can't find the emergency scene
- ★ Where the emergency is – the exact location and local landmarks
- ★ The nature of the emergency
- ★ What is wrong with the patient/s requiring assistance
- ★ There may be specific questions, regarding specific emergencies

Emergency Medical Services play a vital role in the health system, as paramedics are often the first practitioners to see a patient and they start medical treatment that is continued at hospital. Knowing when and how to call an ambulance can help save someone's life during an emergency!

KZN Emergency Medical Services can be contacted on several emergency numbers

10177 This is a free call from land line telephones. The number is linked to the emergency call management centre in the area.

112 This is a free call from cell phones. The number is linked to the particular cell contactors call centre, where the call is answered and you will be asked where you're calling from and what emergency service is required (fire department/police/ambulance). The call is then patched to the relevant emergency service's call management centre in the area.

0800 00 3155

Call this number if you cannot reach the emergency call management centre on 10177.



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