

HEALTH MATTERS

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EDUCATE || INFORM || EMPOWER

NOVEMBER • 2014



BUILDING A CARING HEALTH SERVICE



health

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Health
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Fighting Disease, Fighting Poverty, Giving Hope



Say NO to violence against women and children

The following are crimes under South Africa's Domestic Violence Act:

- Physical abuse
- Sexual abuse
- Emotional, verbal and psychological abuse
- Economic abuse (such as withholding money needed to survive or the confiscation of wages)
- Harassment



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Message from...

**KZN Health MEC,
Dr Sibongiseni Dhlomo**



VIOLENCE AND ACCIDENTS contribute immensely to the quadruple burden of disease which confronts us daily. Apart from HIV/Aids and TB, mother and child mortality and non-communicable diseases, violence and accidents pose a threat to the future well-being of this country.

RECENTLY, I WAS PART of the government delegation that visited the family of murdered South African sporting hero Senzo Meyiwa, and was part of the funeral. I saw first-hand the deep pain experienced by his parents and by South Africans at large. It is the saddest thing to see. But what is even sadder is that Meyiwa's violent death could have been avoided. May his soul rest in peace.

NOVEMBER IS DIABETES AWARENESS MONTH. Researchers tell us that three and a half million South Africans suffer from Diabetes and many more don't even know about it because they have not been diagnosed. The majority of South Africans have type 2 diabetes, but many people have already developed complications by the time they are diagnosed. This is worrying. Once again, this can be avoided if we get into the habit of going for health check-ups at least once a year. Symptoms for diabetes include tiredness, excessive thirst and urination, slow wound healing and skin infections, blurred vision and regular bouts of thrush.

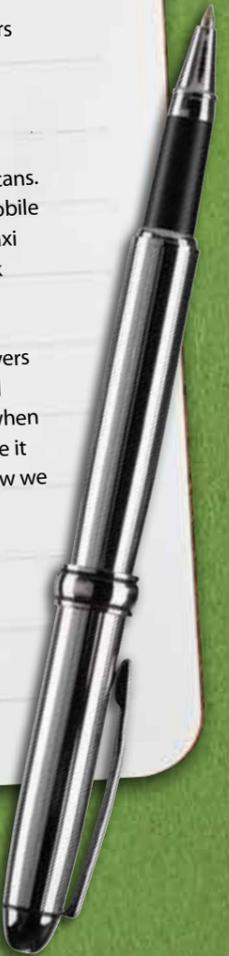
UNFORTUNATELY, THERE IS NO CURE for diabetes, but with careful monitoring and

commitment, diabetics can avoid complications and enjoy a long, productive life. It is especially important to control weight, blood cholesterol and blood pressure, to do regular exercise, and to avoid smoking. We need to discourage the consumption of energy-dense, nutrient poor foods that are high in fat, sugar and salt. Low levels of physical activity at home, school or work are recipe for disaster.

I WOULD LIKE TO TAKE THIS OPPORTUNITY to thank people like our First Lady, MaNgema Zuma, who have made it their mission to create awareness about the dangers of diabetes and what people need to do in order to stay safe. She is doing sterling work through her Foundation and we need selfless ambassadors like her who can make a difference in our society.

AS THE KWAZULU-NATAL DEPARTMENT OF HEALTH, we remain committed towards improving the health status of all South Africans. This is why we are taking health services (mobile clinics) to taxi ranks. We have realized that taxi drivers leave home too early and come back too late. But they have a chance during the day while "ranking" to be examined for any ailments. This is helpful and will save taxpayers a lot of money because it is far cheaper and easier to treat diseases earlier rather than when they're at an advanced stage. We have done it in eThekweni and Umgungundlovu and now we will be casting the net wider.

God bless!



inside



DIABETES



HEALTH NEWS



BREAKING THE SILENCE



NEW BABY?

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With thanks to the following contributors:

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

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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TAKE THE TEST - TAKE CONTROL!

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WHAT HAPPENS IF YOU STOP TB TREATMENT TOO EARLY?

A GUIDE TO KNOWING THE RISKS...

If you have TB you will need to take several types of medication. This is because there are many different kinds of bacteria to be killed. Taking multiple drugs also helps to prevent the bacteria from becoming drug resistant, which makes it much more difficult to cure. If your TB becomes drug resistant it means that the bacteria causing the disease no longer respond to the treatment and will continue to increase.

TB of the lungs is usually infectious. This means that you can spread the disease by coughing or sneezing. Fortunately, after a couple of weeks of taking medicine, most people are no longer infectious and begin to feel better. Usually they can return to normal life. But that doesn't mean all the bacteria are killed. People often have to take TB medicine for six to nine months to ensure that all the bacteria are killed.

Why must you take TB medicine for so long?

The rate of cure for TB is more than 90% if medicine is taken properly and the full course completed. For patients with drug resistant TB, cure rates are around 50%.

TB bacteria die very slowly. Even when patients start to feel better, the bacteria are still alive in their bodies. They must keep taking medicine until all the bacteria are dead, otherwise they can get sick again and infect others.

Another danger of not completing the whole course is that it increases your risk of developing drug-resistant TB. If you stop taking your medicine and some of the bugs are still alive, they may become resistant to the drugs you were taking, so that if you get sick again, you will need different drugs to kill the bacteria. These additional drugs, called second-line drugs, must be taken for a very long time, sometimes up to two years, and their side effects can be quite serious.

All about DOTS

The only way to get better is to take your medicine as prescribed by your health worker. If you have trouble remembering to take your medication, ask your health worker about Directly Observed Therapy (DOTS) – this is when a health-care worker arranges for someone to meet with you regularly to ensure you take your medicine. Using DOTS is very common and one of the best ways to make sure you stay committed to completing your treatment.

BE RESPONSIBLE COMPLETE YOUR TREATMENT BEFORE IT'S TOO LATE!



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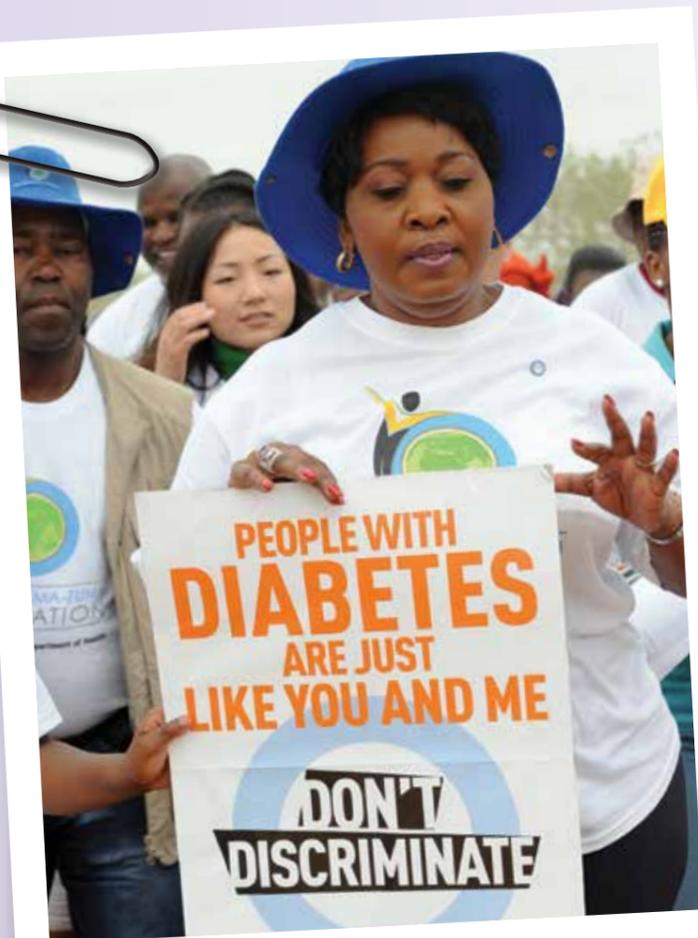


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WORLD DIABETES AWARENESS DAY

Act on diabetes NOW, says Mrs Bongzi Ngema-Zuma

First Lady, Mrs Zuma is passionate about raising awareness on Diabetes through her organisation, the Bongzi Ngema-Zuma Foundation. In an interview with **EZEMPILO**, she calls for a ban on fast food advertising and talks about how we can prevent diabetes.



“My mother lived with diabetes for more than 20 years, before she eventually succumbed to death. I have made it my life’s mission to use my energy and position where ever I can to save others from the diabetes pandemic” – Bongzi Ngema-Zuma

EZEMPILO Why should we take diabetes seriously?

MRS ZUMA It’s become a major health problem in our country, with more than 1.5 million South Africans diabetic and a further 4 million at risk. This is unacceptable because it can be prevented, so we should be taking it very seriously.

EZEMPILO Are we doing enough to raise awareness on the issue?

MRS ZUMA No, we have many challenges and unfortunately diabetes is but one of them. We need more education on how diabetes can be prevented through early intervention from parents, teachers, church groups, and youth organisations – each and every one of us needs to get involved to reduce the pandemic.

EZEMPILO How did your late mother manage diabetes?

MRS ZUMA She lived a normal life, but raised us with old fashioned values on healthy eating. She grew spinach, cabbage and carrots on a small patch at the back of our home and we loved the vegetables. She was careful with her diet and raised us to do the same. Because of this, she never needed the insulin injection, but only the tablet.

EZEMPILO What can we do to prevent diabetes?

MRS ZUMA It’s all about a healthy lifestyle and diet. I’m not talking about eating foods that are unaffordable. Fresh, grown vegetables can save your life. As more people move from rural to urban areas, they are exposed to the stress of modern living, which means fast food and unhealthy eating. Our schools need to bring back subjects on healthy living – it begins with early intervention.

EZEMPILO Even if we do, fast food has a huge influence...

MRS ZUMA I think government needs to regulate the advertising of fast food in some way. We have a ban on cigarette advertising, regulated salt in canned foods, yet we allow fast food outlets the freedom to promote unhealthy eating while our nation is among the world’s most overweight. This needs to be controlled.

EZEMPILO What would you like to say to people on World Diabetes Day?

MRS ZUMA Avoid salt, use less cooking oil, walk quickly or run for at least 30 minutes three times a week and take control of your diet. Nobody should die from diabetes due to a lack of awareness – let’s speak out!

Isn't it time YOU took responsibility for your health?

WHY are people still dying every year due to diabetes when we can prevent this?

WHY do low and mid income earners still have the highest rates of diabetes?

FACT Diabetes kills more people every year than AIDS and breast cancer combined, yet it is preventable.

2 out of 3 people who have diabetes die from heart disease or stroke...DON'T LET THAT BE YOU!

Why should you care?

Diabetes can affect anyone at any time. And more children are becoming diabetic at a younger age because of the unhealthy lifestyle. Fast foods, no exercise, a busy lifestyle all means we have a diabetes time bomb in our society.

Diabetes is caused by eating more food than our body really needs – especially the wrong type which increases the sugar levels in our body leading to being overweight and diabetes. With many of us leaving the rural areas for the cities and living stressful working lives, fast food and processed food is becoming a way of life. This is the biggest cause of diabetes.

Signs of Diabetes

- Unusual thirst
- Going to the toilet to pass water often
- Unusual weight loss
- Extreme tiredness or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling in the hands or feet
- Type 2 diabetes can show no symptoms!

WE CAN NO LONGER IGNORE IT. DIABETES IS HERE. IT'S IN OUR LIVES AND IT WON'T GO AWAY UNLESS WE ALL DO SOMETHING ABOUT IT.

Facts about diabetes

- There is no cure but if diagnosed, you can manage it and avoid complications if you live a healthy lifestyle
- Diabetics are more at risk of heart disease, stroke and eyesight problems, which is why it's important to check your sugar and other health levels regularly at your clinic.
- Type 2 diabetes is the most common form of diabetes – around 85–90% of all people with diabetes have type 2. This means they have trouble controlling the sugar levels in their body. Most type 2's are over 40, usually overweight and do not exercise.

How can we help prevent diabetes?

Easy. Eat a healthy diet, control your weight, exercise, reduce your stress and don't smoke – these are the most important ways you can prevent the disease affecting you. Make a start today. You'll look and feel better.



IT'S TIME TO STOP. THINK. TAKE CONTROL OF YOUR HEALTH



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NEWS

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TAKING HEALTH CARE TO TAXI RANKS

MOBILE CLINICS ARE BEING ROLLED OUT at taxi ranks throughout the province, says KZN Health MEC, Dr Sibongiseni Dhlomo.

Addressing the official opening of the latest mobile facility at the Freedom Square taxi rank in Pietermaritzburg, MEC Dhlomo said the mobile clinics would offer primary healthcare services and screening for Medical Male Circumcision.

"Many people in the taxi industry are not able to go to the clinic because they are on the road from the early hours of the morning until late in the evenings, by which time clinics have been closed. By bringing the clinic to the rank everyday, taxi drivers will no longer have an excuse

of not being screened and receiving treatment during the early stages of illness. Medical examinations will be conducted at the ranks which will conserve taxpayers' money, because illnesses will be detected and treated early which means less medication will be used and money will be saved," explained Dhlomo.

Taxi operators, drivers and users are urged to make use of the mobile clinics at the taxi ranks if they are unable to access health care during normal hours during the day.

"Our dream is that no one in the taxi industry should die because we failed to help as the Department of Health" added Dhlomo.

Protect our paramedics

THE RECENT ATTACKS ON PARAMEDICS have sent shock waves around the province, with MEC Dhlomo and Head of Department Dr Sibongile Zungu stepping in to appeal to members of the public to support and protect Emergency Medical Services (EMS) paramedics, whose work is vital in saving lives.

The latest tragedy occurred earlier this month when thirty-five year old paramedic, Vincent Buthelezi was shot and killed by unknown gunmen in Eshowe. Buthelezi was a basic life support paramedic and had joined EMS in 2007 and was off duty when he was attacked.

In October, an EMS ambulance with two crew members was hijacked while transporting two patients from KwaMakhutha Clinic to hospital. While en-route, the ambulance was flagged down by two males who pretended that one of them was a patient and needed attention. The driver stopped the vehicle and as he got out of the vehicle and approached the two men, they held him up at gunpoint and forced the crew members to get into the back of the vehicle. In the ensuing commotion, one of the crew members fled from the scene in fear of his life and jumped over a nearby perimeter fence, where he hid for some time. The assailants drove the ambulance towards KwaMakhutha before abandoning it and fleeing from the scene.



Fortunately, neither the patients nor the crew members sustained injuries during the incident. The other crew member sustained minor bruises upon his escape from the scene. MEC Dhlomo has condemned these incidents, adding that attacks on paramedics place a strain on the Department's ability to fulfil its mandate of saving lives. Dr Dhlomo has called on members of the community to protect paramedics and create an environment that is conducive to their safety in

order to ensure that they operate optimally.

"The festive season is usually a testing time for EMS paramedics. Right now we are finalizing plans for our Alpha Operation which includes placement of paramedics at strategic points which are known to be accident hotspots. The increasing attacks put the lives of these committed health workers at risk and would eventually negatively impact on our endeavours to improve response times," says Dhlomo.

MEC cracks down on corruption

MORE THAN R2 MILLION is being recovered from 22 full time state health workers in KwaZulu-Natal, who have been found guilty of working within the private sector at the same time.

The announcement was made by MEC Dhlomo to the Health Portfolio Committee at the KZN Legislature earlier this month and follows a forensic audit by the provincial health department last year. "Our investigations revealed that 157 of our employees had traded with provincial government departments between 2012 and to date outside their normal sphere of work. The

total value of the transactions amounted to R82.1 million. However, the loss suffered to the Department as a result of their actions is just under R3 million which is the amount we are claiming from the 22 employees who are mostly doctors. The Department is taking further action and has already concluded payment arrangements with those found guilty, including those who resigned after being caught," explained Dhlomo.

The issue of moonlighting doctors has a severe impact on quality of care and often results in medical negligence. "What we discovered during our investigations is that

those doctors running their private practises on state time would often leave junior doctors that they were meant to be supervising, to go and look after their private sector patients at their practises. This means a junior doctor with little experience was then left to carry out medical treatment on a patient without supervision, which contributed to the rise in the number of claims of medical negligence against the Department. We have now also ordered those guilty doctors to repay 30% of the income they earned whilst moonlighting when they should have been working at public hospitals and clinics," says Dhlomo.

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INTERNATIONAL DAY OF ELIMINATION OF VIOLENCE AGAINST WOMEN



Every day, women are slapped, kicked, beaten, threatened, raped and even murdered by their own partners. Yet we often do not hear about this until it is too late. That's because women who are abused often feel ashamed, embarrassed, alone and are too scared to speak out. Despite our victory in achieving democracy and being among those countries with the highest number of women in government, too many women continue to be abused by men they trust – like Pumi. This is her story...

“At first he seemed like the perfect man for me. He did everything to make me happy. He would take me out, buy me nice gifts, was always respectful to my family and friends. But then things changed after he went to my parents to pay lobola. He started drinking and was always ordering me around, telling me what I could and couldn't do. We argued about money all the time. He first slapped me when he was drunk. I was so shocked, but I forgave him because he said it wouldn't happen again. But then it did. He started hitting me in the face with his fist. I told him that what he was doing was wrong, but he wouldn't listen. He went to my parents and demanded his lobola back. It got so bad that I went to a place of safety where they helped me get a protection order so that he could not come near me. The court also ruled that he couldn't have his lobola back because he abused me. It took me a long time to get back by confidence, but I was determined to make a future for myself. I want to say to other women, get out of an abusive relationship before its too late.”

Pumi is still one of the lucky ones – she lived to tell her story. Others are not so lucky. Millions of South African women live with some form of abuse daily, including:

- Physical – beatings involving slapping, punching, kicking and so on
- Emotional/verbal – making a woman feel useless and destroying her self-confidence
- Sexual – rape, indecent assault
- Economic – withholding money needed to support the family
- Damage to property – if a man destroys a woman's property, this is also a form of abuse.

Why women stay with abusive partners

When we hear about a woman who is abused this is often the first question we ask – why does she stay? There are many reasons, which include:

FEAR AND THREATS: The abuser often threatens to kill her, her mother or children if she leaves. The woman then feels she is protecting everyone else by staying.

NO MONEY, NO PLACE: This is the biggest reason, especially if the man is the only person working. A woman may feel she has no way of supporting herself and her children if she leaves.

SHAME AND CULTURAL BELIEFS: Many abused women feel (wrongly) that the violence is their fault, and that it is their duty to stay with her husband no matter what.

Finding the courage to leave an abusive partner

You don't deserve to be raped or beaten, **NO MATTER WHAT.** Being afraid is human nature, and most abused women become terrified and lose their self-confidence. It's your life, and there is help out there. Begin by breaking the silence – tell a friend, relative or church counselor, anyone you trust. There are trained people who can help you – let them.

THE SAFETY PLAN

Leaving an abusive partner needs planning because you must be able to be strong enough to look to the future without him. The following will help guide you with what you need to do:

CONTACT LOCAL POLICE OR CLINIC

- They can refer you to a social worker, organisation or safe house close to you which helps women who are being abused. They'll also help you get a court order for protection.
- A court order will prevent the abuser from committing any act of domestic violence against you or from entering your home or place of work. If he fails to obey this, he will be arrested.
- The protection order also gives the police permission to remove the abuser's firearms or any dangerous weapons.

BE PREPARED

- Keep extra money and clothes in a place hidden from your partner.
- Think clearly
- Try to avoid falling pregnant if you are being abused as this will make it more difficult to leave.

TAKE ACTION

- Get a job or quietly develop skills that will help you support yourself when you make the break.
- Keep copies of yours and your children's health reports, ID documents and any other papers you think you might need.

YOUR LEGAL RIGHTS

Domestic violence falls under the Domestic Violence Act of 1998 and you can apply for a protection order from the Magistrate's or High Court nearest to where you or the abuser lives or works.

Documents such as your ID book and any medical reports or any reports from any witnesses of the abuse may be required.

The court will explain your rights and help you fill in the form. Your application is taken to the Magistrate, who'll prepare a notice to the abuser, informing them of the protection order and ordering them to appear in court on a set date.

The protection order is valid until the victim changes or cancels it, or until cancelled by the Appeal Court.



FOR MORE HELP CONTACT THE STOP WOMEN ABUSE NATIONAL TOLL-FREE HELPLINE ON 0800 150 150

**STOP THE VIOLENCE,
BREAK THE SILENCE**



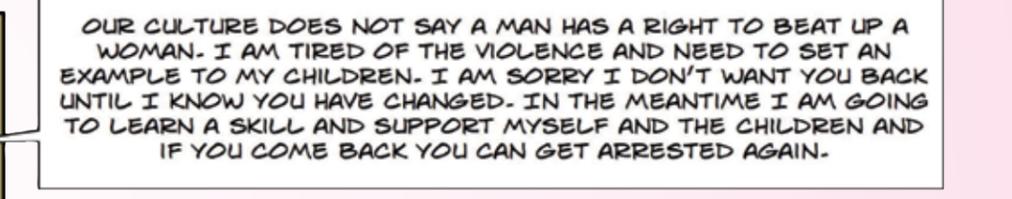
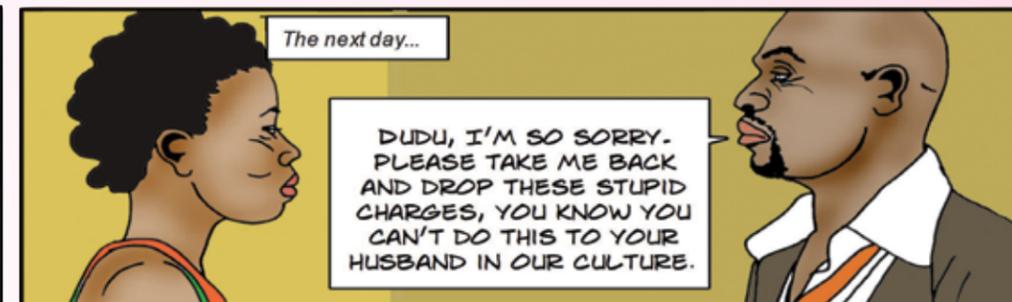
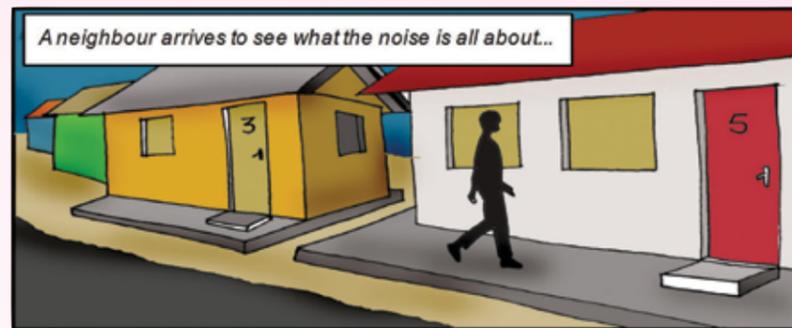
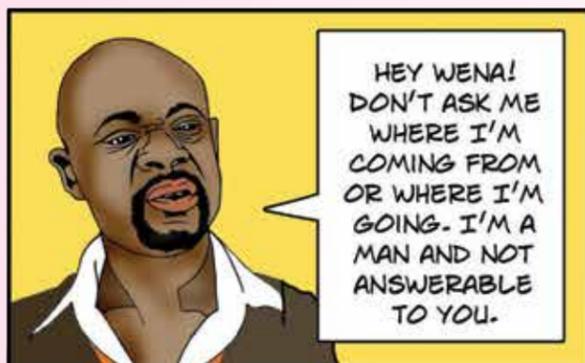
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BE THE CHANGE SAY NO TO VIOLENCE AGAINST WOMEN AND CHILDREN



A few months later Dudu addresses a gathering of abused women...



LET'S BREAK THE SILENCE AND STOP THE VIOLENCE IT'S IN OUR HANDS



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WHEN BABY COMES HOME...

There is no school for moms. You learn to trust your instincts and listen to the voice inside called maternal instinct... Still it's important to keep track of baby's progress so that you know if something is not right. Keep the following guide handy until you become confident as a new mother.

1 General condition

Observe the baby's general condition, such as the colour of his/her skin/nails. Is baby warm? Learn to recognise the following movements of the body and limbs – indicating good muscle tone:

- Position at rest and asleep.
- General condition of the skin.
- Chest movements while sleeping – grunting and fast breathing.
- Listen to baby's cry – you will soon recognise the different sounds – when he/she needs a nappy change, is hungry, in pain or just wants to be cuddled.
- Observe his/her feeding.

2 Umbilical Cord

At birth the umbilical cord is clamped with a cord clamp and cut. To avoid infection:

- The cord and clamp should be placed outside the nappy and cleaned twice a day with surgical sprits on cotton wool. Simply wipe up one side and throw the cotton wool away, then the other side with another cotton swab.
- The cord will eventually dry out and fall off, which is normal.
- Contact your clinic if you notice any kind of liquid coming out of the bottom of the cord.

3 Post natal visit

It is important to go to the clinic within 3-6 days after you have been discharged.

- Breast feeding assistance can be given and nurses can advise you about feeding and caring for your baby.
- You may also want to complete any treatment like STI (sexual transmitted infection) management.
- Antiretroviral medications prescribed for the baby will be monitored.
- Contraception can be discussed, especially if you are returning to a normal sex life and do not want to fall pregnant again immediately.

4 Keeping warm

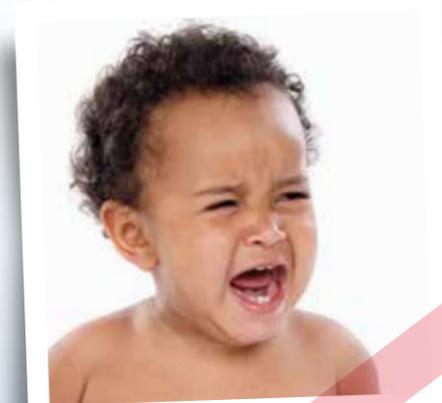
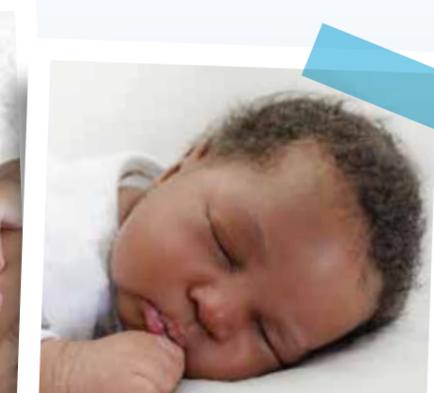
It is not necessary to bath your baby immediately after birth, unless he/she is dirty from passing stool, but it is very important to keep the baby warm. If you can't warm the room, keep baby close to you so that he/she can draw warmth from your body. This will increase the child's temperature and will also improve bonding and feeding.

5 Infant Feeding

- Breast milk is always best for a newborn baby.
- Baby will sleep most of the day, but on waking will want to feed, up to 8 times a day.
- Try to sit correctly during feeding otherwise your baby will not get enough milk.
- Feed baby until she/he is full.
- It may hurt at first, but the pain will ease as you get used to breast feeding.

6 Hygiene

- Hand washing is very important, especially after going to the toilet, changing baby and before preparing any food.
- Hands should be washed with soap under running water.
- Keep yourself and baby clean to avoid disease and contamination.



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NOVEMBER

Red Ribbon Month

The Red Ribbon campaign is a way to bring people together in the fight against drugs and is used as an opportunity to encourage and give hope, especially the youth. It's an opportunity for us as individuals and communities to remind the youth that they can be drug free and to be strong enough not to give in to pressure from friends. Not taking drugs is OK - and the right thing to do, for YOUR future.



Quality Month

While quality of care is the focus during this month, KZN Health MEC Dr Sibongiseni Dhlomo has always been at the forefront in demanding that health institutions shape up their standard of care and cleanliness, and continues to visit hospitals and clinics in the province to see how far they have come to improve the quality of care as part of his 'make me look like a hospital' campaign'. An Office for Standards of Care has also been established to ensure that all our health facilities strive towards cleanliness, safety and service delivery expectations.

NOVEMBER 3 National Children's Day

Children's Day is celebrated each year all over the world to honour the fact that all children are created equal and are entitled to basic human rights. Despite this, many of our children continue to be abused by people they trust - physically and sexually. This day is a time when we should reaffirm our unity against child abuse. We need to encourage our children to speak out against any form of abuse and as a society, we owe it to protect, respect and provide them with love and education so that they can have the best possible start in life.



IMAGE: Maunier/Shutterstock



NOVEMBER 5-9 SADC Malaria Day

According to the World Health Organisation, around 63 percent of people in Southern Africa are living in malaria risk areas, with pregnant women and children under the age of five especially affected. Malaria is recognised as a major concern and one of the number one killers in the region - despite the fact that it has been almost totally wiped out in South Africa. This week is aimed at focusing on efforts to reduce malaria deaths among children by two-thirds by the year 2015.

NOVEMBER 14 World Diabetes Day

The number of diabetes cases in South Africa is expected to triple in the next 15 years - affecting more children than ever before because of our unhealthy eating habits. Already, over 4 million people in the country suffer from diabetes, as more of us adopt modern, less healthy lifestyles.

It's time to stop the rise of diabetes NOW!

Educate yourself on the condition so that you can manage it better. Diet and exercise is key - it's never too late!



UNTIL DECEMBER 10
16 DAYS OF ACTIVISM

FROM
PEACE IN
THE HOME
TO PEACE
IN THE
WORLD

NOVEMBER 25 International Day for the Elimination of Violence against Women

As a nation we have fought long and hard to achieve our democracy. Yet our women and children continue to suffer abuse at the hands of people they trust. As we speak out on this issue, we should pledge to act against the abuse not just now but throughout the year. Support and encourage women and children to break the silence - it's the only way we can break the circle of violence. Report child abuse to the police and encourage children to report bully behaviour to school authorities. Men and boys are encouraged to talk about abuse and actively discourage abusive behaviour.

Call the Stop Gender Based Violence helpline free on 0800 150 150 if you're a victim of abuse and need help.



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It's almost holiday season... Heading for the beach?

BE WATER SAFE

Most of us head to the beach during the December holidays and it's easy to get excited and forget about safety. If you're planning a trip to the beach this holiday, go through some water safety tips with everyone in your family and make sure they stick to them. Use the following guide as a start to your holiday on the beach this season.

WARNING!
Drowning is a leading cause of accidental death among children in South Africa

How can I prevent drowning?

- Take swimming lessons - It's never too late to learn! 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.
- Swim or take part in water sports when you are alert, never when you're sleepy or have used drugs or alcohol.
- Know your swimming area - Swim only in places that you are familiar with. For example, some rivers, lakes, and harbor ways can have strong currents or spots where the water level suddenly becomes deep.
- Don't dive in shallow water or unknown water - You could easily hit your head and permanently damage your spinal cord.
- Don't be bullied - Sometimes friends will attempt to tease you into doing something that you know isn't safe. Don't do anything in the water that makes you feel uncomfortable. Remember, your safety is most important.
- 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 & swim - drinking alcohol (or using drugs) dramatically increases the risk of injury - especially when diving.

Safe swimming at sea

- Swim in designated areas supervised by lifeguards.
- If lifeguards give you directions or instructions from the stand, obey them. Look out for warning signs and flags:
 - Red flag means it's dangerous to swim.
 - Red and yellow flag means lifeguards are on patrol and you should swim in the area between flags.
- Avoid swimming immediately after a big meal, as there is a danger of getting cramps.
- Don't dive into shallow sea - there are many paraplegics who broke their necks diving into shallow pools.
- Don't swim in river mouths, dirty water or when bluebottles are present.
- 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 trust a child's life to another child; teach children to always ask permission to go near water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Be alert and steer clear of plant and animal life. like Jellyfish and stingrays.

REMEMBER! Water is dangerous, even if you're a good swimmer

BE SAFE. HAVE FUN. BE INFORMED!