

HEALTH MATTERS **FREE** Ezempilo

EDUCATE || INFORM || EMPOWER EDITION 2

WHY TREAT PEOPLE...

**...THEN SEND THEM BACK TO THE
CONDITIONS THAT MAKE THEM SICK?**

Saving Mothers, Saving Babies

FACTS FOR LIFE

Are you pregnant? Have you discussed HIV with your doctor or healthcare worker?

As a pregnant woman it is very important that you know your HIV status so that you can learn how to stay strong and healthy and prevent passing HIV to your baby. It is best to see your doctor or healthcare worker as soon as you think you are pregnant.

If you have HIV, you can make sure your baby does not. With counselling, health care and antiretroviral medicines for you and your baby, there is a more than 98 per cent chance that your baby will not get HIV.

Give your baby the gift of life and get tested at your local clinic today.

For more information about
UNICEF South Africa visit:
www.unicef.org/southafrica

unicef 
unite for children

Message from...

KZN HEALTH MEC DR SIBONGISENI DHLOMO

Many young people in KwaZulu-Natal engage in risky sexual behaviour that can result in unintended health outcomes, including sexually transmitted infections, HIV & AIDS, and/or pregnancy. Teenagers make up a significant proportion of our population and we would like to encourage them to use the Public Health Services to educate themselves on responsible sexual behaviour and the consequences of risky behaviour. Effective screening, treatment, and referral services exist; and a growing number of programmes, inclusive of prevention education, parent-child communication, and youth development programs are also available to promote their sexual and reproductive health. Risky sexual behaviour causes human pain and suffering and places a significant financial burden on the public health system. Yet we know that prevention is better than cure and brings benefits both for the public health system and the country in general. As we celebrate St Valentine's month, let us remember that condoms and all prevention methods work. Condoms are usually easy to get and are highly effective in preventing HIV and pregnancy, and provide protection against many Sexually Transmitted Infections. **TOGETHER WE CAN MAKE A DIFFERENCE! TAKE ACTION FOR CHANGE!**



ETHEKWINI MUNICIPALITY, CITY MANAGER DR MIKE SUTCLIFFE

As eThekweni, we are very aware that our Municipality attracts people from other areas because of the desperate need to earn enough to support families back home. But we should also remember that for people to be able to work, we must also protect the environment that feeds us, and that is a responsibility we all have. Already, over 500 000 people visit our clinics each year and thousands benefit from our ARV services. While we offer this range of health services as a Municipality, our aim is to also encourage people to be able to feed themselves, to address issues of poverty. Community food gardens are an excellent way to ensure people get involved in the wellbeing of their neighbourhood. As we address cancer and sexual health during this month, we need to remember that what we eat and how we live plays an important part in our health. Good health does not mean expensive food. Basic health lessons are often the ones we take for granted, yet they are the most important. A clean environment, personal hygiene, regular testing for sexually transmitted infections and making sure you eat healthily are small ways we can all work on improving the health in our city. Health is not an easy issue, and that is why we need to address it together – it's about our rights as individuals, but also our responsibility as a society.

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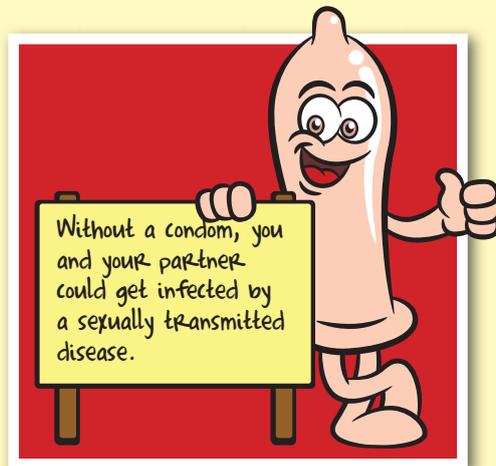
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WORLD CANCER DAY - 4 FEB

It's Not a Death Sentence!

It's called the silent killer and kills more people than HIV/Aids, Malaria and TB combined. More people die of cancer than any other disease in the world. But, there is hope, treatment and a cure if found early. Making small changes in your daily life can reduce your risk of getting cancer. This includes the food we eat; the way it is prepared, exercising regularly, and not smoking or drinking alcohol.

What is cancer?

It's a general name for a group of more than 100 diseases, where cells in a certain part of the body begin to grow out of control. Smoking is the biggest cause of cancer in the world.

Women

Cancer can be cured if caught early, so it is important to go for regular checkups. Ask your local health worker to teach you to examine your breasts often, as breast cancer is

the most common cancer in women. Cervical cancer affects the lower part of a woman's womb, and is the second most common cancer among women. The Department of Health offers 3 free tests (called Pap smears) to women over 30, which checks for cervical cancer. All women who are sexually active should go for regular Pap smears as this can check for cancer.

Men

Every man should check his testicles at least once a month. Look out for any unusual swellings, lumps, pain or heaviness. If you notice any of these signs, visit your doctor.

Early warning signs for cancer in children

- Headaches, with vomiting, at night or early morning
- Swelling or pain in bones, back and legs
- Lump in the stomach, neck, chest, or armpits

- Excessive bruising, bleeding, or rash
- Constant infections
- White spot in black centre of the eye
- Tiredness all the time

Treatment

Cancer is usually treated through chemotherapy, which involves having a drip, or radiation, which takes a few minutes. Both treatments are available at hospitals, and depend on how long you've had the cancer. People are different, and like all medicines, respond differently to treatment.

Early detection and treatment is very important to fight cancer. This is because cancer can spread to other parts of the body through the bloodstream.

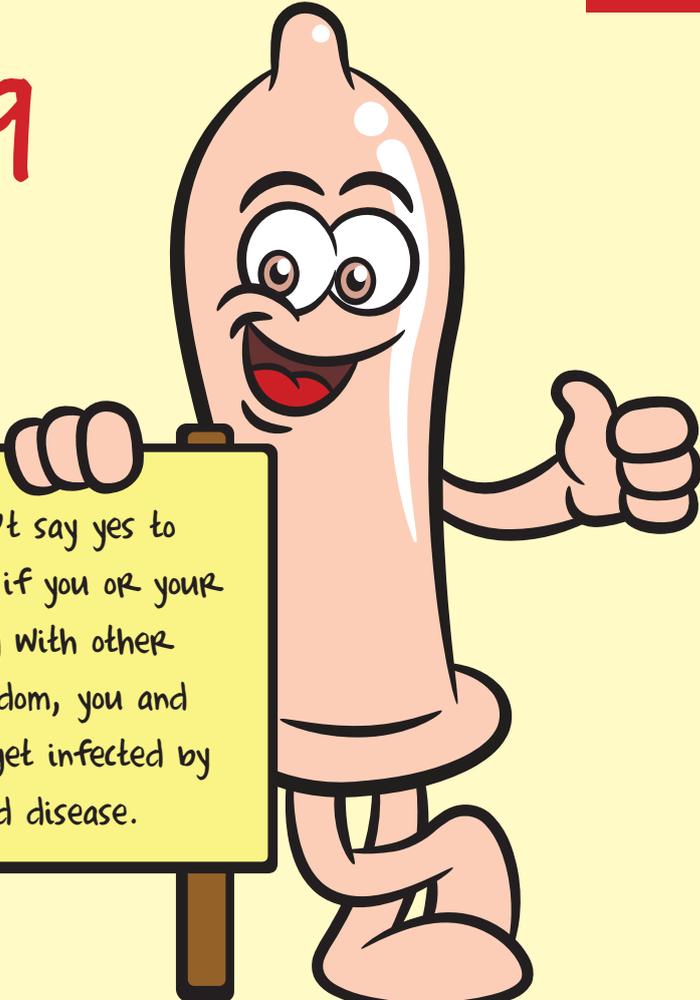
GO FOR REGULAR CHECKUPS!

Condom/Sexually Transmitted Infection (STI) Week:

February 13-19

SEX WITHOUT A CONDOM:

- PUTS YOU AT RISK OF GETTING HIV
- CHANCE OF BECOMING INFECTED WITH A SEXUAL DISEASE
- WOMEN ARE AT GREATER RISK OF BEING INFECTED WITH AN STI



Don't be fooled! Don't say yes to sex without a condom if you or your partner are sleeping with other people. Without a condom, you and your partner could get infected by a sexually transmitted disease.

What is safe sex?

Safe sex means making sure you don't get your partner's semen, blood or fluids from their private parts inside any part of your body.

What you should know about condoms

- Use lubricated condoms for the best protection
- Use a condom made of latex – they give the best protection against HIV
- Do not use oil, Vaseline or body

cream as lubricants. It can cause the condom to break

- Keep condoms in a cool, dry place away from sunlight. Heat can damage condoms
- Don't use a condom that is sticky, comes out of a damaged package or has lost its colour

Do you know?

Many people don't know if they have a sexually transmittable infection (STI). That's why it is important to get

tested - even if you feel healthy. Your health worker will tell you which test you need. STIs can affect both men and women, but a woman is more at risk because a man's penis is inserted into some part of a woman's body – which means the infection goes directly into her womb, tubes or ovaries.

Get tested and cured!

It's important to get tested for a STI's early, especially if you or your partner are sleeping with more than one person, or if there is a suspicion that something is wrong with your body. Even if you feel healthy, it is advisable to get tested for STI – the earlier you do, the better your chance of treating it, as if you leave it, it could get worse.

The tests may include:

- A urine sample
- A blood sample
- Swabs from the vagina
- An examination of your private parts

Important! When treating STIs

When you are given antibiotics or other medication from your clinic to treat the sexual infection, it is important to take it as advised. If you do not do this, the signs of the infection will go away, but the infection will still stay in your body and continue to cause damage to your body. The next time you try to treat it, it will be harder to cure!

**BEING CIRCUMCISED
DOES NOT MEAN YOU
DO NOT NEED TO USE A
CONDOM – YOU STILL
NEED TO USE A CONDOM
EVEN IF A MAN HAS BEEN
CIRCUMCISED!
USING A CONDOM
EACH TIME YOU HAVE
SEX HELPS PREVENT
THE SPREAD OF AIDS
AND OTHER SEXUALLY
TRANSMITTED DISEASES
– MAKE THE RIGHT
CHOICE, USE A CONDOM!**



**HAVE YOU
BEEN TESTED
FOR HIV/AIDS?
BE SMART -
GET TESTED
TODAY!**

Speaking to KZN Health Ombudsperson Mboneni Bhekiswayo

What is your role?

As a Health Ombudsperson, I investigate complaints and concerns about service delivery at health facilities in KZN. I then file my report to the Head of Department who then decides how to address the problems, with my suggestions.

So what do people do if they are not happy with service at a hospital or clinic?

All our hospitals, as well as district offices, have appointed Public Relations Officers. These are the people that should be the first to know about a complaint, because they are at the scene and can respond quicker. If they are still unhappy, they can contact the Ombudsperson's office on 033 395 2536.



How can people make the Ombudsperson office work for them?

We require detailed information about the complaint; such as name and surname, name of the hospital or clinic, hospital patient number, date of incident, name of the health care provider where possible, address and contacts of the complainant and what the complaint is about. They should first try to resolve issues through the health facility's internal process before approaching our office.

EVERY PATIENT HAS A RIGHT TO:

- Healthy and safe environment
- Participation in decision-making
- Access to health care services which include:
- Receiving timely emergency care
- Treatment and rehabilitation
- Provision for special needs
- Counselling
- Palliative care
- A positive disposition
- Health information
- Knowledge of one's own health insurance / medical aid scheme
- Choice of health services
- Be treated by a named health care provider
- Confidentiality and privacy
- Informed consent
- Refusal of treatment
- Be referred for a second opinion
- Continuity of care
- Complain about health services

RESPONSIBILITIES OF A PATIENT:

- To take care of his or her health.
- To care for and protect the environment.
- To respect the rights of other patients and health providers.
- To utilise the health care system properly and not abuse it.
- To know his or her local health service and what they offer.
- To provide health care providers with the relevant and accurate information for diagnostic, treatment, rehabilitation or counselling purposes.
- To advise the health care providers on his or her wishes with regard to his or her death.
- To comply with the prescribed treatment or rehabilitation procedures.
- To enquire about the related costs of the treatment and / or rehabilitation and arrange for payment.
- To take care of health records in his or her possession.

DIRECTORY

Hospitals, Clinics, NGO's

Ezempilo Distribution Points

CLINIC	CONTACT NOS.
Danganya Clinic	039 973 0136
Craigeburn Clinic	031 311 5402
Illovu Clinic	031 322 9016
Umkomaas Clinic	031 311 5445
Umbumbulu Clinic	031 915 0038
Luganda Clinic	031 706 7032
Adams Clinics	071 853 5008
Isipingo Clinic	031 902 1328
Merebank Clinic	031 468 4428
Austerville Clinic	031 461 2496
Chesterville Provincial Clinic	031 311 3544
Sydenham Clinic	031 269 3131
Clare Estate Clinic	031 269 3131
Chesterville Clinic	031 264 0090
Cato Manor Clinic	031 261 4260
Lancers Rd Clinic	031 307 7023
CDC -Prince Cyril Zulu	031 322 4250
Ozisweni (UmlaziQ)	031 907 1150
Prince Mshiyeni Gateway	031 907 8301
Umzomuhler (Umlazi H)	031 908 1115
Umlazi G Clinic	031 907 6219
Umlazi AA Clinic	031 909 0633
Umlazi N Clinic	031 906 6073
Klaarwater	031 706 1774
Lamontville Clinic	031 469 2366
Bayview Clinic	031 400 2118
Mzamo Clinic	031 706 3629
Nagina Clinic	031 706 2778
RK Khan Gateway	031 403 1681
Township Centre	031 403 3451
Welbedatch Clinic	031 403 1681
Welbedatch East	073 008 9616
Welbedatch West	073 008 9616
Newlands East	031 577 2913
Glen Earle	031 577 7503
Newlands West	031 578 5756
Redhill Clinic	031 564 5384
Kwa Mashu CHC	031 503 1236
Kwa Mashu B Clinic	031 503 1342
Lindelani	031 509 1043

CLINIC	CONTACT NOS.
Bester Clinic	031 503 1165
Inanda Clinic CHC	031 519 0455
Inanda Seminary Clinic	031 510 1241
Amaoti Clinic	031 519 5967
Caneside Clinic	031 505 1296
Grove End Clinic	031 502 3582
Tongat CHC	032 944 5054
Ottawa Clinic	032 537 6934
Redcliffe Clinic	032 533 3431
Verulam Clinic	031 322 1722
Maphephetheni	031 777 7707
Ngcolosi	031 766 9735
Wyebank Clinic	031 711 0989/071 853 4370
Waterfall Clinic	031 711 0989/071 853 4370
Msunduzi Bridge Clinic	031 782 8251
Ntshongweni Clinic	031 775 1363
Zwelibomvu	031 703 1697
Pinetown Clinic	031 311 6838/071 851 1045
Westville Clinic	031 311 6696/072 480 7314
Reservoir Hills Clinic	031 262 4912/084 607 4945
HOSPITAL	CONTACT NOS.
Addington	031 327 2000
Fosa TB Hospital	031 577 1215
Inkosi Albert Luthuli	031 240 1000
King Edward VIII	031 360 3111
King George V	031 242 6000
Mahatma Gandhi	031 502 1719
Prince Mshiyeni	031 907 8111
RK Khan Hospital	031 459 6000
St. Aidan's	031 314 2200
Wentworth	031 460 5000
McCords Hospital	031 268 5700
OTHER	CONTACT NOS.
Ambulance	10177
eThekwini District Office	031 240 5300
Aids Helpline	0800 012 322
Stop Gender Abuse Helpline	0800 150 150
Lifeline	086 132 2322
Drug Abuse Durban	031 312 2323
CANSA	0800 226 622

SDI / CONDOM WEEK



HEY GUYS, WAZZUP?

IT'S ALL GOOD, MY BROTHER, ALL GOOD. WHAT'S WITH THE T-SHIRT?

IT'S STI/CONDOM WEEK!

OH YEAH? WHAT'S A STI?



IT STANDS FOR SEXUALLY TRANSMITTED INFECTIONS.



WHAT? YOU MEAN LIKE DISEASES ONE CAN GET FROM HAVING SEX WITHOUT A CONDOM?



EXACTLY!

HOW WOULD I KNOW IF I HAVE A STI?



THE BEST THING TO DO IS TO GET TESTED AS SOON AS POSSIBLE.



WHERE CAN I GET TESTED?

AT ANY CLINIC.

STI/COM



AND IF I HAVE ONE OF THESE STI'S, THEN WHAT? WILL I DIE?



YOU CAN GET TREATED FOR MOST OF THE INFECTIONS. WHAT IS IMPORTANT IS THAT IF YOU DON'T GET TREATED, THE INFECTION CAN GET WORSE. IT IS IMPORTANT TO USE A CONDOM AND STICK TO ONE PARTNER.



HOW DO I KNOW IF I SHOULD WORRY OR NOT?

IF YOU ARE IN A NEW RELATIONSHIP OR IF YOUR PARTNER IS SLEEPING AROUND YOU SHOULD GET TESTED. GO FOR REGULAR CHECK UPS. IT'S THE ONLY WAY YOU WILL KNOW IF YOU ARE INFECTED OR NOT AND SOMETHING CAN BE DONE ABOUT IT BEFORE IT'S TOO LATE!



DO YOU HAVE A QUESTION? CALL US AT **ETHEKWINI** DISTRICT HEALTH TEL 031 240 5300

The monthly guide to

Eating for Good Health

When money is limited, it does not mean we can't have a healthy diet. Here are some ideas on what to eat to get important vitamins for your family's health, especially if you are pregnant:



PROTEIN

This helps our body fight disease and helps the body's muscles, hair, skin and nails to develop well.

Where to get protein:

Beans, peas, lentils, eggs and other similar foods. Liver, heart, kidney and fish are cheaper and healthier to eat. Rice, wheat, and other grains are more nutritious if their outer skins are not removed.

FRUIT AND VEGETABLES

Keep these in a cool, dark place so they do not lose their vitamins. Fruits and vegetables are important, as they help fight infections and keep our immune system strong. Try to eat at least five vegetables or fruit each day and use as little water as possible when cooking vegetables to keep the vitamins.

Calcium

Everyone needs calcium to make their bones and teeth strong, but pregnant women need it more.

Calcium helps a baby's bones grow stronger, and helps produce breast milk.

Food rich in calcium:

Milk, yoghurt, cheese, green leafy vegetables, almonds, beans, shellfish.

IRON

This keeps our blood healthy. To get even more iron from foods, try to cook in an iron pot, because it keeps the food from losing important iron benefits. Adding tomatoes or lemon juice (both are high in vitamin C) will mean more iron will go into the food. It is also best to eat iron food with citrus fruit like oranges or tomatoes, or even spinach as this helps your body absorb more iron from the food.

Pregnant women need more iron as they lose blood during childbirth, so should make sure they eat enough iron-rich foods.

Some food rich in iron:

Meat (especially liver, heart, and kidney), chicken, eggs, fish, beans, peas, pineapples, broccoli and dried fruit.

Vitamin A

Vitamin A prevents night blindness and helps fight some infections. Children can also go blind if they do not have enough vitamin A.

Where to get vitamin A:

Dark yellow and green leafy vegetables, carrots, orange fruits.

“

Remember that if you have HIV you will have different needs to other people and should consult your health worker for advice.

”

The Food Pyramid

When money is tight, we should be even more careful about our food choices, so we do not end up spending more on poor health. The food pyramid is a health model of what we should be eating for a healthy body. Eating more foods from the large space is better than eating sweets, which should be eaten less or not at all. The smaller the space on the pyramid, the less we should eat from that group.



Here are some guidelines to help you with what foods to avoid:

Spicy food:

Too many spices can irritate your stomach and cause diarrhoea.



Sugar:

Cut out sugar from your diet; including sweets, chocolates and cool drinks.



Fried food:

Cooked oils are not good for you. Fried food is difficult to digest and can cause diarrhoea and an upset tummy.



Grow your own vegetables and fruit

cheap • easy • more healthy



Interview With... Musa Njoko

World renowned TB HIV Activist and musician

Proud African Zulu Woman

I am not proud to be HIV positive but I am also not ashamed
I am not a disgrace or embarrassment to my family
I am not a liability to my family and country but
I am an asset with so much to give
I am an African woman - pride of my nation

I am a woman of courage and strength
I am a mother, who brings hope and love,
Who calms the storms of life for her children
Who turns her adversity to victory

I am powerful and dynamic
I am sensible and innovative
I am wise and I am strong
I am more than a conqueror
I am a proud African Zulu woman, pride of my nation!



When were you diagnosed with HIV?

In 1994. I was just 22 and told that I was HIV positive and that I would die.

How did you feel?

I was shocked and confused. I was not sleeping around.

What was the response of your community and family?

Many people in my community rejected me, due to the lack of knowledge about HIV, but I received a lot of support from my family.

What did you do to help yourself?

I educated myself and wrote songs to help me deal with my feelings.

How has it made you stronger?

I appreciate who I am and what I have, and I live my life the way I choose. HIV is a part of my journey, but it's not my life.

What inspires you?

My Christian faith. Without God, I'm totally lost.

What do you want people to know most importantly?

Firstly, if you have HIV you don't fall apart and die right there!

What is your best advice for someone who is HIV positive?

- Use ARV treatment properly, because it can save your life.
- The first three months are very difficult, but stick them out, it will improve.
- Educate yourself about your condition.
- Treat HIV naturally, too. Eat fresh fruit and vegetables.

Through the keyhole

FROM CLEANER TO DISTRICT HIV/AIDS CO-ORDINATOR

It's been a long, but rewarding journey for 53 year old Thoko Nyandu. Starting out as a cleaner at Ngwelezane State Hospital in Empangeni more than 30 years ago, Nyandu has slowly worked her way up through education, and today she is the District HIV/AIDS co-ordinator in Uthungulu in Empangeni.

Background

Born to a struggling family, she was one of seven siblings and was forced to leave school in grade nine because of the hardships her family faced. "I started working in a pineapple factory, and one day there was an accident and I was called to assist in the First Aid room. The person I helped that day commented that I had potential and that I should think about becoming a nurse," explains Nyandu.

Seeds of hope

That simple comment did not stop there. A church leader then offered her a job as a cleaner at Ngwelezane Hospital in 1971, recognising that Nyandu needed a foot in the door. With no formal educational qualification, the young Nyandu began life as a cleaner. It was not long before she was encouraged

by her team leader to continue her studies through correspondence. "I was very determined that I wanted to be a nurse one day because I had a passion for my community, so I worked very hard at the opportunity I was given. I passed my matric and went on to study to become a nursing assistant. I continued to support my family with the allowance I was given even though it barely fed us. I saw the bigger picture of how my life could change and how I could get out of poverty if I studied hard," adds Nyandu.

Success through hard work

Her determination paid off. After graduating as a nursing assistant, Nyandu knew she could reach for the stars, and her successful graduation encouraged her to study even harder. She went on to achieve a diploma in Professional Nursing, then Midwifery, onto to Nursing Psychiatry and - whew! topping it all with a diploma in Community Nursing Science. Amazingly, the

remarkably modest Nyandu still managed to raise her family, putting her daughters through university (they are both teachers) and raises a young school going son. She describes her husband, a retired director as "very supportive" and has some sound advice for young people. "Young people should grab the opportunities they are presented with today, because we never had them, and those that feel overwhelmed in their tasks should share their problems with someone so that a solution can be found. Most of all, trust in God and love your people and your work – especially as a health worker, it makes all the difference to some patients".



February: Pregnancy Week

a celebration of life

When do I visit the Ante natal clinic?

As soon as you miss two menstrual periods.

Why is it important to start early?

To make sure that you and your baby are healthy and safe. If there are any problems, these can be dealt with immediately.

Medications during pregnancy:

Do not use unprescribed medications which might endanger your baby, including "izihlambezo".

Baby

Your baby is expected to grow every month, as your tummy grows bigger and you gain weight. Baby should start kicking at about 5 months, several times a day.

Feeding plan/option for the baby:

Breast milk is always the best. You can still breast feed if you are HIV positive, speak to your clinic for advice on this!

Signs of labour

• Backache, period-like pain, pressure below your tummy. Your water may break, or you may have a discharge from the vagina, sometimes with a little blood. Pains will get stronger and happen more often.

Visit your clinic or hospital immediately if:

- You experience any bleeding while pregnant.
- Your baby stops kicking.
- Your waters break before nine months.
- Headache with a blurred vision.
- Dizziness

What to eat

- Foods rich in folic acid to help baby's development. Try spinach, liver, dry beans, fortified maize and fortified bread.
- Iron makes your blood stronger and prevents anaemia, which makes you tired and weak. Your clinic may prescribe iron tablets.
- Plenty of fruit and vegetables
- Avoid salty foods

COMMON PROBLEMS DURING PREGNANCY

- You may feel like vomiting (morning sickness) or have a burning feeling in your throat and chest.
- Try eating a dry biscuit, a piece of bread, rice or porridge in the morning. Avoid fried foods and food with a lot of spices, oil or fat.
- Do not lie down immediately after a meal
- Avoid fizzy drinks and drink a glass of milk each day
- Drink at least 2 litres of water or other liquids every day

CONTACT THE DISTRICT NUTRITION TEAM FOR MORE INFO ON: 031 240 5346

VISIT THE CLINIC FOR REGULAR CHECKUPS.



SAVE A LIFE, DONATE BLOOD!

More pregnant women are dying in labour as a result of a shortage of blood in the province, says KZN Health MEC Sibongiseni Dhlomo.

KZN has the highest rate of child and maternal deaths in the country, with pregnant teenagers at high risk, as well as those living in rural areas because of the shortage of transport to the nearest clinic.

To address this, the health department is training more women, especially midwives in rural areas. "All pregnant women should be offered the necessary support by their community, family and government departments. Post natal care needs to be strengthened. Around 27 percent of women who died due to pregnancy related complications were because they

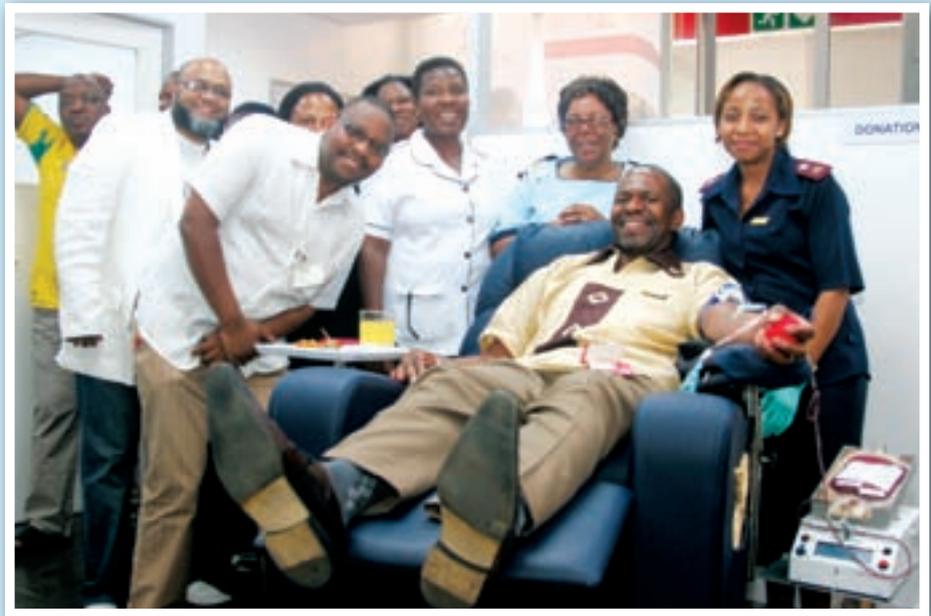
delayed seeking help. If these women were seen within six days of discharge, their deaths might have been prevented," said the MEC.

Regular checks are important!

So if you're pregnant, it is IMPORTANT to visit your clinic early in the pregnancy for regular visits, to

make sure that any health problems can be addressed and that there is a better chance of having a healthy baby.

For those who are healthy and not pregnant, donate blood, it could save your life too!



Whoonga is **KILLING** Our Nation

Whoonga is the latest drug to take over our children, and must be stopped.

What is whoonga made of?

This new drug is brownish in colour, is sold in small packets for about R20 and smells like vinegar. It's made from rat poison, heroin, dagga, vim and, some say, even ARV's.

What will it do to my child?

It contains the drug heroin, and at first users don't feel any pain, but after a while they get terrible

stomach pain that is unbearable. They start sweating and then take more hoonga to get rid of the pain. Children as young as 14 are stealing to buy the drug.

Danger

The effects last for about 45 minutes. Most whoonga addicts use the drug about 8 to 9 times a day. Don't be fooled, Whoonga can lead to disability, and even death.

Signs to look out for:

Loss of appetite – your child will not feel like eating anymore.

Sweating a lot.
Bleeding when going to the toilet.

WARNING!

There are reports of drug dealers stealing ARVs from HIV patients to make whoonga. Be careful and do not sell your ARVs to anyone!

**FOR HELP CONTACT:
DRUG ABUSE
031 312 2323**

COMMUNITY IN ACTION



HOD walking through community garden



MEC helping out at Nhlosokuhle High School



eThekweni community garden



MEC celebrating with locals in Estcourt



MEC assisting with community project



eThekweni community garden