



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

stand up against stigma

No Health without
Mental Health



Covid-19 & Your Mental Health

Singabantu sithinteka ngezindlela ezingafani uma sibhekene nesimo esikhathaza umphefumulo kakhulu njenge Covid-19. Izinto ezinjengomphakathi esihlala kuwo, indlela esikhuliswe ngayo kanye nobumbano emndenini zonke ziba nomthelela kwindlela esiphendula ngayo. Abantu abaphila nezifo ezithinta ingqondo kumele baqhubeke nokwelashwa kodwa banake uma kunokubhebhetheka kwezimpawo zesifo. Leliphepha lidalelwe ukusiza wena ngokukunika ulwazi akafushane nje mayelana nendlela ongathola ngayo usizo. Uma kukhona okungacacile, ungaxhumana nomuntu osebenza kwezempilo.

Akukho ukuphila okukahle uma ungenakho ukuphila kahle kwengqondo

Kungenzeka ukuba ukhathazekile okanye unovalo lokuthi mhlasi naye usunalo leligcikwane le COVID-19, futhi kunemibuzo eminingi enqondweni yakho. Lokhu kungadalela ukuba uzithole usuphatheke kabi kahulu, uhlale usovalweni, noma ukubhekana nobunzima mayelana nokumukela ukuthi usunalo igcikwane. Kubalulekile kakhulu ukukhumbula ukuzinakekela ngokomqondo kulesikhathi esinzima. Imqondo yethu iyasebenzisana nemizimba yethu, ngakho ke kubalulekile ukukunakekela kokubili.

Ukuzivalela egumbini

Uma usuhlolilewe leligcikwane watholakala nalo, uyacelwa ukuba uzivalele wedwa egumbini kuze kwedlule izinsuku eziyishuminane (14). Lokhu kuchaza ukuthi awuvumelekile ukuphuma endlini, futhi awusondelani nabanye abantu. Kulesikhathi, awusayi emsebenzini noma ezindaweni ezinabantu abaningi. Kuwumthetho kaHulumeni ukuthi abantu abanaleli igcikwane kufanele bahlale ekhaya ukuze balulame futhi bangabhebhethekisi igcikwane. Uma uhlale ekhaya elinabantu abaningi, zama ukunciphisa izinga lokuthintana nabanye abantu ngaphandle uma kuphoqa. Qgoka isifonyo zikhathi zonke uphinde ugeze izandla zakho njalo. Izitsha zakho zokudla ungazivumeli zidlele omunye umuntu, futhi zicwilise iskhashana emanzini ashisayo anensipho ngaphambi kokuba zigezwe.

Ukululama ekhaya

Abantu abaningi abatholakala benaleligcikwane bagula kafushane kumbe balulamele ekhaya. Akusona isifo sempilo yakho yonke, futhi iningi labantu lilulama emasontweni amabili. Izimpawu ezijwayekile ezingakuphatha kungaba: ukushisa komzimba, ukukhwehlela noma ukunqamukelwa umoya uma uphefumula. Qaphisisa lezimpawo, uma zidlondlobala, thola usizo lwezempilo ngokushehsa. Nciphisa ukugibela izithuthi zomphakathi uma usuya kwezempilo- ungasebenzisa imoto yakho, eyomndeni, noma eyezihlobo kephi khumbula ukuvula wonke amawindi. Okanye ungashayela lenombolo ye ambulensi: 10177 uma kunesimo esiphuthumayo.

Enye yemizwa ongayizwa ngesikhathi uzivalele egumbini

- Ukungakholwa ukuthi unalo igcikwane, nokuhlukeka ukwamukela
- Ukudideka, uyazibuza uyaziphendula ukuthi kungabe igcikwane ulithole kanjani. Nokucabanga mayelana nekusasa lakho njenboa usunesifo
- Ukwethuka ngenxa yokungazi
- Isizungu (ukungabinaye umuntu ongaxoxa naye noma ongamethemba
- Ukuzizwa ungenaw//o Amandla
- Ukuhlalela ovalweni zikhathi zonke
- Ukuphatheka kabi//
- Izinkinga zokulala/ kube nzima ukufikelwa ubuthongo
- Ukudla kakhulu kumbe ukudla kancane kakhulu
- Ukushesha ucasuke
- Ukuzizwa ucwasekile ngenxa yokuthi unegcikwane
- Ukuzisola wena ngokuthola leligcikwane
- Ukulahlekelwa umsebenzi namathuba okungenisa imali
- Izinkinga zocansi ngenxa yokuqhelelana nomuntu osebudlelwaneni naye.
- Ukuzizwa uvalelekile
- Ukulangazelela izidakwamizwa njengotshwala nogwayi.
- Ukufikelwa imicabango yokuzibulala

Imgomo ongayilandela ukuze unakekele kangcono impilo yakho

Izinkomba zokuhlukumezeka komoya zijwayelekile, futhi iningi labantu lingakwazi kubhekana nazo nokuzinqoba ekhaya. Nazi ezinye zezindlela ongacina ngazo umqondo wakho uphilile:

- Zikhumbuze njalo ukuthi lesimo sizodlula
- Idla ukudla okunempilo uphinde uphuze amanzi amaningi
- Thola ukuphumula okwanele kodwa ungalali ngokweqile.
- Thamela ilanga ngokwanele, lokhu ungakwenza ngokuthi uhlale eduze kwefastela noma komnyango.
- Ungagijimisa umqondo ngokuthi ufunde incwadi noma iphephandaba onkanye iphephabhuku.
- Nokuzivocavoca ngaphakathi endlini kubalulekile ukuze ugcine umzimba wakho uphilile.
- Thola ulwazi mayelana nezindlela zokuphefumula ezingakhulula umzimba nomqondo wakho.
- Ungasebenzisa lesikhathi ukuxhumana nezihlobo zakho okade wazigcina ngokuthi uzishayeke ucingo.
- Sebenzisa lesikhathi ukuxhumana nabangani bakho ocingweni
- Zijwayeze ukuhleka kakhulu nsukuzonke.
- Ungabhalisela nokwenza izifundo ezi-Online
- Gcina umsakazo omuncane egumbini lakho, ucule nabo abasakazi emsakazweni
- Nciphisa isikalo sokubuka izindaba noma ukuzilalela emsakazweni, ungazibuka kanye noma kabili ngelanga kuphela
- Gcina ibhuku ongabhala kulo imizwa yakho

Izinto okufanele uzigweme

- Utshwala, ugwayi kanye nezinye izidakamizwa
- Ukudla okungenayo imisoco
- Ukulala ngokweqile
- Ukuhlala ucofa umakhalekhukhwini ilanga lonke
- Izindaba ezingelona iqiniso
- Ukuxabana nabantu abasondelene nawe
- Ukusola abanye abantu
- Abantu abanomthelela omubi empilweni yakho

Usizo olusheshayo

- Coronavirus Information Helpline: 0800 02 999945
- Ambulance: 10177
- Police: 10111
- Drug Abuse helpline: 0800 12 13 14

South African Depression and Anxiety Group (SADAG)

SADAG uyinhlango ezimele enikezela ngosizo mayelana nezifo eziphathelele nengqondo. Usizo lwabo ulutholakala ocingweni okanya uma kunedlanzi Labantu emphakathini bayakwazi ukufika. Batholakala ngokuthi uthumele umqhafazo kulenombolo:

- Free 24/7 Mental Health Helpline: 0800 456 789
- SMS: 32312 or WhatsApp: 076 882 2775
- Free online support groups: 0782787047

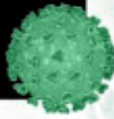
Ezinye izinhlango ongathola usizo kuzo

- Nedbank Doctors on Call Helpline: 0870550234 (8am-5pm)
- Gender-based violence 24/7 helpline: 0800 428 428 or *120*7867# for a call-back
- Epic Foundation (Gender violence): 0317640492 or 0710323260
- Xenophobia helpline (foreign nationals): SMS 44705 or Call 0607949882
- Alcoholics Anonymous: 031 3014959 or 0861435722
- Narcotics Anonymous: 079 592 2294 (WhatsApp) or call 086 100 6962
- UKZN Centre for Applied Psychology (free sessions): 0785121959 (WhatsApp)

Websites:

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- <https://www.who.int/westernpacific/news/multimedia/infographics/covid-19>
- <http://psytalk.psyssa.com/general-public/>
- <https://www.nicd.ac.za>
- <https://www.nicd.ac.za/what-to-do-if-i-test-positive-for-coronavirus-disease-and-i-am-asked-to-home-isolate%e2%80%8b/>

LOCKDOWN UPDATE



ESSENTIAL CONTACTS

PresidencyZA
stateofthation.gov.za

Coronavirus Hotline	0800 029 999
Coronavirus WhatsApp	060 012 3456
National Institute for Communicable Diseases	0800 029 999
Presidential Hotline	17737
South African Police Service - Crime Stop and Anonymous Tip-offs	08600 10111
Reporting undue price increases	0800141880
Support to SMMEs in distress	0860 663 7867
National Crisis Line	0861322 322
Family Violence, Child Protection and Sexual Offences Unit	0800 150 150
GB VF-related service complaints	0800 333177
Gender-based violence command centre	0800 428 428 or *120*7867# (free)
Women Abuse Helpline	0800150150
Persons with disabilities	SMS 'help' to 31531
National Human Trafficking Helpline	0800 222 777
Child line	0800 055 555
Suicide Crisis Line	0800 567 567 / 0800 456 789
AIDS Helpline	0800 012 322
SASSA call centre	0800 60 10 11
PostBank call centre	0800 53 54 55
Department of Trade and Industry	080 000 6543
Department of Home Affairs	0800 601190
Department of Water and Sanitation	0800 200 200
Department of Tourism	0860 868 747



WHATSAPP SUPPORT
0600 123 456
EMERGENCY NUMBER
0800 029 999
sacoronavirus.co.za

The national lockdown is for 21 days from 23:59 on 26 March to 23:59 on 16 April.



Emergency Hotline: 0800 029 999

WhatsApp Support Line: 0600-123456

COVID-19

Online Resource & News Portal
SAcoronavirus.co.za



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REPUBLIC OF SOUTH AFRICA



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