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NEWS

Information for better health ...

APRIL-JULY 2021

MORE THAN 50 COVID -19 VACCINE SITES UP AND RUNNING

On 17 May 2021, South Africa launched the covid-19 vaccination programme targeting community members. This is the country's second phase of the programme. The government gives priority to people over the age of 60 years, essential service workers, and people in congregant settings. The initial second phase was slightly adjusted, it now also includes people over the age of 35.

On 18 May 2021, the KZN Health MEC, Ms. Nomagugu Simelane officially launched the Covid-19 vaccination programme for KZN in uMgungundlovu District at the Royal Show Grounds site, the largest site in the district.

People over the age of 60 came in numbers in the first week, and

they continue to do. Most of the citizens were eagerly waiting to be vaccinated. They were grateful to be amongst the first to receive the Pfizer vaccine. Pfizer is administered in 2 doses, 42 days apart.

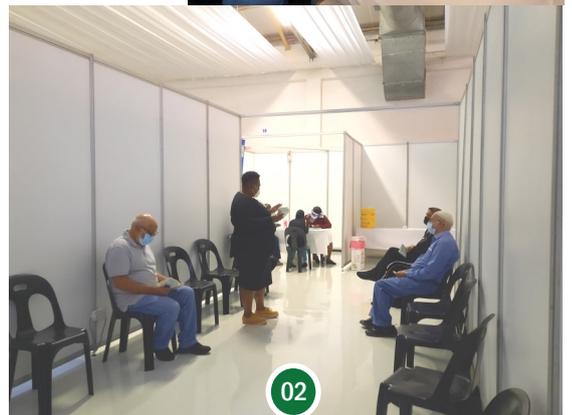
Many other community sites in uMgungundlovu are up and running to accommodate people where they live. These in cities, townships, rural areas and farms, most are local community halls. Some facilities are doing outreach campaigns to vaccinate elderly and frail clients at their homes.

The district now has 55 vaccination sites, 14 of these are fixed. The other 41 sites are not fixed, they change according to the demand for the vaccine.

We encourage every person above the age of 35 to register and get vaccinated. The registration process has improved and is now easier.



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Above Pic. 1: A person above the age of 60 getting vaccinated at Northdale Hospital

Above Pic. 2: Health education for those awaiting their turn to get the jab

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1 MILLIONTH CITIZEN TO BE VACCINATED FOR COVID-19

uMgungundlovu District vaccinates the number 1 million citizen in South Africa

O Tuesday, 02 June 2021; Mr. Mzikayise Nicholas Hadebe from the Mpophomeni area in Mngeni Municipality became the number 1 million citizen in the whole of South Africa to be vaccinated for Covid-19.

Mr. Hadebe is 72 years old, lives with his wife and six grandchildren. In an interview on 3 June 2020 with Miss Thobile Hadebe from uMgungundlovu District, Mr. Hadebe mentioned that he was happy when it was announced that people over the age of 60 years were prioritised to get vaccinated for Covid-19 as they were at a higher risk compared to younger individuals. He was happier because he is also on chronic medication and was afraid how his compromised immune system would react if he gets infected with Covid-19.

He admits that he and his family first experienced anxiety and doubt especially because of all the negative information

and rumours in the community about the vaccine.

Mr. Hadebe said he was visited by a local Community Health Worker who gave him and his wife one-on-one education about the vaccine programme and also registered them. "My wife and I sat down and discussed the benefits of the vaccine and decided we had nothing to lose," said Mr. Hadebe, who got his jab at Mpophomeni Community Hall. Mr Hadebe mentioned that both he and his wife felt and still feel well after the vaccine, they experienced no complications. He and his wife gladly went back

for the second dose of the Pfizer vaccine when their turn came. He was grateful for the good care and welcoming attitudes of the staff members at the Mpophomeni vaccination site. "I thank the department of health for prioritizing us and encouraging us," said Mr. Hadebe.

In conclusion, Hadebe said, "I would like to encourage all people to take the vaccine campaign seriously and get vaccinated, especially since it seems that this disease will stay with us for longer than we thought".



Mr Mzikayise Hadebe together with his wife Jabulile Hadebe have been married for 45 years and are looking forward to more years together after they received their first dose of Pfizer vaccine

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MEC SIMELANE VISITS AF WOOD VACCINATION SITE

KZN MEC for Department of Health, Ms. Nomagugu Simelane recently visited the AF Wood covid-19 vaccination site as part of her visits around the KwaZulu Natal province. The vaccine site is located next to East Boom Community Health Centre (CHC) and is managed by the team from the CHC. The AF Wood site is one of the busiest sites in Pietermaritzburg city.

MEC Simelane and her team are on continuous rotational visits to all vaccine sites around the province. They check and monitor the operations and also get inputs from citizens who are receiving the jabs. So far, there are plenty of compliments on how the sites are set up and how service is provided.

The MEC did a live broadcast at the site that is called "Lunchtime Chat". The MEC and her team of experts discuss a certain topic of concern. This includes digitally connecting with most community radio stations in the province and having a live stream on all department of health social media pages. Viewers and listeners can call in and speak to the MEC to address their concerns or even to give compliments. Check out the MEC's Lunchtime Chat live on Department of Health Facebook, YouTube and Twitter accounts, every Friday at 13h00 and be part of the discussions concerning the province's health matters.



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Picture 1: The KZN Health MEC with her team tackled issues of concern during a recent live broadcast. These included encouraging people to get vaccinated, dispelling myths surrounding the covid vaccine, asking community leaders to play an active role in persuading local citizens to vaccinate

Picture 2: MEC Simelane, Dr T Zulu (District Director for uM-gungundlovu) and the team of hard working Health Care workers stationed at the AF Wood hall



COVID –19 VACCINATION CAMPAIGN AT TAXI RANKS

Government Communication and Information Systems (GCIS) collaborated with uMgungundlovu Department of Health on 10 June 2021 to increase awareness of the covid-19 vaccine campaign. This involved targeting and visiting taxi ranks around the Pietermaritzburg and Mooi river area to encourage vaccination for Covid-19. The targeted audience were taxi industry employees like taxi drivers, rank managers, and the general public. At the time, the country was vaccinating citizens who are 60 years and above only.

The campaign was well-received and supported. The citizens eligible for vaccination were registered and vaccinated on the spot, following all safety protocols and logistics.

South Africa's self-registration vaccination portal was opened to citizens aged 60 and above in mid-April. The response was good at the beginning but had later slowed down. The department saw lesser numbers of those above 60 years registering.

We remind citizens to register for vaccination, younger generations are requested to encourage their elderly relatives to register and get vaccinated.

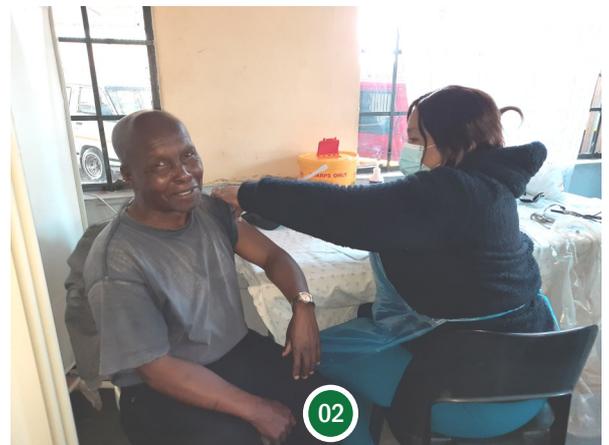
South Africa is on a road to vaccinate as many people as possible to reach herd immunity. The initial vaccine roll-out plan has been amended to now include registration and vaccination of people over the age of 35 years.

3 ways to getting registered

Visit <https://vaccine.enroll.health.gov.za>

Dial *134*832*IDNumber# (if you do not have an ID number, just dial *134*832#)

Use Whatsapp, send the word REGISTER to 0600 012 3456



Picture 1: Registration desk at the Pietermaritzburg taxi rank — client over the age of 60 accompanied by her daughter

Picture 2: happy to receive his first dose of the Pfizer vaccine is a client from Mpofana Municipality at the Mooi River taxi rank

Picture 3: Speaker for uMsunduzi Local Municipality, Cllr. Eunice Nomagugu Majola encouraging the audience over the age of 60 years at the Pietermaritzburg taxi rank to get vaccinated. She testified that she has also received her vaccine and experienced no side-effects

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STAY SAFE—BACK TO BASICS

Always remember how to keep yourself and those around you safe from Covid-19.

South Africa is on a third wave of Covid-19 infections. The latest statistics show that infections and deaths are continuing to soar at a high rate. The recently discovered Delta Covid-19 variant is noted to spread faster than other variants.

The World Health Organisation (WHO) has the following tips to remind citizens of what basic actions to take to slow the spread of Covid-19

BASIC MEASURES

- Maintain at least a 1– 1.5 metre distance between yourself and others to reduce your risk of infection when they cough, sneeze or speak.
- Avoid the 3Cs: closed spaces, crowded spaces, and close contact with people.
- Make wearing a mask a normal part of being around other people. The appropriate use, storage, and cleaning or disposal are essential to make masks as effective as possible.
- Regularly and thoroughly clean your hands with an alcohol-based

hand rub or wash them with soap and water. This eliminates germs including viruses that may be on your hands.

- Avoid touching your eyes, nose, and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately into a closed bin and wash your hands.



- Clean and disinfect surfaces frequently especially those which are regularly touched, such as door handles, taps, table-tops, and phone screens.

SYMPTOMS TO LOOK OUT FOR



The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include loss of taste or smell, aches and pains, headache, sore throat,

nasal congestion, shortness of breath, red eyes, diarrhoea, or a skin rash.

ISOLATE AFTER TESTING POSITIVE

Stay home and self-isolate even if you have minor symptoms such as cough, headache, mild fever, until you recover.

If you have a fever, cough and difficulty breathing, seek medical attention immediately.

GET FACTS NOT MYTHS

Keep up to date on the latest information from trusted sources, such as WHO, National Institute For Communicable Diseases (NICD), reliable news sites and media. Your local, provincial and national health facilities are best placed to advise on what people in your area should be doing to protect themselves. Always know what rules and regulations apply under each Covid-19 lockdown level so you don't find yourself breaking the law.

For more information, visit

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/>

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JULY IS SAVINGS MONTH, START NOW

It is never too late to start saving money. The sooner you start, the better...

The month of July is declared a saving's month in South Africa.

South Africans are encouraged to save money, and get rid of bad spending habits.

The South African Savings Institute (SASI) is an independent non-profit organization dedicated to helping citizens develop a robust culture of savings in South Africa.

A culture of saving is more needed at these current bad economic times when the whole world is facing a pandemic. Many people have lost their jobs and businesses due to the wide-spread of covid-19 and the negative effects that followed. Most people are struggling, some have faced salary adjustments and the price of basic items have generally increased.

SASI mentions the following tips to save money

1. Have a dream. Save for something you want in future.

2. Write down your short, medium an long term financial goals and set yourself a time frame.

3. Develop a plan to save. Decide how much you will put aside and how often, it could be daily, weekly, monthly, whatever method that works for you and which you can stick to.

4. Develop a household budget. If you have a family work together. This will also help you to trace your spending. Know where each money goes, you may be surprised at your spending habits. Revise your budget.

5. Stick to your plan. Make savings a habit, reward yourself if you achieve your goal



Additional tips

- Just start, stop postponing or aiming to start when you get extra money
- Live below your means.
- Teach your children to save at an early age.
- Save for retirement, start early.
- Use credit sparingly and carefully
- Know the difference between bad and good debt.
- Learn to resist temptations
- Research more and learn about money, the basics of finance and economy.

For more tips visit

savingsinstitute.co.za/resources/savings-tips/

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WELL DESERVED RETIREMENT FOR ONE SENIOR MANAGER

Despite covid-19 challenges that limit the ability to meet and have large gatherings, the District Office said goodbye to Mrs. Felicity Du Preez who worked as a Deputy Director in the Planning section. Mrs. Dupreez worked in the Monitoring and Evaluation component and decided to retire from the department of health at the end of April 2021.

Managers had organized a small send-off where she thanked everyone she has worked with for their contributions.

“Mrs. Dupreez has always been a mother figure in the district office, whom you’d go to for advice or when you are having a bad day,” said one manager. Most people who were at the outing agreed that they have never seen the ever-smiling, soft-spoken Mrs. Dupreez angry or shouting; this was one of her many good qualities. When asked what the future holds for her now, Mrs. Dupreez replied, “I wish covid-19 can end soon so we can all go back to our normal lives, I can freely visit my daughter overseas, travel the world with my husband”. Mrs. Dupreez added that “I will also be busy with my church activities and taking care of my family”.

We wish Mrs. Dupreez and her family the best.



Mrs. Felicity Dupreez worked for the department of health for more than 30 years, she finally said her goodbyes and retired on 30 April 2021

ACKNOWLEDGEMENTS

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