



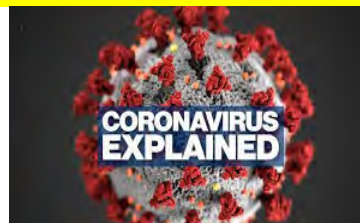
## THE ROYAL AGRICULTURAL SHOW GROUNDS FIELD HOSPITAL FOR COVID-19 IN PIETERMARITZBURG IS NOW FULLY OPERATIONAL

### Inside this issue:

KZN Premier officially opens the Field Hospital	2
COVID-19 Awareness on uMgungundlovu FM	3
Existing hospitals renovated for COVID-19	3
Know more about the Royal Show Field Hospital	4
One-on-one : Chatting with the Field Hospital Site Manager	5
Close to 900 000 Screened for COVID-19 during Mass Campaign in the District	6
Welcome to the new Cuban doctors	7
Wearing many hats in the fight against COVID-19—Interview with Acting CDC Coordinator	8-9
District launch of Mass Screening in uMngeni	10
Cloth mask donations makes a difference	11
Guidelines on how to wear a cloth mask	11
In short: COVID-19 Level 3 Lockdown regulations	12



The KZN Premier, Sihle Zikalala accompanied by KZN Health MEC for Health, Nomagugu Simalane-Zulu and uMgungundlovu Acting District Director, Mrs. Sindiwise Mbambo cutting a ribbon to signal the official opening of the Royal Agricultural Show Grounds Covid -19 Field Hospital in Pietermaritzburg ON 14 June 2020.



### FOR MORE INFORMATION ON THE COVID-19 VIRUS IN SOUTH AFRICA

- National Hotline: 0800 029 999
- Provincial Support Line (KZN): 033 846 6000
- WhatsApp Support Line: 0600-123456

### BE SAFE FROM COVID-19

- STAY HOME
- WASH YOUR HANDS
- SANITIZE YOUR HANDS
- WEAR A MASK
- KEEP A DISTANCE OF 1.5— 2 METRE

## KZN PREMIER OFFICIALLY OPENS AND HANDS OVER THE COVID-19 FIELD HOSPITAL AT THE ROYAL SHOW GROUNDS



**KZN Premier Sihle Zikalala with MEC for KZN Health Ms Nomagugu Simelane-Zulu and Head of Health Dr S.C Tshabalala during a media conference at the official opening of the COVID-19 Field Hospital.**

On 14 June 2020, the KwaZulu Natal Premier Sihle Zikalala officially opened the Covid-19 Field Hospital located at the Royal Agricultural Show Grounds. The venue was previously used to host a variety of events such as Public Exhibitions, Conferences, Opening of KZN Parliament, and more. The newly renovated Field Hospital is a site where citizens who are confirmed to be infected with the COVID-19 virus will be isolated.

During the handing –over, The KZN Premier was accompanied by MEC for KZN Health, Ms. Nomagugu Simelane-Zulu; MEC for KZN Education Mr. Kwazi Mshengu; MEC for KZN Finance, Mr. Ravi Pillay and the Mayor of uMsunduzi Local Municipality Cllr. M Thebolla. The 254 bedded facility was officially handed over to uMgungundlovu Health District. The Field hospital will service citizens from three Districts in KwaZulu-Natal namely uMgungundlovu, Harry Gwala, and uThukela. It is

resourced with equipment and staff members who can deal with admitted cases.

The Premier mentioned that this was amongst other facilities in KZN that were renovated or re-purposed to deal with COVID-19 patients. Richmond and Doris Goodwin Hospitals were other hospitals in uMgungundlovu that had been renovated to be able to provide quarantine (patients who are awaiting results of COVID-19 tests and cannot stay at home) and isolation (patients who have been confirmed positive with the COVID-19 virus).

Zikalala mentioned that the number of infected citizens is increasing and is expected to increase in the winter months. The government must be prepared to deal with the increasing numbers, hence the extra facilities that have been renovated.

**P**remier Zikalala mentioned that the KZN Province is on a purpose to have 4000 beds in total across the Province to deal with COVID-19. On the 14th of June 2020, uMgungundlovu remained a District with the third-highest numbers in KZN after Ethekewini and iLembe Districts.

Premier Zikalala pleaded with community members to assist and support Government's efforts in slowing the spread of COVID-19 by being responsible citizens. He condemned the stealing of resources like PPE and water tanks which are aimed at assisting in communities and schools.

Zikalala reminded the citizens of uMgungundlovu and KwaZulu-Natal that the Covid-19 virus is fastly spreading under Level 3 Lockdown, citizens must take care of themselves to avoid infection. He encouraged the washing of hands, regular sanitizing with a 70% alcohol-based sanitizer, wearing a clean cloth mask when you leave your home, and maintaining social distancing.



**One of the 254 beds ready for use**

## COVID-19 AWARENESS ON RADIO UMGUNGUNDLOVU 107 FM

**W**ith the continuous rise of confirmed COVID-19 cases in South Africa, public awareness and education remain necessary in the fight against the pandemic. Public awareness to encourage behavioral change is essential in a Pandemic period. uMgungundlovu Health District has educational radio slots with uMgungundlovu Radio station 107fm, a community radio station that is based in Pietermaritzburg. 107 fm caters to uMgungundlovu and some areas in surrounding Districts like Ethekewini, Harry Gwala, and uThukela.

The slots are educational and happen twice a week at 16:40 on Wednesdays and Thursdays

where a member of the District office speaks about topics related to COVID-19, focusing more especially on what is happening in the uMgungundlovu District.

Different topics are discussed focusing on precautionary measures, emphasis on Lockdown regulations, vulnerable groups, condemning of stigma and false news, and what is happening at public health facilities.

During the Radio interviews, Citizens are informed where to get help, the continued regulations at facility level like no visitors to admitted patients and social distancing. Listeners are also reminded to stay at home while awaiting test results and when they have tested positive, even if they display no COVID-19 symptoms.



**Miss Thobile Hadebe, uMgungundlovu Health District's Communication Practitioner talking at the uMgungundlovu 107**

All members of the community are requested to be patient and support health care workers who are risking their lives every day to provide quality healthcare.

## OTHER HOSPITALS RECENTLY RENOVATED FOR COVID-19

In the initial phase of the first COVID-19 virus case in South Africa, the government identified facilities that can be quickly renovated and re-purposed to assist COVID-19 positive clients or those who are awaiting their test results and cannot quarantine at home due to various reasons, mostly because they share their homes with many people. Richmond Hospital and Doris Goodwin Hospitals were both hospitals responsible for treating patients with Tuberculosis, (TB) in the district. They both had to be renovated as they had enough space and accommodation. Richmond Hospital now has 42 beds and Doris Goodwin has 14 Beds dedicated for Covid-19. Both hospitals do not only receive patients from uMgungundlovu but also from other Districts in the Province.



**Richmond Hospital now has a face lift. Pic 1: Before the renovations. Pic 2: After the renovations. Pic 3: There are individual cubicles in the new wards**

## THE ROYAL AGRICULTURAL SHOW GROUNDS COVID-19 FIELD HOSPITAL IS UP AND RUNNING—THINGS TO KNOW

The Royal Agricultural Show Grounds Field Hospital for COVID-19 is now fully operational. The hospital is built as a temporary facility for COVID-19 patients. Four exhibition halls were converted to create isolation units for persons who are confirmed to be COVID-19 positive and are unable to self-isolate from three Districts uM-gungundlovu, Harry Gwala, and uThukela. There are 254 beds – 117 for males and 137 for females.

### “Only patients referred by another health facility are accepted”

Some people do not know how the hospital operates. Some end up coming directly for COVID-19 tests and for admissions when they fear infection. In this article we will get first-hand information from the Site Manager of the new hospital.

Thobile Hadebe spoke to Mrs Sheena Sivraman, the current Site Manager for the Field Hospital. Mrs. Sivraman, who is well known by her first name as Sheena is a Nurse by profession and has worked at Msunduzi Hospice as the Palliative Care Manager. She also has a massive background in the field of Quality Assurance as she has worked in Northdale Hospital as the Quality Assurance Manager also as a Monitoring and Evaluation Manager.

This field hospital was built to help combat the fight against the spread of COVID-19 and has since had several staff members employed to provide services. In its daily management, The facility has 1 Site Manager, 1 On-site District Liaison Manager, and 1 Operational Manager. The staff complement includes doctors, nurses, general orderlies, and administration clerks. Nearby facilities are assisting with other tasks and responsibilities.

According to Mrs. Sivraman, they have received tremendous support from the teams at the Provincial and District Offices. The Head of Health and his team and also the team from the

MECs office have been instrumental in ensuring the completion and functionality of this hospital.

“This project required unwavering support from the private partners and to this end, the Royal Agricultural Society, specifically Mr. Terry Strachan and his team have been unwavering in their assistance and support” adds the Site Manager.

**CRITERIA FOR ADMISSION AT THE FIELD HOSPITAL:** Only patients who are COVID-19 positive and do not meet the criteria for self-isolation are accepted. Note the ff.:

- Only individuals referred and discussed by clinicians will be admitted, no self-referrals. Based on the telephonic assessment they either accept or re-route the patient.
- You MUST have a copy of your results (printed) and a referral letter. Patients are brought in by ambulance.
- Patients with co-morbidities who are stable are also accepted. Bring the medication you are currently taking at home so you can continue with it

**DUE TO THE ADVANCED LEVELS OF CARE REQUIRED, The following categories are NOT accepted:**

- Patients who require oxygen
- Those who are on intravenous fluids or need tube feeds.
- Pregnant women
- Children under the age of 16 years.
- Mental health care users.
- Very old, frail, physically or intellectually challenged

### REALITY STRUCK WHEN THE FIRST PATIENTS WERE ADMITTED

When the team was informed that they must wait for their first group of



**Staff Members at the Royal Show Grounds Field Hospital during the official opening**

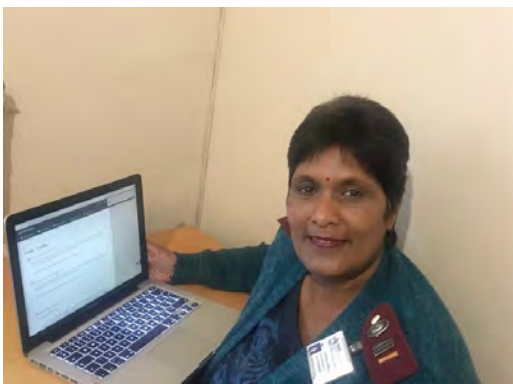
six patients on the 20th June 2020 things became real, it was a time to put the theory of what they had learnt into practice. They had to ensure that they provide the best care for the patients while protecting themselves at the same time.

Ms Sheena Sivraman recalls that it was a Saturday and most of the patients came in just after lunch. “Although there was much excitement and anticipation that we were finally open, it did prove a bit daunting for the staff on duty (which comprised of newly allocated community service nurses, a doctor from the Cuban delegation and a newly appointed clerk)”.

“The patients were all transferred from another health facility and were transported by ambulance. They all arrived at the same time” Remembers Sheena. “One of our first patients who arrived was clinically unstable, which resulted in us trying to stabilize him and refer him to a higher level of care. Fortunately, through good teamwork we were able to transfer the patient in the shortest possible time”.

Ms. Sivraman recalls “As the site manager during this process, it was a bit nerve-wracking because I was being pulled in so many different directions – from the triage, to the EMS, the nurses, catering, ensuring adequate infection prevention practices were being followed., and co-ordinating the observation, care and transfer of an unstable patient”.

## ONE-ON-ONE : INTERVIEW WITH THE ROYAL SHOW GROUNDS FIELD HOSPITAL'S SITE MANAGER



**As a site Manager, Mrs Sheena Sivraman is proud to be part of the team in the fore front of the Pandemic.**

Thobile Hadebe continues her interview with Sheena Sivraman, the Acting Site Manager for the Field Hospital. She tells us the good and the bad that she and her team face daily. In this section, we want to know how she gets the daily strength to face the pandemic.

### **SERVICE TO MAN IS SERVICE TO GOD**

When asked what does she find the most rewarding about her job as a nurse and more especially working in the field hospital, Sheena mentioned that she considers herself to be a spiritual rather than a religious person. "One of the principles that I live by is, 'Service to Man is Service to God'. "Being a nurse helps me fulfill that purpose and being part of a patient's journey to complete healing or a peaceful death is the most rewarding aspect of my job".

Sheena adds that "Working at the Field Hospital has made me realize that as a nurse I can make a difference and be a pioneer in the health care setting". "Nurses are truly the backbone of the health care scenario and have the ability to function in almost any capacity concerning health, we see patients as people and not through blinkers based on a particular field of expertise".

### **MEETING EVERYONE'S EXPECTATIONS IS HARD SOMETIMES**

Mrs. Sheena Sivraman says meeting everyone's expectations is one of the difficult aspects of her job at the Field Hospital. "As a site manager I have to be constantly available, irrespective of the time, my phone is always ringing". At the beginning it was quite exhausting but now as more people come (staff and patients), we are getting used to the processes".

"The patients here are relatively well (mostly without symptoms) and find it difficult to adhere to the principles of isolation; It is sometimes difficult to get them to understand that they cannot have visitors, order takeaway or leave when they feel like".

### **SUPPORT IS NECESSARY TO KEEP THINGS GOING**

Mrs Sivraman mentions that she usually works well under pressure. "But I must admit that the Field Hospital was a 'different kettle of fish'". "I have some pretty amazing friends who supported me (some even during their leave and days off)". "My greatest support though comes from my husband, children and parents, they are always there to lend a word of advice or tell me a few home truths when the occasion demands it". Sheena admits that having a husband who can adapt to different situations and moods has really helped. "My husband either jumps in and helps in whatever way he can, or stays silent (very wisely) when I throw a tantrum". "My escape is reading and long drives and don't forget – Tom and Jerry cartoons" she adds with a chuckle.

### **ACHIEVEMENTS**

Sheena mentioned that seeing the patients leave the facility and be reunited with their families is the most

rewarding achievement. "Patients who are admitted state that they are happy here, staff from other health facilities and government departments have also been admitted here and have had no complaints".

"The only complaints were related to the heating system which was not adequate, resulting in patients and staff feeling cold. This was attended to quickly. Heating systems have been installed and are being monitored daily," said Mrs. Sivraman.

### **DO NOT STIGMATISE, SUPPORT EACH OTHER**

Sheena emphasises that every person is afraid to some extent – so we must be kind to each other. "Take responsibility for everything that you do or do not do during this pandemic. If you want to be a spokesperson, on whatever platform you choose – speak from a position of facts and knowledge" she adds. There are instances when Nurses were publicly stigmatised just because they are Nurses. "I have some people that I have spoken to who cannot understand why I would willingly work in a COVID -19 Field Hospital". "Others have accused me of being irresponsible, and deliberately inviting trouble because my parents are elderly and we live together; these words are hurtful and full of prejudice" concludes Sheena.

### **WALK A MILE IN MY SHOES**

Mrs. Sivraman concludes our interview by saying "Be kind to frontline workers who are exposed daily to COVID-19". "They have the same fears and anxieties as you (if not more so). Do not judge them until you have walked a mile in their shoes".

She advises those who have conquered the virus and have been discharged from the Field Hospital to adopt healthy lifestyles, protect themselves from further illness, and to follow up at the nearest health facility should they feel unwell.

**CLOSE TO 900 000 INDIVIDUALS WERE VISITED AND SCREENED BY HEALTH CARE FIELD WORKERS DURING THE COVID-19 MASS COMMUNITY SCREENING PROGRAMME IN THE DISTRICT .**



**KZN Premier Sihle Zikalala addressing Health Care Workers and other Frontline staff at the Provincial Launch of the COVID-19 Mass Community Screening Programme in Pietermaritzburg on 16 April.**

881 775 individuals at community and household levels were screened during the Mass Community Screening and Testing programme which took place from April until the middle of June 2020 in uMgungundlovu District. The programme was launched on Thursday 16 April 2020 by the Kwa-Zulu Natal Premier Sihle Zikalala along with MECs; Nomagugu Sime-lane-Zulu, Ravi Pillay, and Kwazi Mshengu at the Jika Joe informal settlement in Pietermaritzburg under uMgunundlovu District. Several sites across the province were identified as part of the Department of Health's mass home screening and testing programme. The roll-out of the screening and testing programme was part of the government's response to curbing the spread of the

shopping malls, taxi ranks, households where there are high-infection levels, and more.

The Screening process comprised of field workers who visited each home to interact with members of the home through a questionnaire to establish whether people exhibit coronavirus symptoms. Those who exhibited symptoms and met the case definition for COVID-19 were then tested.

COVID-19 virus. Identified and well trained Health Care Workers were allocated to visit citizens at household levels to screen for COVID-19 symptoms. The field workers were allocated according to identified Hotspots which included informal settlements, townships,

The Health Care Workers were identified by their reflector vests and name badges. They were also accompanied by SAPS to ensure their safety, local municipalities announced to the public a day before the visit. All these were safety measures, to ensure that the workers were safe and that criminals did not take advantage of the screening programme and target unsuspecting community members by posing as Health Care Workers. The deployment followed a phased and targeted approach and high-density areas and hotspots were targeted and visited throughout the campaign. The District was allocated a COVID-19 mobile testing vehicle to assist the field workers with testing on the spot. The wonderful work of all HWCs is appreciated.



**Different Health Care Workers at the Launch, ready to go to house-to-house in groups of two for Covid-19 Screening at the Jika Joe Informal residence. The Premier thanked all the dedicated members and asked the community to allow them to their households**

## UMGUNGUNDLOVU DISTRICT WELCOMES THREE CUBAN DOCTORS TO ASSIST WITH THE COVID-19 OUTBREAK

The COVID-19 pandemic has everyone all over the world on their toes. Continents, countries, communities worry that the spread of the virus if not managed may lead to catastrophic consequences. Governments everywhere have learnt that they need to prepare for the worst in case the virus infections get high and more people need hospitalization and health care. Governments' good pre-existing relationships with other Countries is essential, especially in times of a Pandemic.

**O**n 20 May 2020, The Kwa-Zulu-Natal government led by The Premier, Mr. Sihle Zikalala welcomed 28 Cuban doctors. The doctors were part of a team of health professionals that were deployed to South Africa by the Cuban government to assist in the fight against COVID-19 pandemic which seemed to rise in numbers in the country. The 28 doctors were distributed throughout the province's 11 districts. uMgungundlovu welcomed 3 of the doctors; in May, the district was counted amongst the top three with high Covid-19 numbers after eThekweni and iLembe.

**“3 Cuban doctors were allocated to uMgungundlovu District”**

Dr Hernan Zildivar Ricardo, Dr Lavinia Del Carmen pons Herrera, and Dr Rigoberto Abrian Castro were happy to be part of the team deployed to the district. At the initial stage of the pandemic, the District's only Tertiary hospital; Greys Hospital was one of the few hospitals that were identified as hospitals to admit people who were infected with the virus. The hospital has been attending to patients and province's needs since the first patient in South Africa, namely patient zero was identified and hospitalized. One doctor and a technician were allocated to this hospital while one doctor was allocated to the Royal Show Grounds



**The District Director, Mrs. Sindisiwe Mbambo together with the Districts Executive Management Team welcoming two Cuban Doctors and one Cuban Technician to the District**

Field Hospital which is dedicated to admit confirmed COVID-19 cases.

South Africa has a special history and relationship with the Cuban government, especially when it comes to healthcare. The KZN Province has a long-standing programme where identified students who come from disadvantaged backgrounds are given bursaries to study medicine in Cuba.

This brings change and improvement in the lives of those who receive the bursary, their families, and communities. They come back to practice medicine in rural areas, where they are needed the most.

## WEARING SEVERAL HATS, THE TEAM AT THE HELM OF COVID-19



**Mrs. Rene Munro is currently appointed as a QA Assistant Director but acting for two other roles as a CDC, IPC manager**

In the midst of the COVID-19 storm that is attacking the whole world are heroes and heroines who are Health Care Workers. Although some do not have daily direct interaction with patients, they are working tirelessly ensuring that policies, practices, strategies, and guidelines are implemented and that the tracing of people who are infected or at high risk of being infected at community levels happens.

In this article, Thobile Hadebe spoke to Mrs. Rene Marion Munro regarding her role at the District Office. She took us through the work that is involved in the fight against COVID-19; however, especially managers have gathered together to get the work done and keep uMgungundlovu Citizens safe.

Mrs. Munro or Rene as she is affec-

tionately known in the District is wearing more than one hat in the fight against COVID-19. The hat of being a District Quality Assurance (QA) Assistant Director which is the job she is employed to do and the second hat is that of Acting Communicable Disease Coordinator (CDC), the third but not the least hat is as Infection Prevention Control (IPC) Co-coordinator (Assistant Director).

### EVERYONE HAD TO TAKE THE BULL BY ITS HORNS

Before we even had our first case in the country which co-incidentally happened in our District, we had to get prepared. Unfortunately, the two Portfolios of Communicable Disease Coordinator and Infection Prevention Control Co-coordinator were vacated in December and January by their respective members who both took other portfolios outside the District Office.

“When I was asked to take on the task of the other two portfolios I was a bit hesitant because I knew in the time of a Pandemic it will be difficult but I had to take the bull by its horns, time was against everyone and I knew support from the office was available,” said Munro.

“Other managers and colleagues were also asked to assist with other tasks and responsibilities. There is a great

team in the District Office dealing with many tasks besides the work they are employed to do, they have volunteered their time; during and outside office hours”. Although it is hard sometimes, but without everyone taking extra roles; we would be nowhere”. Concluded Rene

### UMUNTU NGUMUNTU NGABANTU

A Zulu proverb simply meaning you are who you are through other people. Rene acknowledges that no one can fight COVID-19 alone, teamwork and dedication is a real requirement. “We all need each other to make it through each day and I am appreciative of everyone’s efforts, tolerance, and dedication”. “If one person achieves, the whole team achieves”.

### TRUST THE EXPERTS, THE SITUATION IS CHANGING

The acting CDC Coordinator warned “The pandemic is still new, health experts are busy 24/7 reading up on the latest global developments and research and starting their research specific to the South African context; so trust them and be patient”. “Guidelines are constantly being reviewed as more information and evidence is discovered”.

**Continues on the next page ...**



## THE POWER OF TEAMWORK IN THE FIGHT AGAINST COVID -19

Continued from page 8

### THE CHALLENGES OF PUTTING IN EXTRA HOURS.

Rene Munro says “My job as acting CDC and IPC does come with its challenges, the hours that need to be put in means I have to do extra hours at the office and home and this results in sacrificing my own family time”. “The team I work with experiences the same sacrifices and most of them have been very understanding and supportive, which I really appreciate”. Most of the jobs they are employed to do are not getting much attention because everyone is focused and putting extra efforts on COVID-19”. She says “Sometimes the unrealistic expectations and demands, the lack of respect and attitudes that some of the members of the public have for the Health Care Workers can be mentally and physically exhausting”.

### UNITY, TOGETHER WE CAN END IT

“Every hand at every level in and out of the Health Care System needs to be put to the wheel and without each employee, the department will fail to manage the outbreak” utters Mrs. Munro. “People are all gifted uniquely and therefore in and through this time those gifts have come to the fore, we all have to identify our contribution to the fight”. “The team effort I have seen at this level is amazing and the organizational culture within

the district has taken a turn for better as the team puts in every effort to support the community, the province and each other”. “It’s the human being against the virus, a battle that can only be won with us all having one vision i.e. to stop it in its tracks”. “A good book I read says where there is unity God commands a blessing” concluded Mrs. Munro.

### SOMETIMES THE REWARDS ARE GREATER THAN THE SACRIFICE

Mrs. Munro says “that call or message that says **thank you** makes it all worthwhile”. “I’m happy with the interaction and relationship built-in and through COVID-19 across private and public sector. How DOH employees at levels have come together as a team to do whatever it takes to keep uMgungundlovu safe has been the most rewarding experience”.

Rene also says she looks at the positives of what has come out of this situation, “The amazing attitude of the people working with me, guiding me and always willing to direct and support me”. “The relentless attitude and support of the district executive team and the provincial and national CDC and DHS management teams is comforting”. “In the end, it is the overall improved health outcomes for the district population we are all targeting which is more rewarding”.

### COMMUNITY OUTREACH AND CONTACT TRACER TEAMS

Munro asks the public to work with DOH “Sometimes the community outreach teams face verbal and potential physical abuse and threats when they go into a community to conduct COVID-19 tests for those who have been identified”. “This especially when people demand that they come to test them against the clinical guideline policy because they are a Somebody”. “There is also a team that does Contact Tracing in the office. They telephonically contact individuals in the community who were identified as close contacts of people who tested positive. They advise them and answer any concerns that they have, they work closely with the Outreach Teams who go out to the community”. “The contact tracers have worked very hard, as numbers of those infected are increasing, more people need to be brought in to help”. “I would like to again acknowledge the many positive reports that are received for the community outreach and contact tracer teams and personally thank them for their commitment from day one of the pandemic outbreak in our district”

Rene concludes by saying Let us all stop all nasty comments about each other; love your neighbor and support them”. “Stop criticism of people who have become infected. No one is to blame but if you do not adhere to the guidance of the experts this battle will take us longer, have very sad consequences for us all, and destroy a truly amazing nation”.

## UMNGENI MUNICIPALITY, THE BEGINNING OF COVID-19 MASS SCREENING AND TESTING PROGRAMME FOR UMGUNGUNDLOVU DISTRICT



**The Mayor of uMngeni Municipality Cllr S Sokhela and his team handing out fliers and donated soaps to citizens during the launch**

Following the official announcement by President Cyril Ramaphosa regarding the country starting COVID 19 Mass Community Screening and Testing, Umgungundlovu Health District did its first screening programme at the Shiyabazali Informal Settlements, Ward 1 in uMngeni Local Municipality on 08 April. The screenings were conducted by personnel from the Department Of Health.

**T**he Mayor for uMngeni Local Municipality, Cllr Sizwe Sokhela along with Speaker, Councillor GT Dlamini, Ward 1 Councillor Jabulani Mkhasibe and Ward 11 Councillor Thulani Mthlane were also part of the team that visited the screening area to experience the screening

process while also handing out educational pamphlets about COVID-19.

This was the first community screening for the District and it was conducted at Umgeni Municipality, the municipality where the first person who was

infected with COVID 19 was identified.

Shiyabazali residence is an informal settlement area near Howick. Like in many informal settlements, there are small shacks mostly with many members residing in one household.

This programme was launched during the Nationwide Lockdown which prohibited gatherings and events. Trained health care workers visited members at their homes to do the screening.

Most households were welcoming to health care workers, although some were seen hiding saying they did not trust the department with this new “so-called” virus.

Many myths and lies about the virus and the government’s intentions were already doing the rounds within the community, causing potential damage to the campaign. Explanations and patience by the HCWs and local leadership paid off in the end.

The citizens were checked their temperatures and a monitoring tool which prompted the person being interviewed to say if they had any of the known symptoms of COVID19 was utilised.

A day before the visit, announcements were done by the municipality to alert citizens to expect HCWs and welcome them.



**Mrs H Langa from the District Office conducting a screening interview with one of the citizens**

## GIFT-OF-THE-GIVERS GENEROUSLY DONATES CLOTH MASKS TO NEEDY COMMUNITIES

On 30 April 2020, The Well-know Gift-of-the-Givers Non-profit organization donated cloth masks to uMgungundlovu District. The organization's representative mentioned that this was part of their many contributions to the fight against the spread of the Covid-19 virus.

The compulsory wearing of cloth masks in Public was announced by South African President Mr. Cyril Ramaphosa. The President announced that it will be mandatory for all South African citizens to wear a cloth mask when leaving home starting from 1 May 2020.

The cloth masks are essential in limiting the spread of the Covid-19 virus in Public. When worn properly and if the right specifications and materials are used (3 layers, etc) citizens will limit the spread of mouth and nose droplets which are believed to be the cause of the Covid-19 virus spread.

The masks which were donated were given to community screening teams to distribute in households during the

community screening. The masks came with more information about the COVID-19 virus, how to limit the spread, and how to use and care for them.



Gift of the Givers representatives handed over cloth masks to uMgungundlovu District

## GUIDELINE ON HOW TO WEAR AND CARE FOR A CLOTH MASK

The World Health Organization (WHO) has guidelines on how to wear a cloth mask on their website. When walking around you always see people wearing cloth masks but are they wearing them correctly? Here are a few recommendations/guidelines from WHO

### YOU SHOULD

- Clean your hands before touching the mask (wash or sanitize)
- Check the mask to see if it is clean and has no damages
- Adjust the mask to your face without leaving any gaps on the sides
- Cover your mouth, nose, and chin

- Avoid touching the mask
- Clean your hands before removing the mask
- Remove the mask by the straps behind the ears or head
- Pull the mask away from your face
- Store the mask in a clean re-sealable plastic bag if it is not dirty
- When taking the mask out of the bag, remove it by the straps
- Wash the mask with soap or detergent, preferably with hot water at least once a day
- Clean your hands after removing the mask

### DO NOT

- Do not use a mask that is dirty, wet or damaged
- Do not use a mask that is loose and does not fit
- Do not use a mask that is difficult to breathe through
- Do not wear a mask that does not cover your nose and mouth
- Do not remove a mask when there are people within 1 meter
- Do not share your mask

Visit <https://www.who.int> for more

## Department of Health KZN

### uMgungundlovu District

Physical Address: 171 Hoosen Haffajee (former Berg) Street,  
Pietermaritzburg

Postal Address: Private bag X9124, Pietermaritzburg, 3200

SWITCHBOARD: (033) 897 1000

SWITCHBOARD FAX NUMBER: (033) 897 1078

EMAIL ADDRESS: [Thobile.hadebe@kznhealth.gov.za](mailto:Thobile.hadebe@kznhealth.gov.za)

Web Address: [http://  
www.kznhealth.gov.za/](http://www.kznhealth.gov.za/)



Compiled by

Miss Thobile Hadebe

Senior Communications Practitioner

uMgungundlovu Health District

## LEVEL 3 COVID-19 LOCKDOWN—FOLLOW THE GUIDELINES, MAKE A DIFFERENCE

**O**n the date of publishing this newsletter, 30 June 2020, it was day 96 of South Africa's Covid-19 Lockdown. The Lockdown which began on 27 March 2020 after announcements by the South African President Mr. Cyril Ramaphosa was meant to assist to flatten the curve of the spread of the COVID-19 virus in the country. The Lockdown has five phases, phase 5 is the toughest and most strict. In phase five, only essential services workers were allowed to go to work but they had to travel with a permit. Food industries and manufacturing, and supermarkets were opened. Health care services like pharmacies, clinics, hospitals were opened. No inter-Provincial traveling was allowed. No events or gatherings. Funerals were limited to 50 attendants. Everyone else was requested to stay at home. On 1 June 2020, South Africa officially moved from Level 4 to the Level 3 Lockdown. As health

care still remains a priority and more research is being done for COVID-19, the government had to re-open some industries in order to ease the Lockdown and ensure the economy does not greatly suffer from inactivity, this include job losses. You are reminded that the country is still on lockdown, take note of the following changes under the eased Level 3 Lockdown regulations which were announced on 17 June 2020.

- School re-opening for grades 7 and 12 came into force on the 8th of June 2020.
- Most Businesses were allowed to open—most people returned to work from 1 June. This included the full reopening of the retail sector as well as the sale of alcohol. However, On-site consumption of liquor is still prohibited. No sale of alcohol on Fridays, Weekends, and Public Holidays.
- Restaurants – allowing for sit-down meals;
- Accredited and licensed accommodation facilities (except Airbnb);
- Conferences and meetings for

business purposes (in-line with safety guidelines);

- Cinemas and theatres;
- Casinos;
- Personal care services including hair-dressers;
- Non-contact sports including tennis, golf, cricket, and others;
- Contact sports – only for training.
- International travel is still prohibited under the relaxed Level 3 Lockdown. Schools will re-open in phases. The sale of tobacco and tobacco-related products is still prohibited. Those businesses allowed to return to work must follow strict health and safety guidelines.
- Have hand sanitizing stations at their entrances
- Ensure running water and provision of handwashing soaps
- Check temperatures of clients during the entrance
- Fill in Covid-19 screening forms for clients, especially for staff members and healthcare facilities
- Update staff members of recent changes and information on Covid-19