

A. COVID-19 messages for pregnant and postnatal women

All messages are available (in different languages and formats) at www.messagesformothers.co.za

A1 Messages for physical health (updated 23 July 2020)

Developed by 'Messages for Mothers' group with expert review

Notes

- These messages are open source and will be distributed by organisations within the M4M coalition and other organisations with whom they are linked
- Can be included on the NDOH COVID19 WhatsApp service line on +27 60 012 3456, Facebook, Corona website, and through public service announcements or pre-recorded slots for radio
- Below is not a comprehensive list of possible messages and more may follow.
- Many messages will need to be updated as new information or policy is developed
- Single heading title and Q&A title options given
- The format for **Clinic visits** (Q&A Format: What it normal during pregnancy – and when should I to go to the clinic?) is in the form of a mini article and a WhatsApp message
- Sources: RCOG guidelines and WHO guidelines (referral to SA policy, UNICEF and CDC too)
- Affiliations of authors and reviewers at bottom of page. Initials of reviewers/authors after each message as per their input.

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1. Malunga

Inkqubo yeMibuzo neMpendulo: Yintoni eyahlukileyo koomama abakhulelweyo nabagqiba kubeleka ngexesha lentsholongwane i-COVOD-19?

limpawu zentsholongwane ye-COVID-19 ziyafana koomama abakhulelweyo njengoluntu ngokubanzi. Wonke ubani kufuneka azikhathalele ukuze anqande ukusuleleka okanye ukusulela abanye. Unceda ukuzikhusela ngokuthi:

- **Nxiba ilaphu lokogquma umlomo kwiindawo zikawonkewonke.**

- **Hlamba izandla** ngesepha kangangoko unakho imizuzwana engama 20 (okanye usebenzise isicoci esibulala iintsholongwane esinotywala)
 - Zama **ukuma iimitha ezi 2 kude nabanye**, ukuba unakho yaye unqande iindawo ezigcwele abantu.
 - Nqanda **ukubamba ubuso bakho**.
 - Sebenzisa **ukuphefumla ngococeko**. Oku kuthetha ukuba khohlela okanye uthimlele kwingqiniba yakho egobileyo uvale umlomo nempumlo yakho, okanye kwiphethshana elithambileyo nekufuneka ulilahlele kwinto evaliweyo wandule ukuhlamba izandla zakho ngesepha imizuzwana engama 20.
 - **Vula iifestile** apho kufanelekileyo yaye ugcine imigangatho yendlu icocekile ngeetispuni ezine zeblitshi kwilitha enye yamanzi. Gcina iblitshi ingafikeleleki ebantwaneni.
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2. Ukusebenza kwayo

Inkqubo yeMibuzo neMpendulo: Ingaba intsholongwane i-COVID-19 iyakuchaphazela ukukhulelwa kwam?

Oomama abakhulelweyo basoloko benexhala lokuba ibachaphazela njani intsholongwane kunye nempilo yabo kunye neyosana lwabo olungekazalwa. Akukho bungqina okwangoku, ukuba intsholongwane eyenza i- COVID-19 ingahamba idlule esibekekweni ukuya kosulela usana olungekazalwa. Kwakhona akukho bungqina bamathuba amaninzi okuphuma kwesisu okanye ukuzalwa kosana oluneezinto eingaqhelekanga. Umkhuhlane okwiqondo eliphezulu osuswa nayintoni na ungenza ubeleke kwangoko. (SFawcus, SF, SH, NR, JN)

3. Umngcipheko

Inkqubo yeMibuzo neMpendulo: Ingaba oomama abakhulelweyo basemngciphekweni ophezulu we-COVID-19?

Ngokubanzi, oomama abakhulelweyo bangathi bafumane “umkhuhlane” wokutshintsha kwamaxesha onyaka lula, yaye banganeempawu ezimbi kakhulu zezigulo ezifana nomkhuhlane. Amagosa ezempilo akhuthaza izitofu zomkhuhlane koomama abakhulelweyo kodwa akukaziwa ukuba i-COVID-19 imbi kakhulu na koomama abakhulelweyo. Kweli xesha, akukho thintela wayo. Ukuba unazo naziphi na izigulo ezifana nesifo sephepha TB, isifo sentliziyo, isandulela sikagawulayo [HIV] okanye isifo seswekile ungaba semngciphekweni kakhulu.

4. Amadinga okuya ekliniki ngexesha usakhulelwe

Inkqubo yeMibuzo neMpendulo: Ingaba ndingaqhubeka ukuya ekliniki ngexesha ndikhulelwe?

Ewe. Oomama abakhulelweyo kufuneka baqhubeke besiya kumadinga wabo acwangcisiweyo angexesha lokukhulelwa. Nxiba ilaphu lokogquma iimpumlo nomlomo. Xa ufika kwelo ziko, uza kubuzwa imibuzo malunga ne-COVID-19, uhlolwe izinga lakho lobushushu uze ucelwe ukuba usebenzise isibulali zintsholongwane ezandleni. Abo mama baneempawu, (umkhuhlane, unkonkonko, izihlunu eziqaqambayo, umqala ubuhlungu, ubunzima bokuphefumla) baza kukhathalelwa kwigumbi elibucala yaye navavanywe. Ukuba uneempawu ezimbi, umzekelo, umkhuhlane okwiqondo eliphezulu okanye unzinyelwe kakhulu kukuphefumla, ungalaliswa esibhedlele okanye uthunyelwe esibhedlele okanye ucelwe uzibhekise ebantwini ekhaya lo gama ulinde iziphumo zovavanyo lwe-COVID-19.

5. iimpawu

Inkqubo yeMibuzo neMpendulo: Kufuneka ndenze ntoni ukuba ndineempawu ze-COVID-19?

Oomama abakhulelweyo abanazo naziphi na iimpawu ze-COVID-19 (umkhuhlane, unkonkonko, ukuqaqamba kwezihlunu, umqala obuhlungu, ukunzinyelwa kukuphefumla) kufuneka bahlolwe. Nceda utsalele inombolo yasimahla (0800 029999) okanye uye kwikliniki ekufutshane ngexesha lokukhulelwa ukuya kuqonda ukuba uye phi ukuya kuzivavanya okanye ukuba ufanele utsalele inqwelo yezigulana ukuze ikuse esibhedlele ngokukhawuleza. Nxiba ilaphu lokogquma iimpumlo nomlomo. Wakuba ufikile, xelela igosa lezempilo ukuba unezi mpawu.

6. Unyango

Inkqubo yeMibuzo neMpendulo: Ingaba ndiza kunyangwa njani ukuba ndiguliswa yi-COVID-19?

Ukuba unayo i-COVID-19

- Xa usakhulelwe ukwinyanga ezimbalwa, uza kunyangelwa ekhaya (uzibhekise ebantwini) okanye endaweni enabanye abantu abanganayo okanye abanayo i-COVID-19.
- Xa sele ukhulelwe kakhulu (emva kweenyanga ezi 5) uza kunyangwa ekhaya (xa uneempawu eziphakathi yaye ungalunywa), endaweni ekhuselekileyo enabanye abantu abosulelekileyo okanye kwindawo yakho yokubeleka ukuba uyalunywa.
- Ukuba uneempawu ezimbi ezifana nomkhuhlane okwizinga eliphezulu kunye nephika, uza kulaliswa esibhedlele esikhethekileyo esinendawo yokubelekisa, apho ngafuneka ukuba ujongwe kwindawo enika inkathalo engamandla.
- Ukuba ubunosana, kufuneka nihlale nobabini yaye uncancise lo gama unxibe ilaphu lokogquma umlomo nempumlo.

Amagosa enkathalo ezempilo akujongileyo aza kunxiba iimpahla zokuzikhusela yaye akugcine endaweni ebucala kwezinye izigulana. Ungaxhalabi ngoku, kukhuselwa bona nabanye oomama ukuba bangosulelwa yintsholongwane ye-Corona.

7. Iimeko ezimaxongo

Inkqubo yeeMibuzo neeMpendulo: Kufuneka ndenzeni ukuba andiziva kakuhle lo gama ndikhulelwe?

Ukuba uneempawu ze-COVID-19 kunye/okanye iimpawu zokumitha ezikuxhalabisayo ezifana nokopha, ukushukuma kanciane kosana, ukuqabhuka kwamanzi, yiya kwiziko lakho lezempilo. Ukukhohlela makungakunqandi ekubeni ufumane inkathalo efanelekileyo yakho nosana lwakho. Qiniseka ukuba uqala ngokuxelela igosa lezempilo ngeempawu ze-COVID-19 zakho okanye ezinye iimpawu ngokukhawuleza wakuba ufike ekliniki. s soon as you arrive at the clinic.

8. Ukubeleka

Inkqubo yeMibuzo neeMpendulo: Kwenzekani xa ndiza kubeleka?

- Oomama abangathi kanti bane-COVID-19 okanye banayo, bangabeleka ngesiqhelo yaye akukho mfuneko yohlobo oluthile lokubeleka ezifana notyando [caesarean section]. Inkathalo yesikhumba esikhumbeni kunye nokuncancisa kufuneka iqale xa kubelekwa.
- Bonke oomama abafika kwiziko loubeleka baza kuhlolelwa iimpawu ze-COVID-19.
- Ukuba ingaba kuthe kanti unayo okanye unayo nyani i-COVID-19, uza kujongwa endaweni ebucala yaye amagosa ezempilo aza kunxiba iimpahla zawo zokuwakhuselela. Uza kucelwa ukuba unxibe ilaphu lokogquma impumlo nomlomo ukuze unqande usuleleko lunganabi ukuya kwezinye izigulana okanye amanye amagosa ezempilo.
- Ukuba une- COVID-19, uza kujongwa kwindawo eqhelekileyo yokubeleka nezinye izigulana.

Nangona abahlobo ngexesha lokubeleka bexhasa oomama ababelekayo, ezinye iindawo zingangabavumeli ukuba babenawe ngeli xesha likabhubhani we-COVID19. Oku kukunqanda intsholongwane ukuba inganabi ukusuka ebantwini ukuya kwezinye izigulana, iintsana ezigqiba kuzalwa okanye amagosa ezempilo. Kuza kufuneka ubuze kwiziko lakho ukuba ithini inkqubo yabo. Ukuba unakho, zama ukuxhumana nomntu okuxhasayo ngomnxeba kangangoko unakho, lo gama ubeleka.

9. Utyelelo ekliniki

Inkqubo yeMibuzo neeMpendulo: Yintoni eqhelekileyo xa ukhulelwe– yaye kufuneka ndiye nini ekliniki?

Kufuneka uye ekliniki:

- Ukuze ufumane utyelelo lwakho oluhleliweyo lokukhulelwa.
- Ngaphakathi kotyelelo notyelelo oluhleliwe, ukuba unonkonkonko, umkhuhlane okwiqondo eliphezulu, intloko ebuhlungu okanye iingxaki zokuphefumla. Kuza kufuneka uvavanyelwe i-COVID-19

- Ngokukhawuleza, ukuba ucinga ukuba unengxaki yokukhulelwa efana nokopha, intloko ebuhlungu, iintlungu zesisu ezingaphaya kokuqonda, usana alishukumi okanye unzinyelwe kakhulu ukuphefumla.

Ngamanye amaxesha ungangaqiniseki ukuba uphawu luyingxaki okanye hayi:

- Intliziyo ebetha ngamandla ingenziwa luxinzelelo okanye ukuxhalaba (ukuba akukho mkhuhlane okanye ukukhohlela)
- Ukuphelelwa ngumoya ngendlela ephakathi kungasuka ekubeni isisu esikhulelweyo siya siba sikhulu
- Ukuvaleka kweempumlo kungenziwa kukugodola okanye umkhuhlane
- Intloko ebuhlungu ingasukela kuxinzelelo okanye ukugodola (ukuba akukho mkhuhlane yaye awubi ngcono kukusela izibulali zintlungu)

Kufuneka usoloko unxibe ilaphu lokuzogquma xa usiya ekliniki.

Ukuba awuqinisekanga ukuba uphawu luthini, okanye awuqinisekanga ukuba lungxamiseke kangakanani, tsalela umnxeba ekliniki okanye inombolo yomnxeba ukufumana ingcebiso. 0800 029 999

10. Ukuncancisa

Inkqubo yeMibuzo neMpendulo: Ndingancancisa xa ndinayo okanye ukuba ndinganayo i-COVID-19?

Ukuncancisa kukhuthazwa kubo **bonke** oomama, kuquka oomama abanayo, nekungenzeka ukuba bane- COVID-19. Ukuza kuthi ga ngoku, intsholongwane ye- COVID-19 ayikafunyanwa elubisini.

- **Hlamba izandla rhoqo ngesepha imizuzwana engama- 20** ngaphambili nasemva kokuncancisa.
- Qiniseka ukuba ulandela indlela **ecocekileyo yokuphefumla**: khohlela okanye uthimle kwingqiniba egobileyo uvale umlomo kunye nempumlo okanye kwiphethana elithambileyo nekufuneka ulilahle kwinto evalwayo yaye uhlambe izandla ngesepha imizuzwana engama 20.
- Ukuba une-COVID-19, kufuneka unxibe ilaphu elogquma umlomo wakho kunye neempumlo xa uncancisa. Ilaphu elenziwe ekhaya lingaba lilaphu okanye isikhafu esihlanjwayo emva kokuyisebenzisa kanye. Musa kubamba ilaphu lo gama luncanca usana okanye xa unexesha nosana lwakho.

11. Inkathalo yosana olugqiba kuzalwa.

Inkqubo yeMibuzo neMpendulo: Ndingalukhusela njani usana lwam olugqiba kuzalwa kwi COVID-19?

- Ncancisa: ngokuthi uhlambe izandla kakuhle kuqala. Ukuba une-COVID-19, ncancisa ufake ilaphu elogquma umlomo neempumlo.
 - **Bamba usana lwakho olugqiba kuzalwa** inyama enyameni esifubeni sakho (kodwa gcina lushushu).
 - Wonke umntu endlwini **makahlambe izandla** rhoqo ngesepha imizuzwana engama 20 (okanye isicoci esibulala iintsholongwane sezandla).
 - Khetha abantu ababini okanye abathathu ukukuncedisa elusaneni lwakho. Wonke umntu ochitha ixesha nosana makasoloko **ehlamba izandla imizuzwana engama 20 ngaphambili nangasemva kokubamba** usana. Kwakhona mabasebenzise ilaphu lokogquma umlomo neempumlo elenziwe ekhaya ngalo lonke ixesha behleli nosana.
 - Mabangabambi buso babo okanye ubuso bosana.
 - Makungabikho bani uncamisa buso bosana.
 - Ukuba unakho, abanye abantu kufuneka ubuncinane babekumgama wemitha enye ukuya kwezimbini kude nosana kunye nomntu okhathalela usana.
 - Gcina **imigangatho yendlu** icocekile. Sebenzisa iitispuni ezine zeblitshi kwilitha yamanzi. Gcina iblitshi ingafikeleleki ebantwaneni.
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12. Ukusebenza nabazali

Inkqubo yeMibuzo neMpendulo: Ndidibakhusela njani abantwana bam xa ndiphuma ndisiya emsebenzini?

Ukuba usebenzela ngaphandle ekhaya, zama ukukhusela abantwana bakho kunye namalungu osapho lwakho kwi-COVID-19.

- **Lala ekhaya** kangangoko unakho
 - Emsebenzini
 - Nxiba isingxobo sokogquma umlomo neempumlo esicocekileyo
 - Zama **ukumela kude ngaphezu kweemitha ezi 2** kwabanye.
 - **Musa ukwanga** okanye uncamise NABANI na
 - **Zinqande ukuziphatha** ubuso
 - **Ungazidibanisi namaqela** apho ubabona bedibene khona.
 - Zama **ukuzibhekela kwimigangatho** efana neendawo zokucofa nokubamba iingcango kunye neendawo ezicofwa ngabantu abaninzi
 - **Hlamba izandla** kangangoko unakho ngesepha imizuzwana engama 20 (okanye usebenzise isicoci esibulala iintsholongwane)
 - **Shiya zonke izinto** ezifana neentsiba zokubhala, emsebenzini ukuba unakho.
 - Ekhaya
 - Ukuba kuyenzeka, **hlamba izandla zakho kunye nomzimba wakho** kwaye **utshintse unxibe iimpahla ezicocekileyo** ngaphambi kokungena ekhaya
 - Hlamba izandla ngokwale ndlela ikhankanywe ngasentla **Sula** naziphi na izinto eziziswe ekhaya ngoko nangoko ngesicoci esibulala iintsholongwane okanye sebenzisa iitispuni ezi 4 zeblitshi kwilitha yamanzi. Gcina iblitshi ingafikeleleki ebantwaneni.
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13. Umkhuhlane owenziwa ngabantwana

Inkqubo yeMibuzo neMpendulo: Umntwana wam uneempawu zomkhuhlane eziqale izolo. Ndenzeni?

Abantwana bathanda ukuba nohlobo oluphakathi lokugula lwe-COVID-19 ukuba bafumana usuleleko kodwa bangayisasaza lula kwabanye. Nanjengoko sisiya kwixesha apho kubakho imikhuhlane, abantwana bangathatha iintsholongwane ezizezinye kuneCorona ngeli xesha. Iimpawu ezenziwa zezi ntsholongwane zingafana ne-COVID-19.

Kufuneka uthathe amanyathelo kwantlandlolo ukunqanda i-COVID-19:

- **Hlamba izandla** kangangoko unakho ngesepha imizuzwana engama 20 (okanye usebenzise isicoci esibulala iintsholongwane)
- **Hlala ekhaya**
- Ukuba uyancancisa, **qhubeka uncancisa**
- Fundisa umntwana wakho ukuba **azinqande ukubamba ubuso bakhe**.
- Fundisa umntwana wakho **ucoceko lokuphefumla**. Oku kuthetha ukuba khohlela okanye uthimlele kwikona yomphakathi wengqiniba yakho uvale umlomo kunye nempumlo okanye kwiphethshana elithambileyo nekufuneka lilahlwe kude kwinto evalwayo uze uhlambe izandla zakho ngesepha imizuzwana engama 20.

Ukuba umntwana wakho unomkhuhlane, uyakhohlela okanye unzinyelwe kukuphefumla, funa nenkathalo yezonyango ngokukhawuleza. Ukuze ufumane ingcebiso koko unokukwenza nokuba ungaya phi, dibana nenombolo engahlawulelwayo ye-COVID-19 ku-(0800 029 999/0800 111 132).

14. Ukosulela nge-COVID-19 ngumntwana

Ingaba abantwana abane-COVID-19 bangayisasaza intsholongwane kwabanye abantu?

Ewe. Abantwana bangabonakala bephilile okanye babe ne-COVID-19 engathangani kodwa beyisasaza intsholongwane ukuya kwabanye abantu. Ngoko ke, abantwana kufuneka bohlukeniswe ebantwini abadala abanokugula okufana ne-asthma, i-TB [isifo sephepha] nezinye iingxaki zempilo ezimbi. Kwakhona, abantwana kufuneka bagcinwe kude nabantu abadala abangaphezu kweminyaka engama 60 ubudala kangangoko kuba abantu abadala abane-COVID-19 bangaya begula kakhulu kunabantu abancinane.

15. Usapho ngokubanzi

Inkqubo yeMibuzo neMpendulo: Ndingalukhusela njani usana lwam kwi-COVID-19 xa ndiphila nosapho olubanzi yaye abanye besebenza ngaphandle endlwini?

Ukuba uphila nosapho olubanzi, kufuneka uthathe ezi zilumkiso ukunqanda usulelo lwe-COVID-19 njengabanye abantu. Wena nomntwana wakho ninganceda ukuzikhusela ngokuthi:

- **Hlamba izandla** ngesepha kangangoko unakho imizuzwana angama 20 (okanye usebenzise isicoci esibulalaiintsholongwane esinotywala)
- Zama **ukuhlala kude ngaphezu kweemitha ezi 2** kwabanye, ukuba unakho yaye uzingande ukuya kwiindawo zengxinano.
- Zinqande **ungabambi buso bakho**.
- Ziqhelise **ucoceko lokuphefumla**. Oku kuthetha ukuba khohlela okanye uthimlele kumphakathi wengqiniba yakho, uvale umlomo wakho kunye nempumlo, okanye kwiphethshana elithambileyo nekufuneka ulilahle emva koko kwinto evalwayo yaye uhlambe izandla zakho ngesepha imizuzwana engama 20).
- **Ungavumeli amalungu osapho lwakho ukuba abambe usana lwakho ngaphandle kokuba bazihlambe kakuhle izandla kuqala nasemva kokuphatha usana** yaye basebenzise ilaphu lasekhaya lokogquma umlomo neempumlo elicocekileyo, ngalo lonke ixesha
- **Zinqande ukuncamisa usana emlonyeni okanye ebusweni**.
- **Vula iifestile** apho kukho imfuneko yaye gcina imigangatho yendlu yakho icocekile ngokusebenzisa iitispuni ezi 4 zeblitshi kwilitha yamanzi. Gcina iblitshi ingafikeleleki ebantwaneni.

Ukuba unomkhulane, uyakhohlela okanye unzinyelwe kukuphefumla, funa inkathalo yezonyango kusekwangoko. Ngengcebiso koko unokukukwenza nokuba ungaya phi, dibana nenombolo yasimahla ye-COVID-19 ku-(0800 029 999/0800 111 132).

16. Uthintelo

Inkqubo yeMibuzo neMpendulo: Ingaba kusafuneka ndimthathe ndiluse usana lwam ukuyothintela?

Ewe. Usana lwakho lusafuneka luthathwe lusiwe kwiinkqubo zokuthintela njengesiqhelo. Urhulumente uthe uthintelo yinkqubo eyimfuneko. Ukuba ungenza indlela yakho yokuya ezikliniki, nceda ubenenkathalo yaye usebenzise onke amanyathelo okhuselo aqhelekileyo. Nxiba isifonyo selaphu yaye ungasinxibi ngendlela engeyiyo. Hlamba izandla imizuzwana engama 20 ngesepha ngaphambili nangasemva kokuba kwiindawo ezisetyenziswa ngowonke-wonke okanye ukwiinqwelo zothutho. Nceda wabelane ngamagama eekliniki ezigasanikezeli ngenkqubo yothintelo, simahla kumnxeba we-COVID-19 (0800 029 999/0800 111 132).

Ukuba awukwazi kuya ngokukhuselekileyo eekliniki, kuza kubakho ithuba lokuba wenze uthintelo olusaleleyo emva kwalo bhubhane.

Ukuba unakho, **tsala umnxeba ngaphambi kokuba uye kwikliniki yakho**, ukuya kuqonda ukuba enziwe na amalungiselelo akhethekileyo othintelo.

17. Ukucwangcisa

Inkqubo yeMibuzo neMpendulo: Ndingaya ekliniki ukuya kucwangcisa ngexesha le-COVID-19 nangexesha lokuma ngxishi kweenkqubo?

Ewe. Usengakwazi ukufumana iinkqubo zokuhlala usapho kwikliniki ekufutshane kodwa zama ukufumana ukuba kukho utshintsho kwezi nkonzo. Qiniseka ngokuqhubeka nokucwangcisa usapho lwakho ngeli xesha ukuze unqande ukukhulelwa okungeyomfuneko. Khumbula ukuba idyasi yootata ikunika ukhuseleko ekumitheni, isandlulela sikagawulayo [HIV] kunye nezinye izifo ezisulela ngesondo. Ukuba ulungiselela ukukhulelwa kungcono ukuba ulinde kugqithe ingxaki ye-COVID-19.

18. Izithuthi zikaWonkewonke

INkqubo yeMibuzo neMpendulo: Ndikhulelwe yaye ndisebenzisa izithuthi zikawonkewonke ukuya ekliniki. Ingaba ndingaqhubeka ndisiya ekliniki?

Ukuba unakho, hamba ngeenyawo ukuya ekliniki ukunqanda ukuba kufutshane nabanye bantu. Ukuba ufuna ukukhwela iteksi zama ukuhlala kubekho isithuba phakathi kwakho nabanye abantu. Kufuneka uthathe ezi zilumkiso zifanayo ukunqanda usuleleko lwe-COVID-19 njengabanye abantu. Ungazikhusela ngokuthi:

- Nxiba **ilaphu lokogquma umlomo neempumlo** xa ukwiindawo zikawonkewonke.
- **Hlamba izandla** ngesepha kangangoko unakho imizuzwana engama 20 (okanye usebenzise isicoci esibulala iintsholongwane esinotywala).
- Zama **ukuhlala kude kangangeemitha ezi 2 kude** nabanye yaye uzingande kwiindawo zengxinano.
- Zinqande **ungabambi buso bakho**.
- Ziqhelise **ucoceko lokuphefumla**. Oku kuthetha ukukhohlela okanye ukuthimla kwikona yomphakathi wengqiniba yakho, uvale umlomo nempumlo okanye kwiphethshana elithambileyo nekufuneka ulilahlele kude kwinto evalwayo yaye uhlambe izandla ngesepha imizuzwana engama 20).

Ukuba ndinomkhuhlane, ukukhohlela okanye ndinzinyelwe ukuphefumla, dibana nenkathalo yezonyango kusengithuba. Ngengcebiso ukuba ungenza ntoni nokuba ungaya phi, dibana nenombolo yomnxeba wasimahla we-COVID-19 ku- (0800 029 999/0800 111 132).

Oomama abazithweleyo noomama abasandula kubeleka – kuquka abo bachatshazelwe yi-COVID-19 – **mabaye kumadinga abo ahleliweyo enkathalo.**

Ukuba unakho, **tsala umnxeba ngaphambi kokuya ekliniki**, ukuze ufumane ukuba kukho izicwangciso ezenziweyo zotyebilelo lwabakhulelweyo nabagqiba kubeleka.

20. Abantwana abadibene nomntu one- COVID-19

Inkqubo yeMibuzo neMpendulo: Kukho umntu one-COVID 19 ekhaya. Kufuneka ndenze ntoni ukuba ndinexhala ngempilo yomntwana wam?

Ukuba abantwana bayosululeka yintsholongwane, baba nohlobo njee oluphakathi lohlobo lwe-COVID-19 kunabantu abadala.

Abanye abantwana bangagula kakhulu yi- COVID 19 ingakumbi ukuba banezinye iingxaki, njengokungondleki kakuhle, iSifo sephepha, iSandulela sikaGawulayo, ukuminxana kunye nezinye iingxaki zesifuba okanye ezinye izigulo zexesha elide

Ukuba umntwana wakho uyagula, kungenzeka ukuba yi-COVID-19 okanye kusuka kwezinye iingxaki zempilo.

Ukuba uxhalabile:

- Ukuba ucinga ukuba yimeko engxamisekileyo, biza i-ambulensi. Baxebele ukuba umntwana udibene nomntu one- COVID-19.
- Ukuba umntwana wakho unengxaki yexesha elide/ingxaki yempilo yonyango lwexesha elide, tsalela ugqirha ugqirha wakho oqhelekileyo umnxeba okanye ikloniki oqhele ukua kuyo ukuze ufumane ingcebiso.
- Ukuba umntwana wakho ubesoloko ephilile, tsalela ikloniki ekufutshane okanye isibhedlele ukuze ufumane ingcebiso.
- Ukuba umntwana wakho kufuneka eye ekloniki okanye esibhedlele, umntu ophilileyo yaye ongenayo i-COVID-19 makamthathe amse apho ngokukhuselekileyo, esebenzisa iindlela ezikhuselekileyo.
 - Lo mntu kufuneka axelele abasebenzi bezempilo ukuba umntwana ubedibene nomntu one- COVID-19
 - Lo mntu kufuneka anxibe isifonyo. Ukuba umntwana ungaphezu kweminyaka emibini, kufuneka anxibe isifonyo.
 - Kubhetele kakhulu ukuba loo mntu angahlala nomntwana kodwa ukuba akukho mntu unakho, igosa lenkathalo kufuneka lithathe inombolo yomnxeba yaloo wadi apho umntwana alaliswe khona.

Kwakhona ungaqhagamshelana nenombolo yomnxeba yasimahla ye- COVID-19 uze ufumane uncedo nengcebiso (0800 029 999 / 0800 111 132).

21. Abantwana abanxibe izifonyo

Inkqubo yeMibuzo neMpendulo: Ngaba abantwana bafanele banxibe izifonyo zasebusweni?

Abantwana abangaphezu kweminyaka emibini kufuneka banxibe isifonyo sasebusweni xa bengaphandle ekhaya kodwa kufuneka kwakhona bagcine umgama weemitha ezimbini kude nabanye abantu. Oko kumalunga nobude bebheddi.

Kodwa, umntwana makanganxibi sifonyo ukuba

- Akakwazi kuphefumla kakuhle ngesifonyo
- Simenza asifonyoze yaye apha ubuso mpela
- Akakwazi kususa sifonyo ngokwakhe kuba enokhubazeko
- Ungaphantsi kweminyaka emibini

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A2 Messages for mental health (updated 23 July 2020)

Notes

- These messages are open source and will be distributed by PMHP and other organisations of the Messages for Mothers (M4M) collective. They are hosted at www.messagesformothers.co.za
- Some of these messages are available as infographics mini articles, with audio-recorded podcasts
- These messages are being translated into Afrikaans, isiXhosa and isiZulu
- With hyperlinks, they can cross-reference each other, as appropriate
- Can be included on the NDOH COVID19 WhatsApp service line on +27 60 012 3456, Facebook, Corona website, and through public service announcements or pre-recorded slots for radio
- Below is not a comprehensive list of possible messages and more may follow

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7. How should I deal with suicidal thoughts during COVID-19?

Affiliations of co-authors and reviewers

1. Ukumelana noxinzelelo njengomama ngexesha le-COVID-19

Njengomama, ungaba noxinzelelo oluninzi nokukhathazeka ngexesha le-COVID-19. Nanga amanye amacebo okumelana noxinzelelo ngeli xesha. Ungenza oku!

1. Qaphela, uzazi ngamagama iindlela ovakalelwa ngazo. Ziindlela eziqhelekileyo zokuvakalelwa kwiimeko ezingaqhelekanga.
2. Zisikele umda wokuba uzijonga kangakanani na iindaba ukuba uvakalelwa kakhulu.
3. Fumana izimvo kumaseko athembekileyo kuphela. Zininzi iindaba ezingeyonyani.
4. Yenza izinto ezilula ukususa ingqondo yakho kude kwesi simo.
5. Cela inkxaso kusapho, abahlobo negosa lengcebiso.
6. Ukuba unakho, ukunceda abanye ngeli xesha kungakwenza uzive bhetele.

Ukuqhagashelana (qhubeka uzama, bangaba baxakekile)

- South African Depression and Anxiety Group (SADAG) www.sadag.org – ineminxeba eliqela 0800 21 22 23 okanye 0800 456 789 okanye 0800 20 5026 kunye neminye
- Umnxeba wobomi ngokubanzi [Lifeline general] 0861 322 322 kunye noMnxeba woNcedo kaGawulayo 0800 012 322
- Umnxeba woncedo lwabantwana [Childline] 0800 055 555

2. Ukumelana nobundlobongela bosapho ngeli xesha le- COVID-19

Ukuba sekhaya ngexesha le- COVID-19 kungakhokhelela ekwandeni kobundlobongela koomama nabantwana. Ukuba oku kwenzeka kuwe, nanga amanye amacebo okumelana noko:

- Yiba **necebo lokhuseleko**. Gcina umnxeba wakho uzele ungaphelelwa ngamandla yaye unemali yokuthetha ngomnxeba. Faka iinombolo zongxamiseko efowunini yakho. Yiba nengxowa yongxamiseko ehleli ilngile. Xelela abantwana malunga nelo cebo.
- Ungacela amapolisa **ngeohlobo lokhuseleko**.
- **Ukuzikhathalela**. Lala ngokwaneleyo, yitya kakuhle, yenza imithambo ukuba unakho. Yenza into ekuncedayo ukususa ingqondo yakho kuxinzelelo.
- **Xhumana** nabahlobo, usapho, iqela lenkxaso okanye igosa Ingcebiso kwi-intanethi okanye ngomnxeba.
- Khumbula- ufanele ukhuseleke. Lilungelo lakho.

Iindawo zokuxhumana (qhubeka uzama, bangaba baxakekile)

- People Opposing Women Abuse (POWA) www.powa.co.za umnxeba: 0800 029 999
- Umnxeba wobuNdlombongela eKhaya –Lifeline Domestic Violence line 0800 150 150
- Tears Foundation www.tears.co.za cofa u *134*7355# okanye [010 590 5920](tel:0105905920)
- Rape Crisis 021 447 9762
- South African Depression and Anxiety Group (SADAG) www.sadag.org – ineminxeba emininzi 0800 21 22 23 okanye 0800 456 789 okanye 0800 20 5026 kunye neminye.

3. Ukumelana noxinzelelo lwasengqondweni nasemoyeni kunye nokuzibona ulixhoba lokuxhomekeka kwizinto ezithile ngexesha le-COVID-19

Ngexesha le-COVID-19, abantu abahleli benoxizelelo lwasemoyeni nasengqondweni okanye abangamaxhoba ezinto ezithile abaxhomekeke kuzo bangaziva kakubi kakhulu. Oku kuyaqondakala.

1. Ukuba uthatha **unyango**, musa ukulutshintsha ngaphandle kokuthetha nogqirha wakho.
2. Ukuba unegosa **lengcebiso**, yenza icebo lokuthetha ngomnxeba okanye nge-intanethi.
3. Ukuba unegosa lengcebiso, yaye uziva kakubi, tsalela **inombolo yoncedo**-bona ukhetho olungasezantsi
4. Bhekabheka **kwi-intanethi** ukuze ufumane uncedo.
5. Khumbula **utywala neziyobisi** zingakwenza uzive kakubi kakhulu emva koko
6. Fumana **uncedo**. Dibana nabahlobo neentsapho kwi-intanethi okanye emnxebeni yonke imihla .
7. **Zikhathalele**. Ungazigwebi. Ungedlula koku.
8. **Iindawo zokuxhumana** (qhubeka uzama, bangaba baxakekile)

Iindawo zokuxhumana (qhubeka uzama, bangaba baxakekile)

- South African Depression and Anxiety Group (SADAG) www.sadag.org – ineminxeba emininzi 0800 21 22 23 okanye 0800 456 789 okanye 0800 20 5026 kunye neminye.
- Umnxeba woBomi ngokuBanzi 0861 322 322 kunye noMnxeba woNcedo lukaGawulayo [AIDS Helpline] 0800 012 322
- SANCA yoTywala kunye neengxaki zeZiyobisi: umnxeba we WhatsApp 076 535 1701
- Umnxeba wabantwana [Childline] 0800 055 555

4. Wazi njani ukuba uxhalaba kakhulu?

Wonke ubani ubanexhala ngeli xesha linzima le- COVID-19. Oku yindlela eqhelekileyo yokuvakalelwa kwimeko engaqhelekanga kakhulu kodwa, kwabanye abantu ixhala, uxinzelelo kunye nolonwabo zingaba ngaphaya. Ungazibona njani ukuba uxhalaba kakhulu?

- Unexhala kakhulu ukuba ungafumana i- COVID-19 (nokuba wenza izinto ezikugcina ukhuselekile njengokuhlala ngaphakathi, ukugcina umgama kunye nokuhlamba izandla rhoqo)
- Awukwazi kulala kuba ungakwazi ukuyeka ukuxhalaba
- Ufunda imiyalezo yamakhasi onxibelelwano okanye umamela iindaba ezimalunga ne-COVID-19 lonke ixesha.
- Awukwazi ukuphumla okanye ukuyeka ukuxhalaba
- Usoloko usoyika ukuba kukho into embi eza kwenzeka.
- Uyadikwa ngabanye ngaphandle kwesizathu
- Awukwazi kumelana nezinto eziqhelekileyo ekumele uzenze endlwini njengokuhlamba, ukupheka nokucoca
- Uva intamo iqinile luxinzelelo, amagxa okanye umqolo okanye isisu siphazamisekile ngenxa yokusoloko unexhala

Ukuba uva uxhalabe kakhulu, nceda uthethe nomntu. .

Iminxeba yoncedo (qhubeka uzama, kungenzeka ukuba baxakekile)

- I-South African Depression and Anxiety Group (SADAG) www.sadag.org – ineminxeba emininzi 0800 21 22 23 okanye 0800 456 789 okanye 0800 20 5026 kunye neminye
- Umnxeba woBomi ngokubanzi 0861 322 322 kunye nomnxeba wabo woNcedo lukaGawulayo 0800 012 322
- I-SANCA yotywala Alcohol kunye ne-WhatsApp yeengxaki zeZiyobisi 076 535 1701
- Umnxeba wencedo lwaBantwana 0800 055 555

5. Wazi njani ukuba unoxinzelelo?

Kuyinto eqhelekileyo ukuxhalaba ngeli xesha linzima le- COVID-19. Ngamanye amaxesha ukuxhalaba noxinzelelo okanye ukungababoni nje abanye abantu, kungakukhokhelela kuxinzelelo lwengqondo. Nazi ezinye izinto ekufuneka uzijonge:

- Uziva uphantsi, unoxinzelelo lwengqondo okanye ulahlekelwe lithemba.

- “Ucinga kakhulu”
- Uneengcinga ezingakhiyo ezikwenza uphazamiseke.
- Uziva ungangafuni kuthetha nabanye abantu nokuba ungangabatsalela umnxeba okanye ubathumelele umyalezo nge-WhatsApp
- Uziva ukuba awufuni kwenza izinto eziqhelekileyo obuqhele ukuzenza endlwini, njengokunxiba, ukucoca nokupheka
- Awukwazi kuphumla
- Uziva ukhathele lonke ixesha
- Akukho nto ikunika lonwabo
- Uneengcinga namacebo okuzilimaza okanye ukuzibulala

Ukuba unezi mpawu ngaphezu kweeveki ezimbini, nceda uthethe nomnye umntu.

Iminxeba yoncedo (qhubeka uzama, kungenzeka ukuba baxakekile)

- IQela loXinzelelo lwengqondo nokuXhalaba loMzantsi Afrika [South African Depression and Anxiety Group (SADAG)] www.sadag.org – ineminxeba yoncedo emininzi 0800 21 22 23 okanye 0800 456 789 okanye 0800 20 5026 kunye neminye.
- Uminxeba woBomi ngokubanzi 0861 322 322 kunye noMnxeba wabo woNcedo lukaGawulayo 0800 012 322
- Uminxeba wemiyalezo ye-Whatsapp we-SANCA weengxaki zoTywala neZiyobisi 076 535 1701
- UMinxeba wabantwana 0800 055 555

7. Ngaba ndingamelana njani neengcinga zokuzibulala neziphazamisayo ngexesha le- COVID-19?

Ngala maxesha anzima, abanye oomama banganeengcinga ezingafunekiyo neziphazamisayo. Abanye bangaziva kakubi kangangokuba bacinge ngokuzibulala.

Ingaba:

- Uziva ukhathazekile yaye ungenathemba ixesha elininzi?
- Uziba ungonwabeli kwanto?
- Ufuna ukushiywa wedwa?
- Awuboni ndlela yokuphuma kwimeko okuyo?
- Ucinga ukuba izinto ziza kunangcono ukuba awukho?
- Ucinga ngeendlela zokuzilimaza?
- Uziva usoyika ukuba ungalimaza usana lwakho okanye umntwana wakho?
- Uneengcinga zokulimaza usana okanye umntwana wakho?

Ukuba uziva ngolu hlobo, phuma uze uthethe nomntu. Ezi nginga zingatshintsha yaye zibengcono.

Fumana uncedo lwegosa eliqeqeshiweyo. Thetha nomcebisi, umongikazi, ugqirha, ugqirha woluleko wengqondo okanye ugqirha wengqondo. Impilo yasengqondweni yinkonzo engundoqo ngexesha lokumiswa ngxishi kweenkqubo.

Iminxeba yoncedo

(Qhubeka uzama ukuba awuphumeli okokuqala)

- Umnxeba woNcedo lokuZibulala we-SADAG 0800 567 567 okanye inombolo yomyalezo 31393. 7 iintsuku/evekini 8 kusasa ukuya ku-8 wangokuhlwa
- Umnxeba woBomi [Lifeline] wo-Mzantsi Afrika 0861 322 322 nangaliphi ixesha

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