

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.

Table of contents

1. About	13. Child flu
2. Effect	14. Transmission of COVID-19 by a child
3. Risk	15. Extended family
4. Antenatal appointments	16. Immunisation
5. Symptoms	17. Family Planning
6. Treatment	18. Public transport
7. Complications	19. Masks
8. Labour	20. Children in contact with a person with COVID-19
9. Clinic visits	21. Children wearing masks
10. Newborn care	
11. Breastfeeding	
12. Working parents	Authors and reviewers

1. Tse mabapi le maemo a Covid-19

Q&A format: Phapang ke efe ho baimana le basadi ba seng ba pepile nakong ya COVID-19?

Matshwao le dipontsho tsa COVID-19 di a tshwana ho baimana le ho setjhaba ka kakaretso. Bohle re lokela ho ba sedi bakeng sa ho phema tshwaetso kapa ho tshwaetsa ba bang. O thusa ho itshireletsa ka ho:

- **Kenya maske wa lesela ha o le ka hara batho**
- **Hlapa matsoho** kgafetsa kamoo o ka kgonang ka sesepa metsotswana e 20 (kapa sebedisa senyanyatsi sa motswako wa tahi)

- Leka **ho bula sekgeo sa 2m** dipakeng, haeba o kgon'a kapa o pheme dibaka tse nang le batho ba bangata.
- Phema **ho ama sefahleho sa hao**.
- Itlwaetse **bohlweki ba phefomoloho**. Sena se bolela hore o kgohllele le ho ithimolela setsweng se mennweng o kwahetse molomo le nko, kapa ka hara thishu eo o lokelang ho e lahlela hanghang ka moqomong o kwalehileng mme o hlape matsoho ka sesepa metsotswana e 20.
- **Bula difenstere** moo ho kgonehang mme o boloke ntlo e hlwekile ka dikgabana tse 4 tsa boletjhi lithareng e le 1 ya metsi. Beha boletjhi hole le bana.

2. Ditlamorao

Q&A format: Na vaerase ya COVID-19 e ka ama boimana ba ka?

Baimana hangata ba ngongoreha kamoo vaerase ena e ka amang bophelo ba bona le ba masea a bona a e song ho tswalwe. Hajwale ha ho bopaki ba hore vaerase e bakang COVID-19 e ka fetela popelong ho tshwaetsa lesea le so ka le tswalwa. Hape ha ho na bopaki ba hore moimana a ka senyehelwa kapa lesea la ba le bothata. Feberu e bohale e ka bakwang ke eng kapa eng e ka baka pelehi ya pele ho nako (SFawcus, SF, SH, NR, JN)

3. Kotsi

Q&A format: Na baimana ba kotsing e kgolo ya COVID-19?

Ka kakaretso, ho na le kgonahalo e kgolo ya hore baimana ba tshwarwe ke "ntaramane" ya sehla, mme ba be le matshwao a matla a mahloko a tshwanang le ntaramane. Ditsebi tsa bongaka di kgothaletsa diente tsa ntaramane bakeng sa baimana. Feela hajwale ha ho so tsebahale haeba COVID-19 e ya mpefala ho baimana. Hajwale, ha e na ente. Haeba o e na le mafu a mang a kang TB, lefu la pelo, HIV kapa lefu la tswekere o ka batla o le kotsing haholo.

4. Diketelo tsa boimana

Q&A format: Na ke ntse ke lokela ho ya tleliniking nakong ya boimana?

Eya. Basadi ba baimana ba lokela ho tswella ho etela tleliniki. Kenya maske wa lesela. Ha o fihla setsheng seo, o tla botswa dipotso ka COVID-19, ho lekolwe motjheso wa hao le ho jwetswa hore o sebedise senyanyatsi sa matsoho. Basadi ba nang le matshwao (a feberu, ho kgohllela ho ommeng, mesifa e bohloko, mmetso o bohloko, bothata ba ho hema) ba tla hlokomelwa phaposing e ikgethileng mme ba hlahlobuwe. Haeba o e na le matshwao a matla, mohlala, feberu e matla kapa ho hema ka thata, o ka nna wa robatswa kapa wa fetisetswa sepetelele kapa wa koptjwa ho ikwalla lapeng ha o ntse o emetse sephetho sa diteko tsa COVID-19.

5. Matshwao

Q&A format: Seo ke lokelang ho se etsa haeba ke na le matshwao a COVID-19?

Baimana ba nang le matshwao leha e le afe a COVID-19 (feberu, ho kgohlela ho ommeng, mesifa e bohloko, mmetso o bohloko, bothata ba ho hema) ba lokela ho hlahlobuwa. O lokela ho letsetsa mohala wa thuso (0800 029999) kapa tleneniki ya lehae ya boimana ho tseba moo o ka lebang teng bakeng sa diteko kapa haeba o lokela ho bitsa ambolense hore e o ise sepetlele ka potlako. Kenya maske wa lesela. Hang ha o fihla, bolella mosebeletsi wa tsa kalafo hore o na le matshwao ana.

6. Kalafo

Q&A format: Ke tla phekolwa jwang haeba ke tshwerwe ke COVID-19?

Haeba diteko di bontsha tshwaetso ya COVID-19

- Boimaneng bo qalang o tla alafelwa lapeng (ho ikwalla) kapa sebakeng se seng moo ho nang le batho ba bang ba nang le COVID-19 kapa ba belaellwang.
- Boimaneng bo mahareng (kamora dikgwedi tse 5) o tla alafelwa lapeng (matshwao a bobebe mme o e so pepe), sebakeng se bolokehileng le batho ba nang le tshwaetso, kapa setsheng sa bopepisi haeba o se o le haufi le ho pepa.
- Haeba o na le matshwao a matla a kang feberu e matla le ho fellwa ke moya o tla amohelwa sepetlele se ikgethileng se nang le sebaka sa bopepisi, moo o ka nnang wa alafelwa phaposeng ya bakudi ba kulang haholo.
- Haeba o behile, o lokela ho ba mmoho le lesea le ho le antsha o ntse o kentse maske.

Basebeletsi ba tlhokomelo ya kalafo ba o hlokometseng ba tla apara diaparo tsa tshireletso mme ba o behe sebakeng se arohaneng le sa bakudi ba bang. O seke wa kgathatseha ke sena; ke ho ba sireletsa le ho sireletsa basadi ba bang hore ba se tshwaetswe ke vaerase ya corona.

7. Mathata

Q&A format: Ke etseng ha ke sa ikutiwe hantle nakong ya boimana?

Haeba o na le matshwao a COVID-19 le/kapa o na le matshwao a mang a boimana a o tshwenyang jwaloka ho tswa madi, ho raharaha ha lesea ho fokotseha, o pshatla metsi; o lokela ho leba setsheng sa hao sa kokelo. Ho kgohlela ha ho a tshwanela ho o thibela ho fumantshwa tlhokomelo eo o e hloakang mmoho le lesea la hao. Netefatsa hore o qala ka ho jwetsa mosebeletsi wa tlhokomelo ya kalafo ka matshwao a hao a COVID-19 kapa matshwao a mang hang ha o fihla tleliniking.

8. Ho pepa

Q&A format: Ho etsahala eng ha ke pepa?

- Basadi ba nang le COVID-19 kapa bao e bang ba na le yona ba pepa ka tsela e tlwaelehileng mme ha ho hlokahale hore ba pepe ka mofuta o ikgethileng o kang wa ho sehwa. Tlhokomelo e tlwaelehileng ya ho manamisa lesea le ho le antsha ho lokela ho qala mohla tswalo.
- Basadi ba fihlang kokelong ba le haufi le ho pepa ba tla hlahlobisiswa bakeng sa matshwao a COVID-19.
- Haeba mohlomong, kapa ruri o na le COVID-19, o tla hlokomellwa sebakeng se ka thoko mme basebeletsi ba kalafo ba tla apara diaparo tsa tshireletso. O tla koptjwa ho kenya maske ho thibela hore o seke wa tshwaetsa bakudi ba bang kapa basebeletsi ba kalafo.
- Haeba o se na COVID-19, o tla hlokomellwa tulong e tlwaelehileng ya ho pepa le bakudi ba bang

Leha bafelehetsi nakong ya ho pepa ba tshehetsa basadi ba tllong ho pepa, dibaka tse ding ha di ba dumelle ho ba teng nakong ena ya sewa sa COVID-19. Sena ke ho thibela vaerase ho namela ho batho ba se nang matshwao ho ya ho bakudi ba bang, masea a sa tswa tswalwa kapa basebeletsi ba kalafo. O lokela ho botsa ba kokelo ya hao ka leano la bona. Haeba o kgona, leka ho ikopanya le motho ya o tshehetsang ka mohala, nakong eo o leng haufi le ho pepa.

9. Diketelo tsa tleliniki

Q&A Format: Ke sefe se tlwaelehileng nakong ya boimana – mme ke lokela ho ya tleliniking neng?

O lokela ho ya tleliniking:

- bakeng sa ketelo e hlophisitsweng ya boimana.
- pakeng tsa diketelo tseo tse hlophisitsweng haeba o na le ho kgohlela ho ommeng, feberu, hlooho e opang kapa mathata a ho hema. O tla lokela ho etswa diteko tsa COVID-19
- ka potlako, haeba o nahana hore o na le bothata ba boimana bo kang ho tswa madi, hlooho e opang haholo, lehlaba le matla ka mpeng, lesea le sa raharahe; kapa o na le bothata bo matla ba ho hema.

Ka nako e nngwe o ka hloka bonnete haeba letshwao ke bothata kapa tjhe:

- pelo e otlang ha bohloko e ka be e le kगतello ya kelello kapa ngongoreho (haeba ho se na feberu kapa ho kgohlela)
- ho fellwa ke moya ho se hokae ho ka bakwa ke ho hola ha mpa ya boimana
- nko e kibaneng e ka nna ya ba ke sefuba kapa feberu
- hlooho e opang e ka nna ya ba kगतello ya kelello kapa sefuba (haeba e se feberu mme e sa be betere kapele ka dipidisi tsa mahlaba)

Kamehla kenya maske ha o leba tleliniking.

Haeba o se na bonnete ba hore letshwao le boelang, kapa o sa tsebe hore le kotsi haka, letsetsa tleliniki kapa mohala wa thuso bakeng sa keletso. 0800 029 999

10. Ho antsha

Q&A format Na nka antsha haeba ke na le Covid-19, kapa ha e ka be e le hore ke na le yona?

Bomme **kaofela** ba kgothaletswa ho antsha, ho kenyeletswa bomme ba nang le COVID-19 kapa bao e ka beng ba na le yona. Ho fihlela hakana, vaerase ya COVID-19 ha e so fumanehe lebeseng la mme.

- Dula o **hlapa matsoho ka sesepa metsotswana e 20** pele le kamora hoba o antshe.
 - Netefatsa **bohlweki ba phefomoloho**: kgohlella kapa o ithimolele ka hara setswe se mennweng o kwahlele molomo le nko, kapa ka hara thishu eo o lokelang ho e lahlela ka moqomong o kwalehang mme o hlape matsoho ka sesepa metsotswana e 20.
 - Haeba o na le COVID-19, o lokela ho kenya maske o kwahelang molomo le nko ha o antsha. Maske o eketseditsweng lapeng e ka ba lesela kapa sekhafo se hlatsuwang kamora ho sebetsa. O seke wa ama maske ha o ntse o antsha lesea kapa ha o ntse o kukile lesea.
-

11. Tlhokomelo ya lesea le sa tswa tswalwa

Q&A format: Nka sireletsa lesea la ka jwang ho COVID-19?

- Ho antsha: qala ka ho hlapa matsoho ka nepo. Haeba o na le COVID-19, antsha o kentse maske.
 - **Kuka lesea** o le manamisitse sefubeng (feela etsa le dule le futhumetse).
 - Bohle ba ka tlung ba lokela ho dula ba **hlapa matsoho** ka sesepa metsotswana e 20 (kapa ba sebedisa senyanyatsi se nang le motswako wa tahi).
 - Kgetha feela batho ba bang ba babedi kapa ba bararo ho o thusa ka lesea. Bohle ba dulang ba e na le lesea ba lokela ho dula ba **hlapa matsoho metsotswana e 20 pele le kamora ho ama** lesea. Le bona ba lokela ho sebedisa dimaske tse hlwekileng, tse iketseditsweng lapeng nakong eo lesea le leng pela bona.
 - Ha ba a lokela ho ama difahleho tsa bona le sa lesea.
 - Ho se be le motho ya akang lesea.
 - Haeba ho kgoneha, batho ba bang ba lokela ho ba hole le lesea ka bonyane 1-2m le motho ya salang le lesea.
 - Boloka **dibaka tsa ka tlung** di hlwekile. Sebedisa dikgabana tse 4 tsa boletjhi lithareng e 1 ya metsi. Beha boletjhi hole le bana.
-

12. Batswadi ba sebetsang

Q&A format: Nka sireletsa bana ba ka jwang haeba ke ya mosebetsing?

Haeba o sa sebeletse ka tlung, leka ho sireletsa bana le ditho tse ding tsa lelapa ho COVID-19.

- **Dula ka tlung** ho ya kamoo o ka kgonang
- Mosebetsing
 - Kenya maske wa lesela o hlwekileng
 - Leka ho **dula o le dimithara tse 2** hole le ba bang
 - **O se hake** kapa ho aka kapa kamano leha e le EFE le mang kapa mang
 - **Phema ho ama** sefahleho sa hao
 - **Phema batho ba bangata** moo ba kgobokaneng
 - Leka ho **phema dibaka** tse kang mehele ya mamati le diswitjhi tse tshwarwang ke batho ba bangata
 - **Hlapa matsoho** kgafetsa kamoo o ka kgonang ka sesepa metsotwana e 20 (kapa o sebedise senyanyatsi sa motswako wa tahi)
 - **Siya dintho** tse kang dipene, mosebetsing, haeba ho kgoneha.
- Lapeng
 - Haeba ho kgoneha, **hlapa matsoho le mmele mme o apare diaparo tse hlwekileng** pele o kena ka tlung
 - O hlape matsoho jwaloka ha ho boletswe ka hodimo
 - **Phumula** thepa leha e le efe eo o tlileng le yona lapeng, hanghang feela ka senyanyatsi kapa sebedisa dikgabana tse 4 tsa boletjhi lithareng e 1 ya metsi. Beha boletjhi hole le bana.

13. Ntaramane ya bana

Q&A format: Ngwanaka o na le matshwao a ntaramane a qadileng maobane. Ke etse eng?

Bana ba na le ho ba le mofuta wa ntaramane e seng kae ya bohloko ba COVID-19 haeba ba ka tshwaetswa. Feela ba ka tshwaetsa ba bang ha bonolo. Ha re tla kena sehleeng sa ntaramane, bana ba ka ba le divaerese tse ding ntle le ya Corona nakong ena. Matshwao a divaerese tsena a ka tshwana haholo le a COVID-19.

O lokela ho nka mehato e tlwaelehileng ya ho phema COVID-19:

- **Hlapa matsoho** kgafetsa kamoo o ka kgonang ka sesepa metsotswana e 20 (kapa sebedisa senyanyatsi sa motswako wa tahi)
- **Dula lapeng**
- Haeba o antsha, **tswela pele ka ho antsha**
- Ruta ngwana ho **phema ho ama sefahleho sa hae**.
- Ruta ngwana hao **bohlweki ba phefomoloho**. Sena se bolela hore a kgohllele le ho ithimolela setsweng se mennweng a kwahetse molomo le nko, kapa ka hara thishu eo a lokelang ho e lahlela hanghang ka moqomong o kwalehileng mme a hlape matsoho ka sesepa metsotswana e 20.
- **Haeba ngwana a na le feberu, a kgohllela kapa a hema ka thata, batla thuso ya bongaka kapele**. Bakeng sa keletso ya hore o ka etsa eng le hore o lebe kae, letsetsa mohala wa thuso wa mahala wa COVID-19 (0800 029 999/0800 111 132).

14. Phetisetso ya COVID-19 ke ngwana

Na bana ba nang le COVID-19 ba ka fetisetsa vaerase ena bathong ba bang?

Eya. Bana ba ka shebahala ba le hantle kapa ba ba le COVID-19 e bobebe, feela ba ka nna ba fetisetsa vaerase bathong ba bang. Kahoo, ka hohle kamoo ho ka kgonehang, bana ba lokela ho arohangwa le batho ba nang le mahloko a kang *asthma*, TB le lefu la tswekere le mathata a mang a kotsi a bophelo bo botle. Hape, bana ba lokela ho arohangwa le batho ba baholo ba ka hodimo ho dilemo tse 60 kahohle kamoo ho kgonehang hobane batho ba baholo ba nang le COVID-19 ba ka kula ho feta ba banyenyane.

15. Lelapa le leholo

Q&A format: Nka sireletsa ngwanaka jwang ho COVID-19 ha ke na le lelapa le leholo mme ba bang ba sebetsa ka ntle?

Haeba o dula le lelapa le leholo, o lokela ho nka mehato e tshwanang ya ho phema tshwaetso ya COVID-19 jwaloka ba bang. Wena le ngwana hao le ka thusa ho itshireletsa ka ho:

- **Hlapa matsoho** kgafetsa kamoo o ka kgonang ka sesepa metsotswana e 20 (kapa sebedisa senyanyatsi sa motswako wa tahi)
- Leka **ho bula sekgeo sa dimithara tse 2 hole** le ba bang, haeba o kgona mme o pheme dibaka tse tletseng batho.
- Phema **ho ama sefahleho sa hao**.
- Itlwaetse **bohlweki ba phefomoloho**. Sena se bolela ho kgohllela kapa o ithimolele ka hara setswe se mennweng o kwahela molomo le nko, kapa ka hara thishu eo o lokelang ho e lahlela ka moqomong o kwalehang mme o hlape matsoho ka sesepa metsotswana e 20.
- **O seke wa dumella ditho tsa lelapa ho kuka ngwana hao ntle** le haeba ba hlapile matsoho ka nepo pele le kamora ho kuka ngwana mme ba sebedise maske o iketseditsweng lapeng o hlwekileng nako le nako
- **Phema ho aka lesele molomong kapa sefahlehong**.
- **Bula difenstere** ha ho kgoneha mme o boloke dibaka tsa ka tlung di hlwekile ka dikgabana tse 4 tsa boletjhi lithareng e 1 ya metsi. Beha boletjhi hole le bana.

Haeba o na le feberu, o kgohllela kapa o hema ka thata, batla tlhokomelo ya bongaka kapele.

Bakeng sa keletso mabapi le seo o lokelang ho se etsa le moo o ka lebang teng, letsetsa mohala wa thuso wa mahala wa COVID-19 (0800 029 999/0800 111 132).

16. Kentelo ya Bana

Mokgwa wa Dipotso le Dikarabo: Na ke lokela ho isa ngwana wa ka hore a ilo entwa

Eya. Ngwana wa hao o sa ntse a lokela hore a iswe enteng jwaloka tlwaelo. Mmuso o itse ho entwa ha bana ke karolo ya ditshebeletso tsa bohlokwa. Haeba o ka wa kgona ho ya tleliniking ka kopo latela mekgwa yohle ya boitshireletso. Rwala maske wa lesela mme o se ke wa o tshwaratshwara. Hlapa matsoho ka metsotswana e 20 o sebedisa metsi le sesepa pele le kamora hore o ye dibakeng tsa setjhaba kapa o sebedise dipalangwang tsa setjhaba. Ka kopo tlaleha mabitso a ditleliniki tse seng di sa ente bana nakong ena ya *COVID-19* dinomorong tsa mohala tsa (0800 029 999/0800 111 132).

Haeba o sa kgone ho ya tleliniking, o tla ba le monyetla wa ho enta ngwana wa hao kamora hore sewa sena se fele.

Haeba o kgona, **letsetsa tleliniking pele o ya**, e le hore o tsebe hore na ditokisetso tsa kentelo ya bana di tsamaya jwang.

17. Thero ya malapa

Q&A format: Na nka nna ka ya tleliniking mabapi le thero ya malapa nakong ya COVID-19 le nakong ya ho kginwa ha ditshebeletso?

Eya. O tla nne o thole ditshebeletso tsa thero ya malapa tleliniking ya lehae. Feela leka ho utlwa haeba ho na le diphethoho. Netefatsa hore o tswella ka thero ya lelapa ho thibela ho ima ho sa batleheng. Hopola hore dikgohlopo di a o sireletsa kgahlanong le ho ima, HIV le ditshwaetso tse ding tsa thobalano. Haeba o rerile ho ima, ho betere ho ema ho fihlela bothata ba COVID-19 bo fela.

18. Dipalangwang tsa setjhaba

Q&A format: Ke moimana mme ke sebedisa dipalangwang tsa setjhaba ho ya tleliniking. Na ke ntse ke lokela ho ya tleliniking?

Haeba o kgona, tsamaya ka maoto ho phema ho atamelana le batho ba bang. Haeba o lokela ho palama tekesi, leka ho bula sekgeo pakeng tsa hao le ba bang. O lokela ho nka mehato e tshwanang ho phema tshwaetso ya COVID-19 jwaloka ba bang. O ka thusa ho itshireletsa ka ho:

- Kenya **maske wa lesela** ha o le bathong
- **Hlapa matsoho** kgafetsa kamoo o ka kgonang ka sesepa metsotswana e 20 (kapa sebedisa senyanyatsi sa motswako wa tahi).
- Leka **ho bula sekgeo sa dimithara tse fetang tse 2 hole** le ba bang mme o pheme dibaka tse tletseng batho.
- Phema ho ama **sefahleho sa hao**.
- Itlwaetse **Bohlweki ba phefomoloho**. Sena se bolela ho kgohlella kapa o ithimolele ka hara setswe se mennweng o kwahela molomo le nko, kapa ka hara thishu eo o lokelang ho e lahlela ka moqomong o kwalehang mme o hlape matsoho ka sesepa metsotswana e 20.

Haeba o na le feberu, o kgohlela kapa o hema ka thata, batla tlhokomelo ya bongaka kapele.

Bakeng sa keletso mabapi le seo o lokelang ho se etsa le moo o ka lebang teng, letsetsa mohala wa thuso wa mahala wa COVID-19 (0800 029 999/0800 111 132).

Baimana le basadi ba sa tswa beleha haufinyana – ho kenyeletsa ba anngweng ke COVID-19 – ba lokela ho **kenela dinako tsa bona tse tlwaelehileng tsa tlhokomelo.**

Haeba o kgona, **letsa pele o leba tleliniking**, ho utlwa haeba ho na le meralo e ikgethileng bakeng sa diketelo tsa boimana le tsa kamora ho pepa.

20. Bana ba kopaneng le motho ya nang le COVID-19

Mokgwa wa Dipotso le Dikarabo: Ho na le motho ya nang le tshwaetso ya COVID-19 lapeng. Ke lokela ho etsang haeba ke ngongorehile ka polokeho ya ngwana wa ka?

Ha bana ba tshwaeditswe ke vaerase ya *COVID-19*, hangata ha ba kule hampe jwaloka batho ba baholo.

Leha ho le jwalo, bana ba bang ba ntse ba ka kula hampe ka lebaka la *COVID-19*, haholoholo haeba ba kgathatswa ke ho kula ho hong ha nako e telele jwaloka kgaello ya phepo, TB, HIV, asthma le mafu a mang a ka sefubeng.

Haeba ngwana wa hao a kula, ho ka etsahala hore o tshwerwe ke *COVID-19* kapa ke lefu le leng feela.

Haeba o ngongorehile:

- Haeba o nahana hore ho hlokahala thuso e potlakileng, founela ambolense. Ba bolelle hore ngwana wa hao o ne a atamelane le motho ya nang le tshwaetso ya *COVID-19*.
- Haeba ngwana wa hao o kgathatswa ke ho kula ha nako e telele, letsetsa tleliniking kapa ngakeng bakeng sa ho fumana keletso.
- Haeba haesale ngwana wa hao a phetse hantle, letsetsa tleliniking kapa sepetle bakeng sa ho fumana keletso.
- Haeba ho hlokahala hore ngwana wa hao a ye tleliniking kapa ngakeng, o lokela ho felehetswa ke motho e moholo ya se nang tshwaetso ya *COVID-19* mme ba latele melawana yohle ya polokeho.
 - Motho ya felehedseng ngwana o lokela ho bolella basebeletsi ba tsa bophelo bo botle hore ngwana o ne a atamelane le motho ya nang le *COVID-19*.
 - Motho enwa o lokela hore a be a rwetse maske. Haeba ngwana a le ka hodimo ho dilemo tse pedi le yena o lokela ho rwala maske.
 - Ho ka ba molemo hore ho be le motho ya tla dula le ngwana haeba ho etsahala hore a amohelwe sepetlele. Haeba a le siyo, motswadi kapa mohlakomedi o lokela ho nka dinomoro tsa mohala tsa wate eo ngwana a leng ho yona.

O ka boela wa letsetsa nomoro ya mahala ya *COVID-19* bakeng sa ho fumana thuso le keletso (0800 029 999 / 0800 111 132).

21. Ho rwala dimaske ha bana

Mokgwa wa Dipotso le Dikarabo: Na bana ba lokela ho rwala dimaske?

Bana ba ka hodimo ho dilemo tse pedi ba lokela ho rwala dimaske ha ba tswa lapeng. Ba boetse ba lokela ho siya sebaka sa bonyane dimithara tse pedi dipakeng tsa bona le batho ba bang. Bona e ka ba botelele bo lekanang le bethe.

Leha ho le jwalo, ngwana ha a lokela ho rwala maske haeba:

- ha a kgone ho hema hantle ha a o rwetse
- o etsa hore a dule a itshwara sefahlehong kgafetsa
- ha a kgone ho ithosa maske ka lebaka la boqhwalala
- o ka tlase ho dilemo tse pedi

Authors and reviewers

1. **Professor Susan Fawcus**, Emeritus Professor and Senior Scholar, Dept Obstetrics and Gynaecology, University of Cape Town; Public sector obstetric specialist (MA, MBBCh. FRCOG)
2. **Associate Professor Simone Honikman**; Director, Perinatal Mental Health Project; Alan Flisher Centre for Public Mental Health; Department of Psychiatry and Mental Health, University of Cape Town (MBChB; MPhil in MCH); Expert Committee member Standard Treatment Guidelines and Essential Medicines List (Hospital Level); Contributor to development National Framework and Guidelines for Maternal and Neonatal Care during a crisis, COVID-19 response, for Director of Maternal and Neonatal Health, NDoH
3. **Sally Field**, Project Co-ordinator, Perinatal Mental Health Project; B.Soc Sci Psychology and Sociology, UCT, BA hons Psychology, Rhodes University, MA Video for Development, University of Southampton
4. **Dr Natasha R Rhoda**, National Perinatal Mortality and Morbidity Committee vice-chair (NDOH); HCU Neonatal Medicine, Mowbray Maternity Hospital; MBChB (UCT), FCPaed(SA), Certificate in neonatology(SA)
5. **Dr ME Patrick** (FCPaed); Research Centre for Maternal, Fetal, Newborn & Child Health Care Strategies, University of Pretoria, South Africa; Department of Paediatrics, Grey's Hospital, Pietermaritzburg, South Africa; School of Clinical Medicine, College of Health Sciences, University of KwaZulu-Natal, South Africa; Executive member: Child Healthcare Problem Identification Program (Child PIP)
6. **Dr James Nuttall**; Paediatrician and Paediatric Infectious Diseases Specialist; Senior Specialist and Senior Lecturer at Red Cross Children's Hospital and the School of Child and Adolescent Health, University of Cape Town; President of South African Society of Paediatric Infectious Diseases (SASPID)
7. **Dr Fathima Naby** Paediatric Infectious Disease Specialist; Pietermaritzburg Metropolitan Hospitals; Affiliated to KZN Provincial Outbreak Response Team
8. **Professor Priya Soma-Pillay** Professor and Head – Obstetrics, Department of Obstetrics and Gynaecology, University of Pretoria
9. **Dr Kopano Matlwa Mabaso**, Executive Director, GrowGreat, MBChB (UCT) Masters in Global Health Science (Oxford University); DPhil (PhD) in Population Health (Oxford University)
10. **Professor Welma Lubbe**; PhD; M.Tech; RN; Adv M, NE, Associate Professor, School of Nursing Science, North West University

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

Table of contents

1. Coping with stress as a mother during COVID-19
2. Coping with family violence during COVID-19
3. Coping with depression, anxiety and addictions during COVID-19
4. How do you know if you are worrying too much?
5. How do you know if you are depressed?
6. How do I deal with changes in how services work?
7. How should I deal with suicidal thoughts during COVID-19?

Affiliations of co-authors and reviewers

1. Ho sebetsana le kगतello ya kelello jwaloka mme nakong ya COVID-19

Jwaloka mme, o ka nna wa ba le kगतello e matla ya kelello le dingongoreho nakong ya COVID-19. Maele a ka o thusang ho sebetsana le kगतello ya kelello ke ana nakong ena. O ka e etsa ntho ena!

1. Lemoha, bolela le ho amohela maikutlo a hao. Ke dikarabelo tse tlwaelehileng maemong a sa tlwaelehang.
2. Fokotsa nako eo o shebellang ditaba ka yona haeba di o bipetsa.
3. Thola dinnete mehloding e tshepahalang feela. Ditaba tsa leshano di ngata.
4. Etsa ntho tse bonolo hore o se nahane ka maemo a renang.
5. Kopa tshehetso ho ba lelapa, metswalle kapa moeletsi.
6. Haeba o kgona, ho thusa ba bang nakong ena ho ka etsa o ikutlwe betere.

Dinomoro (dula o letsa kaha di ka ba maphathephathe)

- Sehlopha sa Afrika Borwa sa Tetebele le Letshoho (SADAG) www.sadag.org – se na le mehala e mengata ya thuso 0800 21 22 23 kapa 0800 456 789 kapa 0800 20 5026 le tse ding
 - Lifeline general 0861 322 322 le AIDS Helpline 0800 012 322
 - Childline 0800 055 555
-

2. Ho sebetsana le dikgoka tsa malapeng nakong ya COVID-19

Ho ba lapeng nakong ya COVID-19 ho ka baka keketseho ya dikgoka ho basadi le bana. Haeba sena se etsahala ho wena, maele ke ana a ka o thusang:

- E ba le **moralo wa polokeho**. Etsa hore founu ya hao e dule e tletse e na le moya. Kenya dinomoro tsa tshohanyetso founung. E ba le mokotlana wa tshohanyetso. Jwetsa bana ba hao ka moralo ona.
- O ka kopa **taelo ya tshireletso** sepoleseng.
- **Ho ithokomela**. Robala ho lekaneng, e ja ka nepo, ikwetlise. Etsa se tla o thusa ho fedisa kगतello ya kelello.
- **Hokahana** le metswalle, ba lelapa, sehlopha sa tshehetso kapa moeletsi ka inthanete kapa mohala
- Hopola – o tshwanetse ho bolokeha. Ke tokelo ya hao.

Dinomoro (dula o letsa kaha di ka ba maphathephathe)

- Batho ba Lwantshang Tlhekefetso ya Basadi (POWA) www.powa.co.za mohala: 0800 029 999
 - Tears Foundation www.tears.co.za letsetsa o bua *134*7355# kapa [010 590 5920](tel:0105905920)
 - Mohala wa Lifeline's Domestic Violence 0800 150 150
 - Rape Crisis 021 447 9762
 - Sehlopha sa Afrika Borwa sa Tetebele le Letshoho (SADAG) www.sadag.org – se na le mehala e mengata ya thuso 0800 21 22 23 kapa 0800 456 789 kapa 0800 20 5026 le tse ding
-

3. Ho sebetsana le tetebebo, letshoho le bokgoba nakong ya COVID-19

Nakong ya COVID-19, batho ba seng ba ntse ba phela ka tetebebo, letshoho kapa bokgoba ba ka ikutlwa maemo a bona a mpefala. Sena se a utlwahala.

1. Haeba o nwa **meriana**, o seke wa e tlohela ntle le ho bua le ngaka ya hao
2. Haeba o na le **moeletsi**, etsa matsapa a ho buisana ka founu kapa inthanete
3. Haeba o se na moeletsi, mme o sa ikutlwe hantle, letsetsa **mohala wa thuso** –sheba ka tlase mona
4. Phenya **inthanete** bakeng sa thuso
5. Hopola hore **tahi kapa dithethefatsi** di ka mpefatsa maemo kamora moo
6. Fumana **tshehetso**. Kopa motho e mong a tle ho dula le wena. Kapa ikopanye le metswalle le ba lelapa ka inthanete kapa mohala.
7. **Itlhokomele**. O seke wa ikahlola. O ka hlola sena.

Dinomoro (dula o letsa kaha di ka ba maphathephathe)

- Sehlopha sa Afrika Borwa sa Tetebebo le Letshoho (SADAG) www.sadag.org – se na le mehala e mengata ya thuso 0800 21 22 23 kapa 0800 456 789 kapa 0800 20 5026 le tse ding
- Lifeline general 0861 322 322 and their AIDS Helpline 0800 012 322
- SANCA for Alcohol and Drug problems WhatsApp line 076 535 1701
- Childline 0800 055 555

4. O ka tseba jwang haeba o ngongorehile ho feta tekano?

Motho e mong le e mong o ngongorehile nakong ena e thata ya *COVID-19*. Ho tlwaelehile hore batho ba ikutlwe ka tsela ena tlasa maemo ana. Empa batho ba bang ba tshoha le ho ngongoreha ho feta tekano. O ka tseba jwang haeba o ngongorehile ho feta tekano?

- O tshwenyehile haholo ka hore o ka fumana tshwaetso ya *COVID-19* (le hoja o ntse o latela ditsela tsa ho itshireletsa tse kang ho dula lapeng, ho siya sebaka dipakeng tsa hao le ba bang le ho hlapa matsoho kgafetsa)
- Ha o kgone ho robala hobane o dula o ngongorehile
- O dula o bala le ho mamela ditaba tse buang ka *COVID-19* ka dinako tsohle
- Ha o kgone ho iketla kapa ho kgaotsa ho ngongoreha
- O dula o tshohile hore ho na le ntho e mpe e tlo etsahala
- O utlwa batho ba bang ba o tena ntle ho lebaka
- Ha o sa kgona ho etsa dintho tseo o neng o tlwaetse ho di etsa jwaloka ho apara, ho pheha kapa ho hlwekisa
- O utlwa molala, mahetla le mokokotlo wa hao di le bohloko kapa o kgathatswa ke mala ka lebaka la ho ngongoreha ho sa feleng

Haeba o ikutlwa o ngongorehile haholo, ka kopo buisana le motho e mong.

Mehala ya Thuso (e leke kgafetsa hobane e phathahane)

- South African Depression and Anxiety Group (SADAG) www.sadag.org – e na le dinomoro tse ngata 0800 21 22 23 kapa 0800 456 789 kapa 0800 20 5026 le tse ding

- Lifeline general 0861 322 322 le nomoro ya thuso ya AIDS 0800 012 322
 - SANCA bakeng sa mathata a Jwala le Dithethefatsi Nomoro ya WhatsApp 076 535 1701
 - Nomoro ya Bana 0800 055 555
-

5. O ka tseba jwang haeba o tetebetse maikutlong?

Ho tlwaelehile hore batho ba ka ngongoreha dinakong tsena tse thata tsa COVID-19. Ka dinako tse ding ho ngongoreha kapa kगतello ya maikutlo, kapa taba ya ho se kgone ho kopana le batho ba bang e ka etsa hore o tetebele maikutlong. O ka tseba jwang haeba o tetebetse maikutlong? Tsena ke tse ding tsa dintho tseo o ka bonang ka tsona:

- O utlwa moya wa hao o le fatshe, o tetebetse kapa o felletswe ke tshepo
- O nahana haholo
- O nahana dintho tse mpe tse o utlwisang bohloko
- O utlwa o sa batle ho buisana le batho ba bang esita le hoja o ka kgona ho ba founela kapa ho bua le bona ka WhatsApp
- O utlwa o sa batle ho etsa dintho tseo o neng o tlwaetse ho di etsa ha o le lapeng tse kang ho apara, ho hlwekisa le ho pheha
- Ha o kgone ho iketla
- O dula o kgathetse ka dinako tsohle
- Haho na letho le o thabisang
- O utlwa o batla ho itematsa kapa ho ipolaya

Haeba o na le a mang a matshwao ana nakong e fetang dibeke tse pedi, ka kopo buisana le motho e mong.

Mehala ya Thuso (e leke kgafetsa hobane e phathahane)

- South African Depression and Anxiety Group (SADAG) www.sadag.org – e na le dinomoro tse ngata 0800 21 22 23 kapa 0800 456 789 kapa 0800 20 5026 le tse ding
 - Lifeline general 0861 322 322 le nomoro ya thuso ya AIDS 0800 012 322
 - SANCA bakeng sa mathata a Jwala le Dithethefatsi Nomoro ya WhatsApp 076 535 1701
 - Nomoro ya Bana 0800 055 555
-

6. Nka sebetsana jwang le dipheho?

Maemo a thata a COVID-19 a tlisitse dipheho tseleng ya ditshebeletso. O ka nna wa kopana le dipheho tleliniking, seteisheneng sa sepolesa kapa ditshebeletsong tsa setjhaba le tsa bophelo. Ho ka boela ha etsahala hore bafani ba ditshebeletso ba sa ntse ba ithuta mekgwa e metjha ya tshebetso mme ha ba so tsebe hantle kamoo ba lokelang ho tsamaisa dintho kateng. Sena se ka etsa hore maemo a be thata bakeng sa hao le bona. Haeba o ikemisetsa ho amohela dipheho, seo se tla etsa hore dintho di be bonolo. O ka thuswa ke ho nahana hore o ile wa hlola mathata le diphephetso tsa nakong e fetileng jwang.

7. Nka sebetsana jwang le ho tetelela le maikutlo a ho ipolaya nakong ya COVID-19?

Dinakong tse na tse thata, bomme ba bang ba kanna ba tlelwa ke maikutlo a mabe. Ba bang ba ka ikutlwa hampe hoo ba ka nahanang ho ipolaya.

Na:

- o ikutlwa o thaba o bile o felletswe ke tshepo ka dinako tsohle?
- o utlwa o sa thabele letho?
- o batla ho dula o le mong?
- o bona ho se na tshepo ya hore maemo a hao a tla loka?
- o bona eka dintho di ka be di le molemo haeba o ne o le siyo?
- o nahana ho intsha kotsi?
- o tshaba hore o ka utlwisa lesea kapa ngwana wa hao kotsi?
- o nahana kamoo o ka lematsang lesea kapa ngwana wa hao?

Haeba o ikutlwa ka tsela ena, batla motho eo o ka wa buang le yena. Menahano ena e ka fetoha ya ba ya fela.

Batla thuso ya ditsebi. Buisana le setsebi sa maikutlo, mooki, ngaka kapa setsebi sa kelello. Ditshebetso tsa kelello di balellwa hara tse bohlokwa nakong ya thibelo ya motsamao.

Mehala ya Thuso (e leke kgafetsa hobane e phathahane)

- SADAG Mohala wa thuso bakeng sa ba batlang ho ipolaya 0800 567 567 kapa sms 31393. matsatsi a supileng a beke 8 hoseng ho isa ho 8 bosiu
- Lifeline South Africa 0861 322 322 ka dinako tsohle

Affiliations of co-authors and reviewers

- **Maria Stacey**, Director, Equal International Consulting, Masters Clinical Psychology (UWC); Dipl in Nursing (General Community, Psychiatric) and Midwifery (GSH)
- **Dr Lesley J. Robertson**, Head of Clinical Unit: Community Psychiatrist, Sedibeng District Health Services, Gauteng; Lecturer, Department of Psychiatry, University of the Witwatersrand; Member of the Expert Review Committee for the Adult Hospital Standard Treatment Guidelines, National Essential Drugs Programme; Member of the Mental Health Think Tank, National Department of Health
- **Associate Professor Simone Honikman**, Director, Perinatal Mental Health Project; Alan Flisher Centre for Public Mental Health; Department of Psychiatry and Mental Health, University of Cape Town (MBChB; MPhil in MCH); Member of Adult Expert Review Committee, Adult Standard Treatment Guidelines and Essential Medicine List
- **Sally Field**, Project Co-ordinator, Perinatal Mental Health Project; B.Soc Sci Psychology and Sociology, UCT, BA hons Psychology, Rhodes University, MA Video for Development, University of Southampton
- **Dr. Lavinia Lumu**, Specialist psychiatrist, MBChB (UP), DMH (SA), FCPsych (SA), MMed(Psych)(Wits)
- **Dr Jason Bantjes**, PhD, HPCSA-Couns. Psych.; Stellenbosch University, Psychology, Faculty Member