

## A. COVID-19 messages for pregnant and postnatal women

All messages are available (in different languages and formats) at [www.messagesformothers.co.za](http://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. Mayelana

**Imibuzo Nezimpendulo: Uyini umehluko phakathi kowesifazane okhulelwe nosanda kubeletha phakathi nalesi sikhathi se-COVID-19?**

Izimpawu ze-COVID-19 ziyafana kubesifazane abakhulelwe nakubantu abavamile emphakathini. Wonke umuntu kufanele aqaphe ukuze agweme ukutheleleka nokuthelela abanye ngaleli gciwane. Ungazivikela ngokuthi wenze lokhu:

- **Ufake imaski yendwangu lapho usendaweni yomphakathi**
- **Geza izandla** kaningi ngangokunokwenzeka ngensipho imizuzwana engu-20 (noma usebenzise okokubulala amagciwane okwenziwe ngotshwala)
- Zama ukuqhela kubantu **ngebanga elingaphezu kwamamitha amabili** uma kungenzeka futhi uzigweme izindawo ezinabantu abaningi.
- Gwema **ukuthinta ubuso bakho**.
- **Zemboze lapho ukhwehlela noma uthimula**. Lokhu kusho ukuthi kumelwe wemboze umlomo namakhala ngendololwane egobile lapho ukhwehlela noma uthimula, noma usebenzise ithishu bese uyilahla ngemva kokuyisebenzisa emgqonyeni ovalekayo ngemva kwalokho ugeze izandla ngensipho imizuzwana engu-20).
- **Vula amawindi** uma kungenzeka futhi ugcine izindawo obeka kuzo izinto zihlanzekile ngokuzigeza ngelitha lamanzi afakwe izinkezo ezine zeblishi. Beka iblishi endaweni izingane ezingeke zifinyelele kuyo.

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## 2. Umthelela

**Imibuzo Nezimpendulo: Ingabe igciwane le-COVID-19 lingakuthinta ukukhulelwa kwami?**

Abesifazane abakhulelwe ngokuvamile bakhathazeka ngondlela igciwane elithinta ngayo impilo yabo neyengane yabo engakazalwa. Njengamanje abukho ubufakazi bokuthi igciwane elibangela i-COVID-19 lingahamba ngesibelesho liye enganeni engakazalwa. Abukho nobufakazi bokuthi landisa amathuba okuchitheka kwesisu noma ukukhubazeka kwengane engakazalwa. Umkhuhlane omubi obangelwa yinoma yini ungenza owesifazane abelethe ngaphambi kwesikhathi (SFawcus, SF, SH, NR, JN)

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## 3. Ingozi

**Imibuzo Nezimpendulo: Ingabe abesifazane abakhulelwe basengozini enkulu yokuthola i-COVID-19?**

Ngokuvamile, maningi amathuba okuba owesifazane okhulelwe athole “umkhuhlane” ovamile nokuba abe nezimpawu ezimbi zezifo ezifana nomkhuhlane. Izazi zempilo zitusa

ukuba owesifazane okhulelwe athole imijovo yomkhuhlane. Kodwa okwamanje akwaziwa ukuthi i-COVID-19 iba yimbi kakhulu yini kubesifazane abakhulelwe. Njengamanje alikho ikhambi layo. Uma unezinye izifo ezinjenge-TB, isifo senhliziyo noma isifo sikashukela ungase ube sengozini enkulu.

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#### **4. Ukuya emtholampilo lapho ukhulelwe**

**Imibuzo Nezimpendulo: Ingabe kufanele ngiqhubeka ngiya emtholampilo phakathi nesikhathi sokukhulelwa?**

Yebo. Abesifazane abakhulelwe kufanele baqhubeke beya emtholampilo ngezinsuku ezihleliwe. Faka imaski yendwangu. Lapho ufika kuleso sikhungo, uzobuzwa imibuzo nge-COVID-19, bese kuhlolwa amazanga akho okushisa bese ucelwa ukuba usebenzise okokuhlukile izandla okubulala amagciwane. Abesifazane abanezimpawu (umkhuhlane, isifuba esomile lapho bekhwehlela, amamasela abuhlungu, umphimbo obuhlungu, ukuphefumula kanzima) bazonakekelwa egumbini elihlukile futhi bahlolwe. Uma unezimpawu ezimbi kakhulu, ngokwesibonelo, umkhuhlane omubi noma ungakwazi ukuphefumula, ungase ulaliswe noma uthunyelwe esibhedlela noma ucelwe ukuba uzihlukanise kwabanye abantu ekhaya ngesikhathi usalinde imiphumela yokuhlololwa i-COVID-19.

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#### **5. Izimpawu**

**Imibuzo Nezimpendulo: Yini okumelwe ngiyenze uma nginezimpawu ze-COVID-19?**

Abesifazane abakhulelwe abanezimpawu ze- COVID-19 (umkhuhlane, isifuba esomile, amamasela abuhlungu, umphimbo obuhlungu, ukuphefumula kanzima) kudingeka bahlolwe. Sicela ushayele inombolo yamahhala (0800 029999) noma umtholampilo wangakini ukuze uthole ukuthi ungaya kuphi ukuze uhlolwe noma uthole ukuthi kudingeka ubize i-ambulance yini ukuze ikuse esibhedlela ngokushesha. Faka imaski. Ngokushesha nje lapho ufika, tshela umsebenzi wezempilo ukuthi unalezi zimpawu.

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#### **6. Ukwelashwa**

**Imibuzo Nezimpendulo: Ngizophathwa kanjani uma ngingenwa yi-COVID-19?**

Uma kutholakala ukuthi une-COVID-19

- Ezinyangeni zokuqala zokukhulelwa uzonakekelwa ekhaya (uqhele kubantu) noma endaweni enabanye abantu abane-COVID-19 noma okungenzeka banayo.

- Ngasezinyangeni zokugcina zokukhulelwa (ngemva kwezinyanga ezingu-5) uzonakekelwa ekhaya (uma unezimpawu ezingezimbi kakhulu kodwa hhayi ngesikhathi sokubeletha), endaweni ephephile kanye nabanye abantu abanaleli gciwane, noma esikhungweni sokubeletha.
- Uma unezimpawu ezimbi kakhulu njengomkhuhlane noma uphelelwa umoya uzolaliswa esibhedlela esinegumbi lokubeletha lapho kungadingeka ukuba unekekelwe khona endaweni yabagula kakhulu.
- Uma usubelethile, kufanele uhlale nengane yakho uyingcelise ube ufake imaski.

Umsebenzi wezempilo ozokunakekela uzogqoka izingubo zokuzivikela futhi akugcine endaweni eqhelile kwezinye iziguli. Ungakhathazeki ngalokhu; kwenzelwa ukuvikela abasebenzi nokuvikela abanye abesifazane ekutholeni i-coronavirus.

## 7. Izinkinga

**Imibuzo Nezimpendulo: Yini okufanele ngiyenze uma ngingazizwa kahle ngesikhathi ngikhulelwe?**

Uma unezimpawu ze-COVID-19 futhi/noma unezinye izinkinga zokukhulelwa ezikukhathazayo njengokopha, ukunganyakazi kwengane, ukuchitheka kwamanzi; kumelwe uye esikhungweni sempilo. Ukukhwehlela akumelwe kukuvimbele ukuba uthole ukunakekelwa okufanele, wena nengane yakho. Qiniseka ukuthi utshela umsebenzi wezempilo ngezimpawu zakho ze-COVID-19 noma ezinye izimpawu ngokushesha nje lapho ufika emtholampilo.

## 8. Ukubeletha

**Imibuzo Nezimpendulo: Kwenzekani lapho ngibeletha?**

- Abesifazane okungenzeka bane-COVID-19 noma abanayo bangabeletha ngendlela evamile futhi asikho isidingo sokusebenzisa uhlobo olukhethekile lokubeletha njenge-caesarean section. Ukuthintana kwengane ngesikhumba nomama kanye nokuncelisa kufanele kuqale ngemva nje kokubeletha.
- Bonke abesifazane abafika esikhungweni bezobeletha bazohlololwa izimpawu ze-COVID-19.
- Uma kungenzeka une-COVID-19, noma uma unayo ngempela uzonakekelwa endaweni eseceleni futhi abasebenzi bezempilo bazogqoka izingubo zokuzivikela. Uzocelwa ukuba ufakeimaski ukuze ugweme ukuthelela ezinye iziguli noma abasebenzi bezempilo.
- Uma ungenayo i-COVID-19, uzonakekelwa endaweni yokubeletha evamilenezinye iziguli

Nakuba abantu abaphelezela owesifazane obelethayo bewusizo kakhulu, kwezinye izikhungo bangase bangabavumeli ukuba babe nawe phakathi nalesi sikhathi sobhubhane i-COVID-19. Lokhu kwenzelwa ukuvimbela igciwane ekusabalaleni kubantu abangenalo, izinsana noma abasebenzi bezempilo. Kumelwe ubuze isikhungo oya kuso ukuthi iyini inqubomgomo yabo. Uma ukwazi, zama ukuxhumana nomuntu okusizayo ngocingo izikhathi eziningi ngangokunokwenzeka ngesikhathi ubeletha.

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## 9. Ukuya emtholampilo

**Imibuzo Nezimpendulo: Yini evamile ngesikhathi ngikhulelwe –futhi kunini lapho kufanele ngiye khona emtholampilo?**

Kufanele uye emtholampilo:

- lapho unokuvakasha okuhleliwe kwangaphambi kokubeletha.
- ngezikhathi ezingahleliwe, uma unesifuba esomilelapho ukhwehlela, unomkhuhlane, unekhanda elibuhlungu noma unezinkinga zokuphefumula. Kuzodingeka uhlolelwe i-COVID-19
- ngokushesha, uma ucabanga ukuthi unezinkinga zokukhulelwa njengokopha, ikhanda elibuhlungu, isisu esibuhlungu kakhulu, uma ingane inganyakazi; noma uma unenkinga enkulu yokuphefumula.

Ngezinye izikhathi ungase ungaqiniseki ukuthi uphawu luyinkinga noma cha:

- ukushaya ngokushesha kwenhliziyo okubangelwa ukucindezeleka noma ukukhathazeka (uma ungenawo umkhuhlane noma ungakhwehli)
- ukuphelelwa umoya okungekubi kakhulu kungase kubangelwe isisu sakho njengoba sikhula
- amakhala acinene kungenzeka abangelwa umkhuhlane noma i-hayfever
- ukuphathwa yikhanda kungenzeka kubangelwa ukucindezeleka noma ukngenwa amakhaza (uma kungewona umkhuhlane futhi ungabi ngcono ngokushesha lapho usebenzisa amaphilisi ezinhlungu)

Faka imaski yendwangu ngaso sonke isikhathi emtholampilo.

Uma ungaqiniseki ukuthi uphawu lusho ukuthini, noma ungaqiniseki ukuthi luyisimo esiphuthuma kangakanani, shayela umtholampilo wakho noma inombolo yamahhala ukuze uthole iseluleko. 0800 029 999

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## 10. Ukuncelisa

**Imibuzo Nezimpendulo** Ingabe ngingancelisa uma nginge-COVID-19 noma uma kungenzeka nginayo?

Ukuncelisa kuyatuswa kubo bonke omama, kuhlangukise nakomama abane-COVID-19 noma okungenzeka banayo. Kuze kube manje, igciwane le-COVID-19 alikatholakali obisini lukamama.

- **Geza izandla ngensipho imizuzwana engu-20** njalo ngaphambi nangemva kokuncelisa.
- Qikelela ukuthi **uyazemboza lapho ukhwehlela noma uthimula**: yemboza umlomo namakhala akho ngendololwane egobile noma ngethishu lapho ukhwehlela noma uthimula bese uyilahla ngokushesha emgqonyeni ovalekayo ngemva kwalokho ugeze izandla ngensipho imizuzwana engu-20.
- Uma une-COVID-19, kufanele ugqoke imaski emboza umlomo namakhala lapho uncelisa. Imaski eyenziwe ekhaya kungaba ngendwangu noma ngesikhafu osiwasha njalo ngemva kokusisebenzisa. Ungayithinti imaski ngesikhathi uncelisa noma lapho uhlezi nosana lwakho.

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## 11. Ukunakekela usana

**Imibuzo Nezimpendulo: Ngingaluvikela kanjani usana lwami esifweni i-COVID-19?**

- Ukuncelisa: ngeza kahle izandla kuqala. Uma une-COVID-19, ncelisa ufake imaski.
- **Sondeza usana lwakho emzimbeni wakho** esifubeni (kodwa uyigcine ifudumele ingane).
- Wonke umuntu endlini kufanele **ageze izandla** njalo ngensipho imizuzwana engu-20 (ngokokuhlikihla izandla okwenziwe ngotshwala).
- Khetha abantu ababili noma abathathu kuphela ukuba basize ngengane. Wonke umuntu ochitha isikhathi nengane ngaso sonke isikhathi kufanele **ageze izandla imizuzwana engu-20 ngaphambi nangemva kokuthinta** ingane. Kufanele basebenzise imaski ehlanzekile eyenziwe ekhaya njalo lapho behlezi nengane.
- Akumelwe bathinte ubuso babo noma ubuso bengane.
- Akufanele ubuqabule ubuso bengane.
- Uma kungenzeka, abanye abantu kufanele baqhele okungenani ngemitha noma ngamamitha amabili enganeni kanye nakumuntu onakekela ingane.
- Gcina **indlu nezinto obeka kuyo izinto** kuhlanzekile. Sebenzisa izinkezo ezine zeblishi emanzini ayilitha. Gcina iblishi isendaweni izingane ezingeke zifike kuyo.

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## 12. Abazali abasebenzayo

**Imibuzo Nezimpendulo: Ngingayivikela kanjani ingane yami uma ngizophuma ngiye emsebenzini?**

Uma ungasebenzeli ekhaya, zama ukuvikela ingane yakho kanye namanye amalungu omndeni wakho ku-COVID-19.

- **Hlala ekhaya** isikhathi esiningi ngangokunokwenzeka
- Emsebenzini
  - Faka imaski yendwangu ehlanzekile
  - Zama **ukuqhela ngamamitha angaphezu kwamabili** kwabanye abantu
  - **Ungahagi** noma uqabule noma uthintane NGANOMA IYIPHI INDLELA nabanye abantu
  - **Gwema ukuthinta** ubuso bakho
  - **Gwema amaqembu abantu** lapho uwabona
  - Zama **ukugwema izinto ezithintwa njalo** njengezibambo zomnyango, izinkinombo zokukhanyisa ugesi ezithintwa abantu abaningi
  - **Geza izandla** izikhathi eziningi ngangokunokwenzeka ngensipho namanzi imizuzwana engu-20 (noma usebenzise okokubulala amagciwane okwenziwe ngotshwala)
  - **Shiya zonke izinto** njengamapeni, emsebenzini, uma kungenzeka.
- Ekhaya
  - Uma kungenzeka, **geza izandla zakho nomzimba futhi ushintshe izimpahla ozigqokile** ngaphambi kokungena endlini
  - Geza izandla ngendlela eboniswe ngenhla
  - **Sula** noma yiziphi izinto oze nazo ekhaya, ngokokubulala amagciwane noma usebenzise izinkezo ezine zeblishi ezifakwe emanzini ayilitha. Gcina iblishi endaweni izingane ezingeke zifike kuyo.

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### 13. Umkhuhlane enganeni

**Imibuzo Nezimpendulo:** Ingane yami inezimpawu zomkhuhlane eziqaleni izolo. Yini okufanele ngiyenze?

Izingane zivame ukungaguli kakhulu lapho zine-COVID-19. Kodwa zingayisabalalisa kalula kwabanye abantu. Njengoba kusondela inkathi yomkhuhlane, izingane zingangenwa amagcinwane ngaphandle kwe-Corona. Izimpawu ezibangelwa yila magciwane zingase zifane neze-COVID-19.

Kufanele uthathe izinyathelo ezivamile zokuzivikela ukuze ugweme i-COVID-19:

- **Geza izandla zakho** kaningi ngangokunokwenzeka ngensipho imizuzwana engu-20 (noma usebenzise okokugeza izandla okwenziwe ngotshwala)
- **Hlala ekhaya**
- Uma uncelisa, **qhubeka uncelisa**

- Fundisa ingane yakho **ukuba igweme ukuthinta ubuso bayo.**
- Fundisa ingane yakho ukuba **izemboze lapho ikhwehlela noma ithimula.** Lokhu kusho ukuthi kumelwe isebenzise indololwane egobile noma ithishu lapho ikhwehlela noma ithimula bese iyilahla leyo thishu ngokushesha engqonyeni ovalwayo bese igeza izandla ngensipho imizuzwana engu-20.

**Uma ingane yakho inomkhuhlane, ikhwehlwela noma iphefumula kanzima, funa usizo lwezempilo ngokushesha.** Ukuze uthole iselulelo salokho okumelwe ukwenze nalapho okumelwe uye khona, shayela inombolo yamahhala ye-COVID-19 (0800 029 999/0800 111 132).

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#### **14. Lapho ingane isabalalisa i-COVID-19**

**Ingabe izingane ezine-COVID-19 zingabhebhethekisa leli gciwane kwabanye abantu?**

Yebo. Izingane zingabonakala zingaguli noma zigule kancane lapho zine-COVID-19, kodwa zingalisabalalisa kwabanye leli gciwane. Ngakho, ngokwezinga okungenzeka ngalo, izingane kumelwe ziqhelelane nabantu abadala abanezifo ezinjengesifuba somoya, i-TB, i-sifo sikashukela kanye nezinye izinkinga ezinkulu zempilo. Izingane kufanele zingasondeli nakubantu abadala abaneminyaka engaphezu kwengu-60 kangangokunokwenzeka ngoba abantu abadala abane-COVID-19 bangase bagule kakhulu kunomuntu osemusha.

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#### **15. Izihlobo**

**Imibuzo Nemibuzo: Ngingayivikela kanjani ingane yami kwi-COVID-19 lapho ngihlala nezihlobo futhi ezinye zingasebenzeli ekhaya?**

Uma uhlala nezihlobo, kumelwe uthathe izinyathelo ezifanayo zokuzivikela ukuze ugweme i-COVID-19 njengabanye abantu. Wena nengane yakho ningazivikela ngokwenza lokhu:

- **Geza izandla** kaningi ngangokunokwenzeka ngensipho imizuzwana engu-20 (noma usebenzise okokubulala amagciwane okwenziwe ngotshwala)
- Zama **ukuqhela ngamamitha amabili** kwabanye abantu uma kungenzeka, futhi ugweme izindawo ezinabantu abaningi.
- Gwema **ukuthinta ubuso bakho.**
- **Zemboze lapho ukhwehlela noma uthimula.** Lokhu kusho ukuthi lapho ukhwehlela noma uthimula kumelwe usebenzise indololwane egobile noma ithishu bese uyilahla emgqonyeni ovalekayo ngemva kwalokho ugeze izandla ngensipho imizuzwana engu-20).



- **Ungavumeli amalungu omndeni ukuba abambe ingane yakho ngaphandle uma ezigezile izandla kahle ngaphambi nangemva kokusebenzisa imaski ehlanzekile eyenziwe ekhaya, isikhathi ngasinye**
- **Gwema ukuqabula ingane emlonyeni nasebusweni.**
- **Vula amawindi** uma kungenzeka futhi ugcine izinto zasendlini zihlanzekile ngokusebezisa izinkezo ezine zeblishi emanzini ayilitha. Gcina iblishi endaweni izingane ezingeke zifike kuyo.

**Uma unomkhuhlane, ukhwehlela noma uphefumula kanzima, funa usizo lwezokwelapha ngokushesha.** Ukuze uthole iseluleko salokho okumelwe ukwenze nendawo ongaya kuyo, shayela inombolo yamahhala ye-COVID-19 (0800 029 999/0800 111 132).

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## 16. Ukugoma

**Uhlelo Lwemibuzo Nezimpendulo: Ingabe kumele ngiyise ingane yami ukuyogoma?**

Yebo. Ingane yakho kusamele uyimukise ukuyogoma njengenjwayelo. Uhulumeni uthe ukugoma yinsizakalo ebalulekile. Uma ukwazi ukufinyelela emitholampilo, sicela uzinakekele futhi usebenzise zonke izindlela ezijwayelekile zokuvikela. Gqoka isifihla-buso sendwangu futhi ungalokhu usibambabamba. Geza izandla zakho ngensipho imizuzwana engama-20 ngaphambili nangemva kokuba sezindaweni noma ezithuthini zomphakathi. Sicela wabelane ngamagama emitholampilo engasanikeli ngemigomo ucingo lwamahhala lwe-COVID-19 (0800 029 999/0800 111 132).

Uma ungakwazi ukuya emtholampilo ngokuphepha, kuzoba nethuba lokuthola imigomo esalele emuva ngemva kobhadane.

Uma kungenzeka, **shaya ucingo ngaphambi kokuba uye emtholampilo**, ukuze uthole ukuthi amalungiselelo amasha okugoma asenziwe yini.

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## 17. Ukuhlela umndeni

**Imibuzo Nezimpendulo: Ingabe ngingaqhubeka ngiya emtholampilo ukuze ngiyohlela umndeni phakathi nalesi sikhathi se-COVID-19 naphakathi kokuvalwa kwezwe?**

Yebo. Uzokwazi ukuhlela umndeni emtholampilo wangakini. Kodwa zama ukuthola ukuthi kukhona yini okushintshile. Qikelela ukuthi uyaqhubeka nokuhlela umndeni phakathi nalesi sikhathi ukuze ugweme ukukhulelwa ungalahlile. Khumbula ukuthi ama-condom ayakuvikela ekukhulelweni, ekutholeni i-HIVnezinye izifo ezithathelwana ngocansi. Uma uhlela ukukhulelwa, kungcono ukulinda kuze kudlule inkinga ye-COVID-19.

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## 18. Izinto zokuthutha zomphakathi

**Imibuzo Nezimpendulo: Ngikhulelwe futhi ngisebenzisa izinto zokuthutha zomphakathi. Ingabe kufanele ngiqhubeke ngiya emtholampilo?**

Uma kungenzeka, hamba ngezinyawo lapho uya emtholampilo ukuze ugweme ukusondelana nabanye abantu. Uma kudingeka ugibele itekisi, zama ukuhlala ushiye isikhala phakathi kwakho nabanye. Kumelwe uthathe izinyathelo zokuphepha ezifanayo ukuze ugweme i-COVID-19 njengabanye abantu. Ungazivikela ngokwenza lokhu:

- Faka **imaski yendwangu** lapho usendaweni yomphakathi
- **Geza izandla** kaningi ngangokunokwenzeka ngensipho imizuzwana engu-20 (noma usebenzise okokubulala amagciwane okwenziwe ngotshwala).
- Zama **ukuqhela ngamamitha amabili** kwabanye abantu futhi ugweme izindawo ezinabantu abaningi.
- Gwema **ukuthinta ubuso bakho**.
- **Zemboze lapho ukhwehlela noma uthimula**. Lokhu kusho ukwemboza umlomo namakhala akho lapho ukhwehlela noma uthimula ngendololwane egobile noma ngethishu bese uyayilahla ithishu emgqonyeni ovalekayo ngemva kwalokho ugeze izandla ngensipho imizuzwana angu-20).

**Uma unomkhuhlane,ukhwehlela noma unenkinga yokuphefumula, funa usizo lwezokwelapha ngokushesha.** Ukuze uthole iseluleko salokho ongakwenza nendawo ongayo kuyo, shayela inombolo yamahhala ye-COVID-19 (0800 029 999/0800 111 132).

Abesifazane abakhulelwe nabesifazane abasanda kubeletha – kuhlangukise nalabo abathintwa yi-COVID-19 – kufanele **baye ekuvakasheni kwasemtholampilo okuhleliwe**.

Uma ukwazi, **shaya ucingo ngaphambi kokuya emtholampilo**, ukuze uthole ukuthi zikhona yini izinhlelo ezikhethekile ezenziwe zokuvakasha ngemva kokubeletha.

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## 20. Izingane ezixhumana nomuntu one-Covid-19

**Uhlelo Lwemibuzo Nezimpendulo: Kunomuntu one-COVID-19 ekhaya. Yini okumele ngiyenze uma ngikhathazekile ngempilo yengane yami?**

Uma izingane zitheleleka ngegciwane, bavame ukuba nohlobo olungelubi kangako lwe-COVID-19 kunabantu abadala.

Ezinye izingane zingase zigule kakhulu nge-COVID-19, ikakhulukazi uma zinezinye izinkinga zokuphila, njengokungondleki, i-TB, i-HIV, isifo somoya nezinye izinkinga zesifuba noma izifo zesikhathi eside.

Uma ingane yakho igula, kungaba ngenxa ye-COVID-19 noma ngenxa yezinye izinkinga zempilo.

Uma ukhathazekile:

- Uma ucabanga ukuthi yisimo esiphuthumayo, shayela i-ambulense. Batshele ukuthi ingane iye yaxhumana nomuntu one-COVID-19.
- Uma ingane yakho inesifo sesikhathi eside/inkinga yempilo ebucayi, shayela umtholampilo wakho ovamile noma udokotela ukuze uthole iseluleko.
- Uma ingane yakho ibilokhu iphile kahle, shayela umtholampilo wakho oseduze noma isibhedlela ukuze uthole iseluleko.
- Uma ingane yakho kumele iye emtholampilo noma esibhedlela, othile ophile kahle futhi engenayo i-COVID-19 kumele amukise khona ngokuphepha, esebenzisa izinyathelo zokuzivikela.
  - Lomuntu kumele atshele izisebenzi zezempilo ukuthi ingane beyixhumene nomuntu one-COVID-19
  - Lomuntu kumele afake isifihla-buso. Uma ingane ineminyaka engaphezu kwengu-2 ubudala, kumele ifake isifihla-buso.
  - Kungcono kakhulu uma othile engase ahlale nengane. Kodwa uma kungekho ongakwazi, umnakekeli kumele athole inombolo yocingo yewadi ingane ingane engeniswe kulo.

Ungase futhi ushayele inombolo yamahhala ye-COVID-19 ukuze uthole usizo neseluleko (0800 029 999 / 0800 111 132).

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## 21. Izingane ezigqoke izifihla-buso

### Uhlelo Lwemibuzo Nezimpendulo: Ingabe izingane kufanele zifake izifihla-buso?

Izingane ezineminyaka engaphezu kuka-2 kumele zifake izifihla-buso uma zingaphandle kwekhaya. Kodwa, kusamele futhi ukuba zizigcine ziqhele ngamamitha angaba ngu-2 kwabanye abantu. Lokho kungaba cishe ubude bombhede.

Kodwa, ingane akumele ifake isifihla-buso uma

- Ingakwazi ukuphefumula kahle ngesifihla-buso
- Senza ukuba ibambabambe isifihla-buso futhi ithinte ubuso bayo kaningi
- Ingakwazi ukukhipha isifihla-buso ngokwayo ngenxa yokukhubazeka
- Ingaphansi kweminyaka engu-2

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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](http://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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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. Ukubhekana nokucindezeleka njengomama phakathi ne-COVID-19**

Njengomama, kungenzeka ucindezeleke kakhulu futhi ukhathazekile phakathi nalesi sikhathi se-COVID-19. Nanka amcebiso okubhekana nokucindezeleka phakathi nalesi sikhathi. Nakhu ongakwenza!

1. Qaphela, uyazi futhi uyamukele imizwa yakho. Imizwa iyindlela engokwemvelo esisabela ngayo ezimweni ezingavamile.
2. Nciphisa izikhathi obheka ngazo izindaba uma zikwenza ucindezeleke.
3. Thola amaqiniso emithonjeni ethembekile kuphela. Ziningi izindaba ezingamanga.
4. Yenza izinto ezilula ukuze ususe ingqondo yakho kulesi simo.
5. Cela ukusekelwa umndeni wakho, abangane noma umeluleki.
6. Uma ukwazi, ukusiza abanye phakathi nalesi sikhathi kungakwenza uzizwe ungcono.

**Ongaxhumana Nabo** (qhubeka uzama kungenzeka bamatasa)

- I-South African Depression and Anxiety Group (SADAG) [www.sadag.org](http://www.sadag.org) – inezinombolo eziningi zokusiza 0800 21 22 23 noma 0800 456 789 noma 0800 20 5026 kanye nezinye
  - I-Lifeline general 0861 322 322 kanye nenombolo yabo yokusiza nge-AIDS 0800 012 322
  - I-Childline 0800 055 555
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## 2. Ukubhekana nodlame emndenini phakathi ne-COVID-19

Ukuba sekhaya phakathi ne-COVID-19 kungaholela ekwandeni kwezehlakalo zodlame olubhekiswe kwabesifazane nezingane. Uma lokhu kusebenza kuwe, nanka amacebiso angakusiza:

- Yiba **nohlelo lokuzivikela**. Gcina ifoni yakho ishajiwe futhi ine-airtime. Faka izinombolo zezimo eziphuthumayo efonini yakho. Yiba nesikhwama sezimo eziphuthumayo esihlale simi ngomumo. Tshela izingane zakho ngalolu hlelo.
- Ungacela ukuba amaphoyisa akubhalele **isititimende sokukuvikela**.
- **Zinakekele**. Lala ngokwanele, yidla ukudla okunempilo, zivocavoce uma ukwazi. Yenza izinto ezikusiza unciphise ukucindezeleka.
- **Xhumana** nabangane, umndeni, amaqembu asekelayo noma umeluleko ku-inthanethi noma ngocingo
- Khumbula – Kuyilungelo lakho ukuphepha.

**Ongaxhumana Nabo** (qhubeka uzama kungenzeka bamatasa)

- I-People Opposing Women Abuse (POWA) [www.powa.co.za](http://www.powa.co.za) tel: 0800 029 999
  - I-Lifeline's Domestic Violence line 0800 150 150
  - I-Tears Foundation [www.tears.co.za](http://www.tears.co.za) shayela \*134\*7355# noma [010 590 5920](tel:0105905920)
  - I-Rape Crisis 021 447 9762
  - I-South African Depression and Anxiety Group (SADAG) [www.sadag.org](http://www.sadag.org) – inezinombolo eziningi zosizo 0800 21 22 23 noma 0800 456 789 noma 0800 20 5026 nezinye
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## 3. Ukubhekana nesifo sokucindezeleka, ukukhathazeka kanye nokuba umlutha phakathi ne-COVID-19

Phakathi nesikhathi se-COVID-19, abantu abanesifo sokucindezeleka, ukukhathazeka noma abayimilutha bangase bahlukumezeke nakakhulu. Lokhu kuyaqondakala.

1. Uma **kunemithi oyiphuzayo**, ungayishintshi ngaphandle kokukhuluma nodokotela wakho
2. Uma **unomeluleki**, yenza uhlelo lokukhuluma naye ngocingo noma usebenzise i-inthanethi
3. Uma ungenaye umeluleki, futhi ungazizwa kahle, shayela **ucingo olunikeza usizo** –bheka izinombolo ngezansi
4. Hlola **i-inthanethi** ukuze uthole usizo khona
5. Khumbula **utshwala noma izidakamizwa** zizokwenza isimo sakho sibe sibi nakakhulu
6. Thola **ukusekelwa**. Xhumana nabangane nomndeni nge-inthanethi noma ngocingo nsuku zonke.
7. **Zinakekele**. Ungazahluleli. Ungakunqoba lokhu.

#### **Ongaxhumana Nabo** (qhubeka uzama kungenzeka bamatasa)

- I-South African Depression and Anxiety Group (SADAG) [www.sadag.org](http://www.sadag.org) – inezinombolo eziningi zosizo 0800 21 22 23 noma 0800 456 789 noma 0800 20 5026 nezinye
- I-Lifeline general 0861 322 322 kanye nenombolo yosizo ye-AIDS 0800 012 322
- I-SANCA for Alcohol and Drug problems WhatsApp line 076 535 1701
- I-Childline 0800 055 555

#### **4. Ungazi kanjani ukuthi ukhathazeka ngokweqile?**

Wonke umuntu ukhathazekile phakathi nalesi sikhathi esinzima se-COVID-19. Lena iyona ndlela ejwayelekile yokusabela esimweni esingajwayelekile neze. Kodwa, kwabanye abantu ukukhathazeka, ukucindezeleka, nokwesaba kungaba okweqile. Ungazi kanjani ukuthi ukhathazeka ngokweqile?

- Ukhathazeke ngokweqile ukuthi uzothola i-COVID-19 (nakuba wenza izinto ezizokugcina uvikelekile njengokuhlala endlini, ukuzigcina ukude nabanye futhi ugeza izandla zakho kaningi)
- Awukwazi ukulala ngoba awukwazi ukuyeka ukukhathazeka
- Ufunda imibiko yezinkundla zokuxhumana noma ulalela izindaba ezimayelana ne-COVID-19 ngaso sonke isikhathi
- Awukwazi ukukhululeka noma ukuyeka ukukhathazeka
- Uhlale uthukile ukuthi okuthile okubi kuzokwenzeka
- Ucasukela abanye ngaphandle kwesizathu
- Awukwazi ukubhekana nezinto ezivamile okudingeka uzenze endlini njengokugcoka, ukupheka noma ukuhlansa
- Uzizwa ucindezekile entanyeni yakho, emahlombe noma emhlane, noma unesisu esibuhlungu ngenxa yokukhathazeka njalo

Uma uzizwa ngathi ukhathazeke kakhulu, sicela ukhulume nothile.

**Ucingo losizo** (qhubeka uluzame kungenzeka bamatasa)

- Iqembu Elisiza Ngokucindezeleka Nokukhathazeka LaseNingizimu Afrika (SADAG) [www.sadag.org](http://www.sadag.org) – linezingcingo zosizo eziningi ngu-0800 21 22 23 noma u-0800 456 789 noma u-0800 20 5026 kanye nezinye
- Ucingo lokuxhumana lwabo bonke ngu-0861 322 322 kanye Nocingo lwabo Losizo Lwengculaza ngu-0800 012 322
- Ucingo lwe-Whatsapp lwe-SANCA yezinkinga Zotshwala Nezidakamizwa ngu-076 535 1701
- Ucingo Losizo Lwezingane ngu-0800 055 555

## 5. Wazi kanjani ukuthi udangele?

Kujwayelekile ukukhathazeka Phakathi nalesi sikhathi esinzima se-COVID-19. Ngezinye izikhathi ukukhathazeka noma ukucindezeleka, noma nje ukungakwazi ukubona abanye abantu, kungase kuholele ekudangaleni? Nazi ezinye izinto okufanele uzibheke:

- Uzizwa uphansi, udangele noma ungenalo ithemba
- ‘Ucabanga kakhulu’
- Unemicabango emibi kakhulu ekucasulayo
- Uzizwa ungafuni ukukhuluma nabanye abantu nakuba ungase ukwaze ukubashayela ucingo noma ubathumele i-Whatsapp
- Uzizwa ungafuni ukwenza izinto ezijwayelekile obungazenza endlini, njengokugqoka, ukuhlaza nokupheka
- Awukwazi ukukhululeka
- Uzizwa ukhathele ngaso sonke isikhathi
- Akukho lutho olukulethela injambulo
- Unemicabango ngisho namacebo okuzilimaza noma ngisho nokuzibulala

Uma unezimpawu ezimbalwa kulezi amaviki adlula amabili, sicela ukhulume nothile.

### Ucingo Losizo (qhubeka uluzame kungenzeka bamatasa)

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- Ucingo lokuxhumana lwabo bonke 0861 322 322 kanye Nocingo lwabo Losizo Lwengculaza 0800 012 322
- Ucingo lwe-Whatsapp lwe-SANCA yezinkinga Zotshwala Nezidakamizwa 076 535 1701
- Ucingo Losizo Lwezingane 0800 055 555

## 6. Ngingabhekana kanjani nezinguquko endleni izinsizakalo ezisebenza ngayo?

Isimo nge-COVID-19 sinzima kakhulu futhi siye saholela ezinguqukweni eziningi endleleni izinsizakalo ezisebenza ngayo. Ungase ubhekane nobunzima emtholampilo, esiteshi samaphoyisa noma uma usebenzisa izinsizakalo zezempilo noma zomphakathi. Abahlinzeki bezinsizakalo nabo bazama ukulawula ngezindlela ezintsha zokwenza izinto futhi kungenzeka bangazi njalo ukuthi yimiphi imithetho emisha yakamuva. Lokhu kungase kube okucindezelayo kubo nakuwe. Uma



ungalungiselela ukuzivumelanisa nezimo, kungenza kube lula ukubhekana nalesi sikhathi. Kungasiza ukucabanga ngendlela owadlula ngayo ezikhathini ezinzima esikhathini esedlule.

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## 7. Ngingabhekana kanjani nemicabango yokuzibulala nephazamisayo phakathi nesikhathi se-COVID-19?

Phakathi nalezi zikhathi ezinzima, abanye omama bangase babe nemicabango engadingeki, nephazamisayo. Abanye bangase bazizwe kabi kakhulu kangangokuba bacabange nokuzibulala.

Ingabe:

- uzizwa udangele futhi ungenathemba izikhathi eziningi?
- awujabuleli lutho?
- Ufuna ukuyekwa wedwa?
- awuboni indlela yokuphuma esimweni sakho?
- ucabanga ukuthi izinto zizoba ngcono uma ungekho?
- ucabanga ngezindlela zokuzilimaza?
- uzizwa wethukile ukuthi ungase ulimaze ingane yakho?
- unemicabango yokulimaza ingane yakho?

Uma uzizwa ngalendlela, zihlanganise nothile futhi ukhulume naye. Lemicabango ingashintsha futhi ibe ngcono.

Thola usizo lochwepheshe. Khuluma nomeluleki, unesi, udokotela, isazi sokusebenza kwengqondo noma udokotela wezifo zengqondo. Ukunakekelwa kwempilo yengqondo yinsizakalo ebalulekile Phakathi nesikhathi sokuvalwa kwezwe.

### Ucingo Losizo

(Qhubeka uluzame uma ungangeni okokuqala)

- Ucingo Losizo Lokuzibulala Lwe-SADAG 0800 567 567 noma i-sms 31393. Izinsuku ezingu-7/ngeviki ngo-8am ukuya ku-8pm
- Ucingo Lwempilo LwaseNingizimu Afrika 0861 322 322 ngaso sonke isikhathi

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