



2 Avoid heat stroke...hydrate!

If you are living with a chronic illness such as diabetes, TB, HIV, heart disease, arthritis, cancer and hypertension

Get the **BOOST** you need



Apply at Gauteng Department of Health Jobs



MEC Nomantu Nkomo-Ralehoko providing support to school health teams administering measles immunisation to learners at Munsieville Ext 4 Primary School. As part of the integrated school health programme, hearing and eye exams were conducted as well.

[#AsibeHealthyGP](#)



Gauteng intensifies measles immunisation campaign to curb outbreak

The Gauteng Department of Health (GDoH) has intensified the measles immunisation campaign as part of efforts to curb the increasing number of cases recorded in the province in recent weeks.

Since the outbreak was declared in the Limpopo province in September 2022, Gauteng has recorded a total of 27 confirmed measles cases as at 25 January 2022. The City of Ekurhuleni has recorded the majority of the infections with 17 confirmed cases, while Tshwane has five (5), three (3) in Johannesburg and two (2) in the West Rand, and none in Sedibeng.

MEC for Health and Wellness, Nomantu Nkomo-Ralehoko has been visiting schools across the province to provide support to school health teams in the Measles Outbreak Response Campaign.

"The rapid increase in the number of measles infection cases in the province is concerning, particularly in the City of Ekurhuleni. We encourage parents to come to the fore, sign and return consent forms to allow our nurses to administer routine immunisation and other health services to learners. Parents can also take their little ones to their nearest clinic for immunisation," said MEC Nkomo-Ralehoko.

So far, Gauteng has administered the measles immunisation on 286 671 children and aims to reach a target of 4 004 720 through the campaign. The targeted population for the measles immunisation is children aged between six (6) months and 15 years. Some schools in the province, particularly those in townships and informal settlements have been struggling with parents who do not sign and return consent forms. This prevents school health nurses to provide immunisations to learners to protect against infectious diseases.

In addition, MEC Nkomo-Ralehoko said that the consent forms will also allow school health nurses to provide various health screenings to ensure that learners with conditions that can hinder learning are assisted.

"Through our Integrated School Health Programme (ISHP), learners are able to be provided with an array of services which include oral health, vision and hearing assessments and treatment, as well as mental health and psychosocial services," said the MEC Nkomo-Ralehoko.

Working with other Departments in the province, the ISHP also provides health education on hand washing, personal and environmental hygiene, nutrition and Tuberculosis, as well as road safety, poisoning and abuse (sexual, physical and emotional).

We encourage parents to come to the fore, sign and return consent forms to allow our nurses to administer routine immunisation and other health services to learners. Parents can also take their little ones to their nearest clinic for immunisation.

~MEC Nkomo-Ralehoko.



Covid-19 boosters provides the best defence against Kraken variant

Koketso Maraba

Gauteng MEC for Health and Wellness, Nomantu Nkomo-Ralehoko has urged Gauteng residents to take up Covid-19 booster doses to protect against the recently discovered XBB.1.5 variant also nicknamed "Kraken".

The Kraken variant was first detected in October 2022 in the USA and has since been detected in several other countries with the first detection in South Africa from a sample collected late in December 2022.

MEC Nkomo-Ralehoko said that people are still getting very sick from the Covid-19 infection and it is important that all those who are yet to get their booster doses do so at any site near them.

"The vaccine has been proven to increase immunity and offers us the best protection against severe illness. We encourage the public to get their boosters, including people with chronic diseases and the elderly as they are most vulnerable to the virus."

"I have taken the Covid-19 vaccine and two booster doses already, and I have not experienced any extreme side effects. However, it is important for people to know that every medication has side-effects, it is written even on the packaging," said the MEC.

Covid-19 vaccines have been proven to be effective in preventing severe illness, hospitalisation and death. It can be taken by any person aged 12 and above, and it is also safe for pregnant women to get vaccinated at any stage of the pregnancy.

In addition, MEC Nkomo-Ralehoko reiterated that communities should continue incorporating simple hygiene practices, such as washing hands with soap, keeping windows open, wearing a mask in crowded spaces and staying at home when sick.



You're on the COVID-19 frontline

Get the **BOOST** you need

You've seen first-hand what it means to get COVID-19, so protect yourself today.

- Find your closest vaccination site on www.findmyjab.co.za or <https://sacoronavirus.co.za/active-vaccination-sites/>
- No booking or SMS required
- Bring your ID or birth certificate
- Call 0800 029 999 for more information



"The vaccine has been proven to increase immunity and offers us the best protection against severe illness. We encourage the public to get their boosters, including people with chronic diseases and the elderly as they are most vulnerable to the virus."

"Our community health workers are on the ground providing education on keeping healthy and how to access health services, including Covid-19 booster doses and other critical health screenings."

"Community members who need information regarding public vaccination sites can visit the Gauteng Department of Health social media pages," said MEC Nkomo-Ralehoko.

Keep cool and hydrated this summer to avoid heat related conditions

Gauteng residents are encouraged to drink enough water and wear a hat or cap and sunglasses to protect from the scorching heat blazing the province.

This comes after a warning by the South African Weather Service of hotter than average conditions that can cause heat related illnesses. Rapid rise in heat gain due to exposure the scorching sun can compromise the body's ability to regulate temperature.

People who are at risk of heat related conditions such as severe dehydration, exhaustion, heat cramps, heat stroke, hyperthermia and other stressors to the body include the elderly, infants and children, pregnant women, outdoor and manual workers and athletes.

It is also important for people with chronic conditions such as cardiac diseases and kidney disorders to take extra precautionary measures to protect themselves as they are more vulnerable extreme heat and should.



KEEP COOL & HYDRATED

Protect yourself from severe dehydration, heat cramps, heat stroke and hyperthermia:

- Drink enough water to hydrate
- Stay indoors or somewhere cool
- Wear a hat and apply sunscreen
- Open windows or use air conditioning
- Avoid strenuous exercise
- Avoid too much caffeine and sugar
- Avoid foods that are high in protein
- Avoid alcohol

The World Health Organisation recommends that those taking medicines should keep them below 25 °C or in the refrigerator. However, it is also important to read the storage instructions on the packaging.

In the past few weeks, seven deaths were recorded in the Northern Cape due to Heatstroke, therefore, it is important for people with symptoms of higher body temperature of 40°C or higher, headache, rapid breathing and racing heart to seek immediate medical treatment.

For any medical emergency, community members are encouraged to contact the Gauteng Emergency Medical Services on 112 from their cellphones or 10177 from a landline. It is important to stay calm and provide an accurate address and nearest landmark, and keep phones on and close in case the paramedics call back.



MEC Nkomo-Ralehoko condemns the inhumane treatment of health workers

The Gauteng MEC for Health and Wellness, Nomantu Nkomo-Ralehoko has described as inhumane and vulgar the attack on health care workers at a municipal clinic in Tsakane, Ekurhuleni.

This comes after the MEC learned of a video that has been circulating on social media which shows an unhappy member of the public allegedly throwing urine at the staff at Calcot Dlephu Clinic who were on their lunch break. The incident happened on Friday, 20 January 2023.

"Irrespective of the complaint the member of the public might be having against the health workers, this cannot justify the attack on them. It is uncalled for and we condemn this vulgar act in the strongest possible terms," said MEC Nkomo-Ralehoko.

The MEC pointed out that resorting to violence and hurling of insults will ever be acceptable as there are recourse mechanisms such as escalating complaints and allegations to quality assurance people or the facility manager at the relevant service point.

Health care workers across the province have found themselves under attack from communities in recent times where some have even been robbed of their belongings and in other instances the attacks end up with patient care being severely hampered resulting in loss of life.

"I would like to appeal to communities to work with us to end the attack on healthcare workers. On our part we have made a commitment to ensure that we improve patient experience of care at healthcare facilities," said MEC Nkomo-Ralehoko indicating that she has directed the department to investigate the matter and establish the facts around the incident to determine further course of action.

Irrespective of the complaint the member of the public might be having against the health workers, this cannot justify the attack on them. It is uncalled for and we condemn this vulgar act in the strongest possible terms!"

WE ARE HIRING

**BECOME PART OF A
PATIENT-CENTRED
CLINICIAN-LED
STAKEHOLDER-DRIVEN
HEALTH CARE
SERVICE**

APPLY!



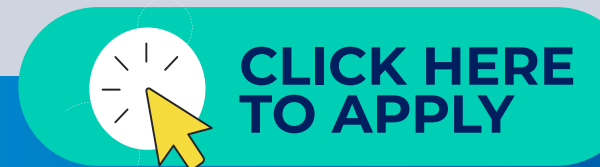
GAUTENG DEPARTMENT OF HEALTH VACANCIES

- **Deputy Director - General:** Clinical Services
- **Deputy Director-General:** Infrastructure Development and Technical Services
- **Chief Executive Officer:** Tara The H Moross Hospital
- **Head of Clinical Department:** Diagnostic Radiology, Charlotte Maxeke Johannesburg Academic Hospital
- **Head of Clinical Department (Medical):** Obstetrics and Gynaecology, Rahima Moosa Mother and Child Hospital
- **CEO of Wits Oral Health Centre**
- **Head of Clinical Unit: Breast Surgery,** Chris Hani Baragwanath Academic Hospital
- **Head of Clinical Unit: Surgery (Acute Care),** Chris Hani Baragwanath Academic Hospital
- **Head of Clinical Unit/Senior Lecturer/ Associate Professor: Diagnostic Radiology,** Steve Biko Academic Hospital
- **Head: Clinical Unit/Senior Lecturer/Associate Professor: Urology,** Steve Biko Academic Hospital
- **Head: Clinical Unit/Senior Lecturer/Associate Professor: Neurosurgery,** Steve Biko Academic Hospital
- **Head of Clinical Unit: General Surgery (Perioperative Care),** Dr George Mukhari Academic Hospital
- **Head of Clinical Unit: Paediatrics,** Dr George Mukhari Academic Hospital
- **Head of Clinical Unit: Internal Medicine,** Dr George Mukhari Academic Hospital
- **Head of Clinical Unit: Obstetrics & Gynaecology,** Dr George Mukhari Academic Hospital
- **Head of Clinical Unit: Accident and Emergency,** Kalafong Hospital
- **Head of Clinical Unit: Child Psychiatry,** Charlotte Maxeke Johannesburg Academic Hospital
- **Head of Clinical Unit: Obstetrics & Gynaecology**
- **Head of Clinical Unit: Mental Health,** Johannesburg Health District Services
- **Chief Director: Supply Chain and Asset Management**
- **Chief Director: Budget and Revenue Management**
- **Director: Medical Physics,** Steve Biko Academic Hospital
- **Chief Director: Human Resource Management**
- **Chief Director: Pharmaceutical Services**
- **Chief Executive Officer: Emergency Medical Service**
- **Chief Director: Hospital Services**
- **Chief Director: Information and Communication Technology**
- **Chief Director: Financial**
- **Director: Primary Health Care Services**
- **Director: Contracts (Legal Services)**
- **Director: Human Resource Management (2 Posts)**
- **Director: Strategic Information Analysis and Monitoring**
- **Director: Employee Health and Wellness Programme**
- **Director: Asset Management**
- **Director: Litigation (2 Posts)**
- **Director: Health Care Waste Management**
- **Director: ICT Systems and Infrastructure Operations**
- **Director: ICT Projects**
- **Director: Supply Chain Management**
- **Deputy Director: Health Facility Planner**
- **Deputy Director: Demand Management**
- **Deputy Director: Contracts Management**

CLOSING DATE: 27 JANUARY 2023

NOTE: Applications should be submitted strictly online at the following E-Recruitment portal: <http://professionaljobcenter.gpg.gov.za>. No hand delivered, faxed or e-mailed applications will be accepted. NB: For assistance with online applications please e-mail your query to e-recruitment@gauteng.gov.za.

DON'T BE A VICTIM OF BURSARY SCAMS AND FAKE JOBS ADVERTS!



Individuals looking at applying for government jobs, bursaries and learning opportunities should consider tips below:

- Search for opportunities on verified government platforms including social media platforms, websites and adverts through reliable newspapers, e.g. the Gauteng e-Recruitment System (Professional Job Centre), Department of Public Service Administration (DPSA) vacancy circular.
- Always follow instructions carefully and fill in Z83 with precision.
- Students who want to study towards a Higher Certificate in Emergency Medical Care (one year) or Diploma in Emergency Medical Care (two years) at Legbone College of Emergency Care. For more info visit: <https://lcoec.ac.za>
- Study towards a Diploma in nursing in various specialties including critical care nursing, trauma and emergency nursing, amongst others at the Gauteng College of Nursing. For more info, please call: 011 644 8946