

CENTRAL KAROO DISTRICT MUNICIPALITY



SECTION: MUNICIPAL HEALTH SERVICES

DROUGHTS – HOW TO STAY HEALTHY & SAVE WATER



The Section aims to create an environment supportive of good health and minimize those factors detrimental to our health in the Central Karoo district

The Section is focused on the needs and expectations of our communities in the Central Karoo. We seek a good relationship between the municipality and its inhabitants, with a collective responsibility for the environment to ensure that all communities will live in an environment that is beneficial to their health

OUR FUNCTION

The National Health Act, 2003 (Act 61 of 2003) defines Municipal Health Services as Environmental Health. In terms of Section 1 of the Act Municipal Health Services are defined as:

- Water Quality Monitoring;
- Waste Management and Monitoring;
- Food Control;
- Environmental Pollution Control;
- Health Surveillance of Premises;
- Communicable Diseases Control;
- Vector Control;
- Chemical Safety; and
- Management of Human Remains

The Air Quality Management & Integrated Waste Management functions are also performed by the Section Municipal Health.

EHP's act as public arbiters of EH standards, maintaining close contact with the communities they serve. We act as advisers, educators, consultants, managers and enforcement officers (enforcing health policies), ensuring people are able to live, work & play in safe, healthy environments

STAFF & AREA OF SERVICE DELIVERY

EHP's are employed at our Head Office in Beaufort West as well as our Prince Albert & Laingsburg Offices

Services are rendered in ten (10) communities in the Central Karoo Region, namely Murraysburg, Beaufort West, Nelspoort, Merweville, Prince Albert, Leeu-Gamka, Klaarstroom, Prince Albert Road, Laingsburg & Matjiesfontein, as well as in the rural areas of the Beaufort West, Prince Albert & Laingsburg Districts.

DID YOU KNOW...

DROUGHT RESPONSE PLAN: A GUIDE FOR EHP'S IN THE CKDM

The Central Karoo currently faced an unprecedented drought and the lowest rainfall in history.

To reduce the impacts of drought on public health and the services that are rendered, a "Drought Response Plan: a Guide for EHP's", was drafted by the Manager Municipal Health to strengthen the ability of the Section to deal with emergencies associated with drought and to ensure the provision of services and the reduction of health risks.



**With a water crisis comes potential
health risks.**

**Even before the taps are turned off,
when clean drinking water is not readily
available, there is a high risk of some
diseases that you need to anticipate and
mitigate.**

TIPS TO HELP YOU STAY HEALTHY AHEAD OF THE TAPS BEING TURNED OFF:

1. Boil water or use water purification tablets for the rain water you are able to capture. However, preferably use this for flushing the toilet, not for drinking.
2. With the listeriosis outbreak, as well as the possibility of a Hepatitis A outbreak, it's important to wash your fresh produce before using and eating it.
3. Use an alcohol-based hand sanitiser or wet wipes to keep your hands clean.
4. Bicarb and vinegar are excellent for cleaning, especially as it doesn't destroy water for grey use.
5. Unsafe tummy prep: Rehydrate, probiotics and medicine for stomach cramps, vomiting and diarrhoea.
6. Use vinegar in the toilet and drains to help with any odours and bacteria.
7. Clean with micro-fibre cloths or rags as sponges become unsanitary. It's far easier to clean cloths and hang them up immediately. You can also throw rags away. Alternatively wipe down surfaces using wet wipes.
8. Stock up on bottled water exclusively for drinking while water stations are being sorted out. The recommendation is 5 liters a day and to have four days' worth of fresh water per person. Do not drink non-potable water (gray water). This water should also not be used for cooking.
9. Vaccinate against Hepatitis A if you have never vaccinated yourself. (especially healthcare workers, communal food handlers, patients in long-term care facilities and immune-compromised people.)



10 TIPS ON HOW TO SAVE WATER

1. Re-use the final rinse water from washing machines for the next wash cycle.
2. Flush toilets only when necessary.
3. Monitor water meters for high consumption and possible water leaks.
4. Reduce shower times. (Limit to 90 seconds)
5. Confine watering of gardens to before 10:00 or after 16:00.
6. Perform a **water audit** at home.
7. Collect rainwater for re-using in the garden or washing the car.
8. Use a broom instead of a hosepipe when cleaning driveways or patios.
9. Insulate hot water pipes so that not too much water is wasted when waiting for water to get hot.
10. No filling of swimming Pools!



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