



CKDM - SECTION MUNICIPAL HEALTH SERVICES

SKDM - AFDELING MUNISIPALE GESONDHEIDSDIENSTE

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MHS



2019

Newsletter

Dear Reader / Geagte Leser

The Section Municipal / Environmental Health of the Central Karoo District Municipality aims to create an environment supportive of good health and minimize those factors detrimental to our health in the Central Karoo district.

Hierdie nuusbrief aan munisipaliteite en ons gemeenskappe in die Sentraal Karoo Streek stel dit ten doel om die doelwitte van die Afdeling in die daarstelling van gesondheidsveilige omgewing, asook kommunikasie en samewerking in sake van gemeenskaplike belang te bevorder

Environmental health is a fundamental public health approach that affects the whole population and provides a foundation for modern living. Neglect of this service has resulted in an increase in diseases associated with environmental factors.

In recent years a number of emerging and reemerging disease have been seen around the world and in South Africa in particular; this is largely due to a continued neglect of basic public health practices in general and environmental health services in particular.

Environmental Health as a profession and service has undergone various stages of change. These changes were necessitated by a number of factors such as legislative reviews', new health services development model, new policy developments and changes in education and training.

Our 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

We trust that the information in this newsletter will be of value to you. If you would like more information on certain topics, you are welcome to contact me or any of our environmental health practitioners at the Central Karoo District Municipality.

U is baie welkom om aan ons terugvoering te gee ten opsigte van hoe ons hierdie nuusbrief kan verbeter en/of watter inligting u graag in ons nuusbrief sal wil sien.

Remember that a goal is a dream with a deadline. 2019 has 365 possibilities – use it.

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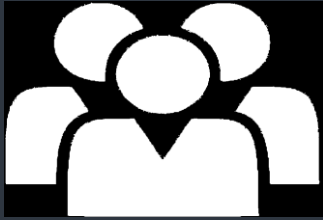
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PROMOTING A SAFE AND HEALTHY ENVIRONMENT



STAFF & AREA OF SERVICE DELIVERY

Our staff component consists of five (5) Environmental Health Practitioners (EHP's).

Four (4) EHP's are employed at our Head Office in Beaufort West and one (1) at our Laingsburg Office

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 and Laingsburg Districts.

YOUR HEALTH IS DIRECTLY LINKED TO YOUR ENVIRONMENT



The Central Karoo District Municipality is sanctioned by legislation to provide Municipal Health Services within its area of jurisdiction.

Municipal / Environmental Health is a fundamental public health approach affecting the whole population and services provided by Environmental Health Practitioners (EHP's) are essential elements in building a healthy population.

Currently the Municipality is implementing the full service as defined by the Health Act, 2003 (Act 61 of 2003) throughout the Central Karoo District.

To fulfil the constitutional and legal obligations mandated to sectors responsible for provision of EH services, the availability of qualified and skilled EHP's is key to provide and facilitate comprehensive, pro-active and needs-related services to promote a safe, healthy and clean environment and prevent diseases.

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 and play in safe, healthy environments.



The impact of environmental health on the general health and well-being of the population is significant.

According to the World Bank, environmental health effects account for at least 20% of the burden of disease in the world, and improvements in environmental health can be considerably beneficial to the poor and underprivileged.

Adequate environmental health management prevents many diseases that could eventually result in high treatment costs.

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;
- Food Control;
- Waste Management and Monitoring;
- Health Surveillance of Premises;
- Supervision and Prevention of Communicable Diseases;
- Vector Control;
- Environmental Pollution Control;
- Management of Human Remains; and
- Safe handling of Chemical Substances.

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

The Central Karoo District Municipality is sanctioned by legislation to provide Municipal Health Services within its area of jurisdiction.

MHS



We need to move beyond treating our patients...to preventing diseases in the first place

Our Municipal Health Management Plan form the basis of a series of strategies and programs to ensure that all the principals of sustainability are adhered to.

This will also enable the meeting of current needs as well as the maintenance of our resources for the benefit of future generations.

Teamwork divides our tasks & multiplies our success



Environmental Health

"Live on our earth.
Laugh on our earth.
Love our earth.
It's the only one we have."



ENVIRONMENTAL HEALTH (EH) NORMS & STANDARDS

The National Norms & Standards for Environmental Health was Gazetted in December 2015.

Standards are mainly based on existing S.A. policy & legislation, while also reflecting international best practice. The Standards provide for a national approach and standardization of functions and activities in relation to environmental health by EHP's.

The Norms and Standards clearly outline monitoring standards for the delivery of quality Environmental Health Services, as well as acceptable standards requirements for surveillance of premises,

such as business, state occupied premises, and for prevention of environmental conditions that may constitute a health hazard for protection of public health.

Inspections and investigations are guided by Section 82-83 of the National Health Act to ensure compliance with the Act.



Environmental Health is concerned with the health and well-being of people and other living things.

This field of study does this by addressing elements of health and safety and assessing various physical, chemical, biological and social factors in the surrounding environment that may negatively impact the health of present and future generations.

DID YOU KNOW...

During an audit conducted by the National Dept. of Health during Oct. 2017, the Section received an audit outcome of 78% in terms of the National Norms & Standards for Environmental Health. The highest audit % country wide was also 78% during a first round of audits by the Department.

Nevertheless this good evaluation outcome, there is still much room for improvement. By addressing our staff shortages in the 2018/19 financial year we believe that we can take service delivery to our communities to a higher level.

ONS DOELSTELLINGS

- Om 'n ontwikkelingsgerigte, prestasiegedrewe diens op 'n volhoubare, billike, bekostigbare en verantwoordbare wyse aan ons Streek se inwoners te lewer;
- Dat alle inwoners in ons Streek toegang het tot inligting en kennis met betrekking tot munisipale gesondheidsdienslewering;
- Om 'n positiewe bydrae te lewer tot volhoubare fisiese en sosio- ekonomiese ontwikkeling en gemeenskapsontwikkeling binne die raamwerk van munisipale gesondheid te bevorder;
- Dat gemeenskaps-gebaseerde projekte onderneem word ter bevordering van munisipale gesondheid; en,
- Dat toepaslike beleidsvoorskrifte effektief uitgevoer word.

WHEN IT COMES TO GLOBAL HEALTH, THERE IS NO 'THEM' ONLY 'US.'

- Global Health Council

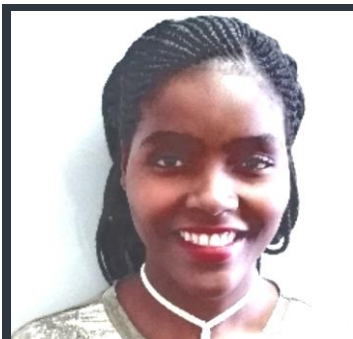


Congratulations



Mnr. Leon Crafford (foto) is gedurende November 2018 aangestel as Lugkwaliteit- & Afvalbestuursbeampte binne die Afdeling Munisipale Gesondheid.

Die Afdeling wens Mnr. Crafford geluk met sy aanstelling en wens hom voorspoed toe met hierdie belangrike funksie in ons distrik.



M's Sibongile Nogqala (photo) was appointed as Environmental Health Practitioner in the Section Municipal Health during December 2018.

The Section congratulates her on her appointment and believe that she will make a big contribution towards municipal health service delivery in the district.



NEW APPOINTMENTS FOR THE SECTION MHS

The Central Karoo District Municipality will soon appoint another two EHP's, one for the Beaufort West district and another for the Prince Albert district.

To render an effective Municipal Health Service in the Central Karoo District, it is required that one (1) Environmental Health Practitioner (EHP) be provided for every 10 000 members of the population.

The National Department of Health provided a report based on engagements with Municipal Health officials of CKDM during October 2017. In terms of staff capacity, the Report states that the CKDM requires at least seven (7) operational Environmental Health Practitioners in order to be able to service all its areas and cover its operational areas as defined in the National Health Act, 2003, as amended.

Currently there is a deficit of at least (3) EHP's for the delivery of a more efficient municipal health service. If the vastness of the district be taken into account, the need for more EHP's are even bigger.



Mr. Luvo Mankqu, (photo) an EHP in the Section Municipal Health for the past two years, was appointed by the Cape Town Municipality as an EHP with effect from November 2018.

The Section thanked Mr. Mankqu for his contribution towards municipal health service delivery in the Central Karoo District and wishes him all of the best.

WATERKWALITEITS -BESTUUR & - MONITERING



Adequate amounts of water should be available and used for personal and domestic hygiene. It is estimated that a minimum of 30–40 litres per person per day are needed for personal and domestic hygiene

DID YOU KNOW...

The amount of water on Earth is constant, and continually recycled over time: some of the water you drink will have passed through a dinosaur.

Die term “waterkwaliteit” word gebruik om die mikrobiologiese, fisiese en chemiese eienskappe te beskryf wat bepaal of water geskik vir menslike gebruik is.

Baie van hierdie eienskappe word beheer of beïnvloed deur stowwe wat, of opgelos is, of in suspensie in die water voorkom.

In die natuur bevat water ’n verskeidenheid van stowwe.

Die mens het gewoonlik sy eie gevoel van wat “goeie” of “swak” kwaliteit water is sonder om baie daarvoor na te dink. Indien water skoon lyk en dit smaak of ruik nie sleg nie, dink mense gewoonlik dat die kwaliteit van die water goed is.

Indien water egter nie skoon lyk nie, of dit ’n slegte reuk het, is dit nie noodwendig onveilig om te drink nie.

Aan die ander kant is skoon water, sonder enige reuke, nie altyd veilig om te drink nie en mag dit opgeloste stowwe of siekte veroorsakende organismes bevat wat ’n gevaar vir die mens se gesondheid mag inhou.

Watervoorsiening vorm ’n integrale deel van gesonde behuising en die ontwikkeling van ons gemeenskappe.

Deur water in ’n laboratorium te toets kry ons ’n aanduiding in hoe ’n mate water besoedel is. Toetsing in ’n laboratorium word deur professionele mense gedoen nadat watermonsters plaaslik geneem was.

Water is Life, and Clean water means health

Om water te toets vir die kwaliteit daarvan is belangrik, maar nie so noodsaaklik soos die voldoende beskerming van ons waterbronne en om waterveiligheid te verseker nie.

Gemeenskappe se waterkwaliteit word om 3 redes getoets:

Biologiese Kwaliteit. (om die aantal kieme daarin te bepaal)

Fisiese Kwaliteit. (hoe die water lyk, ruik of smaak)

Chemiese Kwaliteit. (die hoeveelheid soute in die water, byvoorbeeld nitrate, fluoriede, chloriede ens.)

The South African Water Services Act prescribes compulsory national standards for the quality of potable water.

This act requires every water supplier to have a water safety plan and a water quality monitoring programme to ensure water quality standards are complied with. Minimum water quality standards are specified in SANS 241 – Drinking water.

The SANS 241 Drinking Water Specification is the reference on acceptable limits for drinking water quality parameters and provides guideline levels for a range of water quality characteristics.

High quality water is more than the dream of the conservationists; more than a political slogan; high quality water, in the right quantity at the right place at the right time, is essential to health, recreation, and economic growth.

Edmund Muskie

The lack of water or its poor quality kills 10 times more people than all the wars combined.

QUOTEHD.COM

Loic Fauchon

Save Our WATER



ROLE PLAYERS IN WATER QUALITY MANAGEMENT IN THE CENTRAL KAROO DISTRICT

The Beaufort West, Prince Albert and Laingsburg municipalities have the executive authority to provide water services within its area of jurisdiction in terms of the Municipal Structures Act 118 of 1998.

The primary responsibility for ensuring the provision of safe drinking water rests with WSAs. (Category B-Municipalities in the Central Karoo District)

WSAs have a legal responsibility to:

- Monitor the quality of drinking water provided to consumers.
- Compare the results to national drinking water standards.
- Communicate any health risks to consumers and appropriate authorities.

as described in the regulations to the Water Services Act (Act 108 of 1997) *Compulsory National Standards for the Quality of Potable Water*.

WSAs also have a responsibility to regulate the quality of water supplied by Water Services Providers (WSPs).

At District Municipality level, Environmental Health Practitioners support the Drinking Water Quality Management function.

The National Environmental Health Norms and Standards published in the Government Gazette No. 39561 on 24 December 2015, specifies that Municipalities rendering Municipal Health Services (MHS) should develop and implement water quality monitoring plans to ensure environmental health related water quality monitoring and surveillance for protection of public health.

The objective of our Plan is to:

- Monitor the micro-biological and chemical quality of domestic water supplies from Water Service Authorities / water services providers.
- Monitor the quality of water from non-water services providers to ensure protection and minimisation of risks to human health.
- Achieve a drinking water quality that complies with the South African National Standard (SANS) 241 Drinking Water Specification in order to ensure fitness for human use over a lifetime of consumption.
- Ensure a clear understanding of drinking water supply systems, the hazards and events that can compromise drinking water quality, and the corrective and preventative measures and operational controls necessary to ensure a safe and reliable drinking water supply.

WATER QUALITY MONITORING & MANAGEMENT

56 water samples for bacteriological analysis were taken during the 2017/18 financial year.

48 (86%) of the samples did comply to the SANS 241 Standards for Water Quality.

Bi-annual Evaluation Reports on the status of water quality are sent to all WSA's within the region during December and June each year.

These evaluation reports aim to:

- Serve as a source of information to WSA's.
- Promote safe access to safe potable water.
- Promote continuous effective water quality management in the region.

Among these treasures of our land is water fast becoming our most valuable, most prized, most critical resource.

A blessing where properly used, but it can bring devastation and ruin when left uncontrolled.

Money “saved” on maintenance of assets is never a saving. This is a short-term outlook, often said to be due to political short-term imperatives and lack of capacity and know-how within a municipality.

It can become a vicious cycle once infrastructure is allowed to deteriorate. Expensive refurbishment becomes necessary and there is even less money for ongoing maintenance.

In addition, deteriorating infrastructure leads to poor service delivery and reduced payment by consumers, exacerbating lack of cost recovery. Government is facing a looming crisis unless something is done.



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.)

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.

**ONE PERSON
CAN MAKE A
DIFFERENCE,
AND
EVERYONE
SHOULD TRY.**
-JOHN FITZGERALD KENNEDY

Social Work Career

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.

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!



WASTE MANAGEMENT & MONITORING

In terms of the South African Constitution waste management service delivery is a local government function.

Category B-Municipalities in the Central Karoo are key players in dealing with general non-hazardous waste and must provide waste management services, including waste removal, waste storage and waste disposal services, as per Schedule 5b of the Constitution and in line with national norms and standards.

Initiatives aimed at identifying the challenges experienced by municipalities, identified four broad themes of obstacles to effective waste management, namely financial management, equipment management, labour (staff) management and institutional behaviour (management and planning).

It is important that landfills are located, designed, operated and monitored to ensure that they do not, to any significant extent, harm the environment, endanger human health, create an unacceptable risk to water, soil, atmosphere, plants or animals or create unacceptable nuisances through noise or odours and adversely affect the environment.



Sustainability and improvement of waste management services remains a significant challenge for municipalities in the Central Karoo district.

A number of issues continue to be challenges for the establishment of effective waste management. These include e.g. ineffective data collection systems and lack of compliance and enforcement capacity; a lack of education and awareness amongst stake-holders within the waste sector, operational costs for management of waste, a lack of support to waste reduction and a lack of structured incentives for reduction, recycling and/or re-use of waste.

Landfilling is environmentally acceptable if properly carried out.

Unfortunately, if not carried out to sufficiently high standards, landfilling has the potential to have an adverse impact on the environment. The general objective of environmentally acceptable landfilling, therefore, is to avoid both short- or long-term impacts or any degradation of the environment in which the landfill is located.

The negative public image of landfills is very much a result of experience with untidiness, litter problems etc.

These factors do not stimulate public confidence that a site is well managed.

Accordingly, an essential prerequisite to establishing a degree of community acceptance is attention to a site's physical appearance so that a positive impression is gained by the general public; neighbouring residents and users of the landfill.

The success of waste management services does not necessarily depend on the specific department where it is housed, but on other important issues including political stability and support, a functional integrated planning

process, rigorous financial management and procurement; senior managers implementing innovative schemes, including reward schemes

**DID YOU
KNOW...**

The only relatively clean place on Earth is Antarctica.

The continent is protected by the Antarctic Treaty that prohibits military activities, mineral mining, nuclear explosions and nuclear waste disposal.

A radioactive waste dumping site for the former Soviet Union, Lake Karachay, western Russia, is the most polluted spot on Earth.

Spending just an hour in the lake would be fatal for a human.

MONITORING OF SOLID WASTE SITES

93 inspections were conducted at sites in the region during the 2017/18 financial year.

Bi-annual Solid Waste Site Evaluation Reports

Bi-annual evaluation reports on the current status of all solid waste sites are sent to all local municipalities within the region during December and June each year.

These evaluation reports aim to:

- Serve as a source of information to the relevant municipality.
- Eliminate any conditions harmful or injurious to human health.
- Promote effective solid waste management in the region



**It's not
someone else's
responsibility
to pick up our
litter**

**IT'S OUR
RESPONSIBILITY**

**Please! Put your
litter in the bin**

HET U GEWEET?

Rommel is afval op die verkeerde plekke. Dit is mense wat dit op die verkeerde plekke gelaat het.

Rommel is nie die probleem nie –
ROMMELSTROOING IS DIE PROBLEEM!

Het jy geweet?

- Mans is meer geneig tot rommelstrooiing as vrouens.
- Mans strooi byna 2 maal soveel rommel as vrouens.

STOP POLLUTING OUR ENVIRONMENT!

Uncontrolled dumping of waste is an environmental, aesthetic and social problem, diminishing the quality of life in the Central Karoo district.

Local beliefs that 'litter creates jobs' and 'it's my property I'll do as I please' compound the problem of dirty streets and piles of rubble and rubbish dumped in back yards etc. These actions have negative consequences reaching much further than just the location of the dumping itself.

Whether intentional or accidental, litter begins with the individual".

People still think that it is the municipality's responsibility to clean up after them; that what they are doing will have no negative knock-on effect on the environment (either physical or social)

A further community attitude is the apparent belief that one's vote is one's currency; once you have voted for a particular political party, that party is obliged to provide everything you need or want, including to pick up rubbish that has been deliberately dropped.

Local by-laws governing illegal dumping must be updated and fines must reflect the actual costs to enforce and clean up the mess in our communities; more importantly, sanctions must be uniformly enforced and the public must be aware that dumping illegally carries a real risk of fines and/or prison time or at the very least community service and embarrassment in their community.

There is a growing problem of business and land owners dumping uncontrolled rubble and refuse.

While the intention may typically be to extend the usable platform, more often, apart from the health nuisance and the obvious visual scar on the landscape, these un-engineered embankments are sliding down the slope and damaging municipal line services such as sewer and storm water pipes on the lower slope, or falling into the lower neighbour's property and causing social tension.

Today, depending on the nature of the dumped materials, the cost to clean up illegally dumped waste to modern, more stringent standards can be up to 30 times more expensive than correct disposal.

IT MUST BECOME COMMON KNOWLEDGE THAT DUMPING AND LITTERING ARE NOT ONLY UNSOCIABLE, UNHYGIENIC AND UNACCEPTABLE, THEY ARE ILLEGAL AND CARRY CONSEQUENCES.

Ons is stadig besig om onself te versmoor onder die berge afvalstowwe wat ons skep... of dit nou hoogs skadelike kernafval of gewone huisvullis is.

Omgewingsbewustes skreeu al lankal dat ons heeltmaal te traak-my-nie-agtig hieroor is.

Trouens, dat ons besig is om ons wêreld te vernietig of, ten beste, 'n sieklike, verskraalde aardse biosfeer vir ons onskuldige nageslag gaan agterlaat.



BESOEDILING - HIER IS 'N PAAR DINGE WAT JY KAN DOEN:

- Gesels met jou bure oor die probleme wat besoedeling veroorsaak en hoe julle die oorsake kan vasstel.
- Gesels met die plaaslike owerheid oor wat hulle kan doen om te help.
- Wees self besoedelingsbewus en stel 'n voorbeeld vir andere. Ons moet versigtig wees waar ons vaste-afval weggooi, en seker maak dat dit in swart plastieksakke of in behoorlike wegdoenfasiliteite is.
- Ons moet met ons bure gesels wanneer ons probleme het oor waar om afval weg te gooi, om te kyk watter idees hulle het.
- Probeer om die oorsaak van besoedelingsprobleme vas te stel deur te vra 'Waarom?' elke keer wanneer ons vullis sien.
- Kyk deeglik na ons dorpe en dink watter veranderinge (en party kan heel eenvoudig wees) sal help om besoedeling te bekamp. Groot verandering is al teweeggebring omdat een persoon op 'n ander manier as ander mense na dinge gekyk het. Elkeen se idees is waardevol.
- Betaal vir die dienste wat ons kry, bo en behalwe die basiese dienste. Maar dring daarop aan dat dit goed in stand gehou word in ruil vir betaling.
- Onthou dat vullishantering geld kos wat vir ander dinge gebruik kon word, soos om huise te bou.

Residents of the Central Karoo should be proud of the areas that they live in.

If an area has a litter problem, it is going to reduce or even destroy the pride that we have about living in the Karoo. ... It also means that we worry about other problems associated with litter, such as economic impact, crime and anti-social behaviour.

SLIM VASTE AFVAL GEWOONTES

Indien jy minder items gebruik, genereer jy minder afval en word die afvalvragte wat na stortingsterreine geneem word, al hoe kleiner

- Koop net die nodigste en gebruik wat jy koop.
- Koop in grootmaat – koop maksigroottes en gebruik konsentrete.
- Kies produkte met minder verpakkingsmateriaal.
- Tap kraanwater in skoon bottels vir hergebruik eerder as om gebottelde water te koop.
- Druk en kopieer voor en agterop papier.
- Kry inkopiesakke wat jy weer kan gebruik.
- Hergebruik houers vir berging en glasflessies vir goed soos bv. spykers en penne.
- Hergebruik koeverte en maak notaboeke uit afvalpapier.
- In plaas daarvan om bruikbare items weg te gooi, skenk dit eerder aan welsynsorganisasies of handig dit by 'n ruilwinkel in.



VLOEIBARE AFVAL

In die stedelike gebiede van die Sentraal Karoo het bykans alle huishoudings toegang tot veilige, effektiewe sanitasie-fasiliteite, hoewel daar egter stéeds huishoudings van die sogenaamde Transnet wonings is wat van die emmersanitasiestelsel gebruik moet maak.

Munisipaliteite binne wie se regsgebied sodanige wonings is, behoort dringende aandag hieraan te gee ten einde toe te sien dat daar aan hierdie huishoudings se reg tot onder andere 'n gesondheidsveilige fasiliteit én omgewing gehoor gegee word.

Die beskikbaarheid van gesondheidsveilige toilette is belangrik in die bereiking van goeie sanitasie. Elke huishouding behoort toegang tot sanitasiefasiliteite te hê en moet hierdie fasiliteite verkieslik by elke woning beskikbaar wees.

Sanitasie-fasiliteite moet in 'n werkende toestand gehou word, by die huis, skool, werkplek en openbare plekke.

HEALTH CARE WASTE

Health-care waste is special in that it has a higher potential of infection and injury than any other type of waste. Therefore, it has to be handled with sound and safe methods wherever generated.

Inadequate handling of health-care waste may have serious public health consequences and impact on the environment. Health-care waste management is, therefore, an important and necessary component of environmental health protection.

Hospitals and health-care establishments have responsibilities and a "duty of care" for the environment and public health, particularly in relation to the waste they produce.

They also carry a responsibility to ensure that there are no adverse health and environmental consequences as a result of waste handling, treatment and disposal activities.

MONITORING OF LIQUID WASTE SITES

Monitoring of Liquid Waste Sites

- 75 inspections were conducted at liquid waste sites in the region during the 2017/18 financial year.

Sewerage Sampling

- 22 samples for bacteriological analysis were taken during the reporting period.
- 20 (91%) of the samples taken did comply to the set standards for sewerage.

ASBES... EN DIE GEVAAR WAT DIT VIR JOU INHOU

Asbes is die naam van 'n groep minerale wat natuurlik voorkom wat in sterk, baie fyn vesels verdeel. Hierdie vesels is hitte- en brandbestand en is uiters duursaam.

Weens die eienskappe daarvan word asbes in isolasieprodukte, boumateriale, verf en beskermende klere gebruik.

Asbes is geneig om in klein vesels af te breek. 'n Enkele vesel asbes wat 'n duisend keer vergroot is, lyk effens groter as 'n menshaar. Weens die grootte en vorm daarvan, sweef hierdie klein vesels vir lank tydperke in die lug rond. Wanneer dit ingeasem of ingesluk word, kan hierdie vesels maklik die liggaamweefsels penetreer.

Weens hul duursaamheid kan hierdie vesels vir baie jare in die menseliggam oorleef en 'n verskeidenheid siektes veroorsaak.

Blootstelling aan asbesvesels en -stof kan asbestose veroorsaak – 'n longsiekte wat veroorsaak word deur die inaseming van asbesdeeltjies. Dit kan ook, ná 'n latente tydperk van tot 30 jaar en meer, verskeie kankers veroorsaak, veral longkanker en mesoteliom, wat 'n onopereerbare kanker van die bors en buikwand is.

Die gebruik, berging, vervaardiging, vervoer en wegdoening van asbes en afval wat asbes bevat word streng gereguleer.

Die regulasies wat dit beheer, kan in die Wet op Beroepsgesondheid en -veiligheid, Wet 85 van 1993, gevind word, asook in die Asbesregulasie 2001 en die Regulasies op die verbod op die gebruik, vervaardiging, invoer en uitvoer van asbes en asbesbevattende materiale, 2008.

Die doel van hierdie regulasies is tweeledig: eerstens, om te verhoed dat enige asbes omgewingskade veroorsaak, en tweedens, om te verseker dat blootstelling aan asbesvesels nie werknemers siek maak of die publiek skade aandoen nie.



**When it Comes to
Asbestos, Safety First..**

*With all waste or
pollution, someone
somewhere pays for it...*



philharding.net/quotes-corner/

FOOD CONTROL

One of the major core functions of Municipal Health is Food Safety and integrity.

Food Hygiene are the conditions and measures necessary to ensure the safety of food from production to consumption.

Food can become contaminated at any point during slaughtering or harvesting, processing, storage, distribution, transportation and preparation.

When certain disease-causing bacteria or pathogens contaminate food, they can cause foodborne illness, often called "food poisoning." Foodborne illnesses are a preventable and underreported public health problem.

These illnesses are a burden on public health and contribute significantly to the cost of health care.

Food Poisoning is a notifiable condition and an Outbreak requires the activation of an Outbreak Response Team.

A foodborne illness outbreak (food poisoning) refers to any food poisoning incident involving 2 or more individuals that are epidemiologically linked to a common food/beverage source.

If you've ever had food poisoning, you probably had a good idea that's what it was even before you talked to your doctor. It's hard to miss the main symptoms: stomach cramps, vomiting, and diarrhea. They can hit a few hours or a day or two after you ate the food that caused the problem.

Your symptoms usually pass in a few days or even in mere hours. However, if your discomfort doesn't go away, you may need to get checked and find out exactly what made you sick. You should also see a doctor if along with other symptoms you have high fever, blood in your stool, or feel dehydrated or unable to keep any food or liquid down.

WAYS TO AVOID FOOD POISONING:

- Wash your hands before handling or preparing food.
- Use a separate chopping board to prepare raw food, such as meat and fish.
- Keep your kitchen clean.
- Wash dishcloths and tea towels regularly.
- Keep raw meat away from ready-to-eat foods.
- Cook food thoroughly.
- Keep your fridge temperature below 5°C.
- Cool leftovers quickly and keep refrigerated.

MONITORING OF FOOD PREMISES

There is a total of **1068** formal and informal food premises in the Central Karoo region.

979 inspections were conducted at food premises during the 2017/18 financial year.

118 Certificates of Acceptability (CoA's) were issued to new food premises complying to the Regulations with regards to the General Hygiene requirements for Food Premises and the Transport of Food (R 962 of 2012).

HOE VEILIG IS DIE VLEIS WAT JY EET?

Die slag van mak en wilde diersoorte vir godsdienstige of kulturele doeleindes, óf die hantering van vleis en vleisprodukte wat te koop aangebied word is stéeds 'n aangeleentheid wat die aandag van alle rolspelers verg ten einde doeltreffend beheer hieroor te verseker.

Daar is ongeveer tagtig siektes en toestande by diere wat algehele of gedeeltelike afkeuring vereis en is 'n bewusheid by die publiek in hierdie verband noodsaaklik. Die Wêreld Gesondheid Organisasie (WGO) het in die negentigerjare verklaar dat die grootste oorsaak van voedsel oordraagbare siektes besmette vleis is.

Artikel 7(1) van die Wet op die Veiligheid van Vleis, 2000 (Wet 40 van 2000) plaas 'n verbod op die slag van diere op enige ander plek as abattoirs. Dit bepaal voorts dat niemand mag toelaat dat 'n dier op enige ander plek onder sy of haar beheer geslag word tensy sodanige plek 'n abattoir is nie, óf dat vleis vir menslike en dierlike gebruik verkoop word tensy dit nie by 'n abattoir geslag is nie.

Voedselveiligheid is ononderhandelbaar en word daar 'n beroep op die publiek en eienaars van voedelpersonele gedoen om te verseker dat vleis en vleisprodukte wat te koop aangebied word, wél by 'n goedgekeurde abattoir geslag was.

FOOD POISONING

No cases of food poisoning were reported and during the 2017/18 financial year.



Get serious about food safety

Sloganshub.com

NEW REGULATIONS TO REGULATE FOOD PREMISES AND THE TRANSPORT OF FOOD

The Minister of Health has, in terms of Section 15(1) of the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act No. 54 of 1972), made the Regulations governing the General Hygiene Requirements for Food Premises, the Transport of Food and Related Matters. These Regulations (R638 of 2018) was promulgated in the Government Gazette on 22 June 2018.

The Section Municipal Health would like to highlight the following from the regulations:

- **"food premises"** means a building, structure, stall or other similar structure, and includes a caravan, vehicle, stand or place used for or in connection with the handling of food.
- **"handle"** includes manufacture, process, produce, pack, prepare, keep, offer, store, transport or display for sale or for serving, and **"handling"** has a corresponding meaning
- A person **may not** handle food or permit food to be handled on food premises in respect of which a valid certificate of acceptability has not been issued or is not in force. This also applies to a vehicle used for the transport of food.
- A person in charge of food premises wishing to obtain a certificate of acceptability in respect of the food premises **must** apply in writing, to the local authority (the Central Karoo District Municipality) in whose area of jurisdiction the food premises are situated.
- The issuance of a certificate of acceptability **does not** constitute an approval for the applicant to conduct business on the premises concerned without complying with all other relevant requirements of the local authority or the applicable legislation.
- A certificate of acceptability **is not** transferable from one person to another person and from one food premises to another food premises.
If the person in charge of food premises is replaced by another person, the person in charge **must** inform the local authority, in writing, of the replacement within 30 days after the date of the replacement and the local authority must, subject to certain provisions, issue a new certificate of acceptability in the name of the new person in charge.
- A certificate of acceptability **must** be displayed in a conspicuous place on the food premises in respect of which it was issued for the information of the public or where the display of the certificate is impractical, a copy of the certificate must immediately be made available, on request.



- A person may not handle food or allow food to be handled in a manner contrary to the provisions of these Regulations.
- A food premises **must** be of such location, design, construction and finish and must be so equipped and maintained in the condition for which it was intended, that it can be used at all times for the purpose for which it was designed, constructed and equipped without creating a health hazard and that food can be handled hygienically on the food premises and facilities thereon.
- A person **may not** handle or be allowed to handle food without wearing suitable protective clothing.
- A person may not, on food premises, handle meat derived from an animal slaughtered in contravention of the Meat Safety Act, 2000 (Act No. 40 of 2000).
- A person **may not**, on food premises, prepare, process, pack, keep, store, or dispose of the meat of an animal exempted from the provisions of section 7(1) of the Meat Safety Act, 2000, unless a notice that is clearly visible and legible and that contains the following information or information to that effect, in letters at least 18 mm high, is displayed at the food premises: *"These premises have been used to handle meat that has been exempted from the provisions of section 7(1) of the Meat Safety Act, 2000 (Act No. 40 of 2000)."*
- A person **may not** transport food, including unprocessed agricultural crops, on or in any part of a vehicle unless that part of a vehicle is clean and has been cleaned to such an extent that chemical, physical or microbiological contamination of the food is prevented.
- A person in charge of food premises may apply to the local authority concerned for exemption from any of the provisions of these Regulations, excluding exemption from the requirement for a certificate of acceptability.

7 GOLDEN RULES FOR SAFE FOOD PREPARATION

1. Cook raw food thoroughly

Many raw foods, such as fish and vegetables, etc., can easily be contaminated with cholera bacteria. Thorough cooking will kill the bacteria. Do not eat uncooked foods, unless they can be peeled or shelled.

2. Eat cooked foods immediately

When cooked foods get cold, bacteria begin to grow. To be on the safe side, eat cooked foods as soon as they are cooked or thoroughly reheat previously cooked food before eating.

3. Avoid contact between raw foods and cooked foods

Safely cooked food can become contaminated through even the slightest contact with raw food. Cross-contamination can take place when raw fish comes into direct contact with cooked foods.

4. Choose food processed for safety

In an area affected by cholera, such foods as fruits and vegetables, may not be safe unless they have been processed through canning, drying, etc.

5. Wash hands repeatedly

Wash hands thoroughly before you start preparing food and after every interruption e.g. changing or cleaning up the baby or using the toilet or latrine. After preparing raw foods, such as fish or vegetables, wash your hands again before you start handling other foods.

6. Keep all kitchen surfaces clean

Any surface used for food preparation must be kept absolutely clean. Think of every food scrap, crumb or spot as a potential source of bacteria. Cloths used for washing or drying food preparation surfaces, dishes, and utensils should be changed every day and boiled before use. Separate cloths for cleaning the floor also require daily washing.

7. Use safe water

Safe water is just as important for food preparation as for drinking. Bring water to a rolling boil before using it to prepare infant's meals.

Unperfumed Bleach or Jik may be used instead of boiling to make water safe. Add 1 teaspoon unperfumed Bleach or Jik to 25 litres of water. Leave standing for a minimum of 2 hours, but preferably overnight, before consumption.

HOW TO PROPERLY WASH YOUR HANDS

It is important to wash your hands properly to remove most germs on your hands.



Wet hands with clean water and use soap;



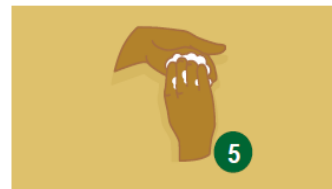
Rub both hands together, rub back of the hands;



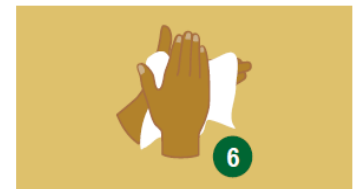
Clean your wrists;



Rub in-between the fingers and clean the thumbs;



Clean under the fingernails;



Rinse well with running water and dry with a clean cloth or by shaking in the air.

WANGEBRUIK VAN KOOKOLIE

Kookolie wat herhaaldelik gebruik word vir die gaarmaak van voedsel kan gevaarlik vir u gesondheid wees.

Dit is belangrik om kennis te dra van hierdie gesondheidsgevaare, aangesien gebraaide voedsel soos aartappelskyfies, hoender, vetkoek en vis 'n belangrike deel uitmaak van die dieët van mense.

Dit gebeur somtyds dat kafees, restaurante, voorsieners van wegneemetes, straathandelaars en verbruikers dieselfde kookolie vir 'n lang tydperk teen baie hoë temperature gebruik. Hierdie wangebruik gee aanleiding tot die sogenaamde "oksidering" van die olie

Afgesien dat die olie se kleur verdonker bevat dit ook stowwe wat nadelige gevolge vir gesondheid kan hê, soos byvoorbeeld diarree, verharding van die aarwande (wat moontlik 'n rol kan speel in die voorkoms van hartsiektes), lewer- en nierskade, en selfs kanker.

In die meeste gevalle waar olie donker van kleur is kan redelikerwys aanvaar word dat dit wangebruik is. Kookolie word somtyds gratis weggegee, maar is dit 'n skenkingsaksie wat uiters gevaarlik mag wees.

WHAT ABOUT “EXPIRED” FOOD THAT’S FOR SALE?

First of all, there is no such legal term in terms of Regulation R146 of March 2010 which sets out the requirements for the labelling of foodstuffs, promulgated in terms of the Foodstuffs, Cosmetics and Disinfectants Act. It only refers to “best before”, “use by” or “sell by” dates.

This regulation also defines these date markings as follows: "Best Before" (BB) means the date which signifies the end of the period under the stated storage conditions during which the product will remain fully marketable and will retain any specific qualities for which tacit (implied) or express claims have been made. However, beyond the date the food may still be satisfactory.

The best before date is thus **not** an indication of food safety but rather an issue of quality in terms of nutritional value, taste, texture and colour. In other words, the “Best before” or “Sell by” date does not mean that the product has gone bad, but rather that the manufacturer cannot guarantee that the foodstuffs will still taste and look the same as it should.

EHP’s **do not** have the authority to unilaterally seize and destroy these products simply because the foodstuffs exceed the “best before” dates or “sell by” dates.

The purpose of the labelling regulations is there to enable the consumer to make informed decisions. It is thus up to the consumer to check the date markings and to make an informed decision about the food products he or she purchases. If the consumer does not purchase these expired items shop owners will not sell these items.

JELLYFISH IN ARMOUR



HOW MILK CONTAINERS SHOULD BE

LABELLING OF FOODSTUFFS

- 14 food products were inspected in order to monitor compliance to the Labelling Regulations during the reporting period.



WHAT SHOULD YOU CONSIDER BEFORE BUYING FOOD FROM A VENDOR?

- Does the vendor have a clean/tidy workstation?
- Does the vendor have a sink for employees to wash their hands?
- Do the employees wear gloves or use tongs when handling food?
- Does the vendor have refrigeration on site for raw ingredients or pre-cooked foods?
- Does the vendor have a certificate of acceptability, issued by the Section MHS?

BACTERIOLOGICAL AND CHEMICAL SAMPLING OF FOODSTUFFS IN TERMS OF FOODSTUFFS, COSMETICS AND DISINFECTANTS ACT AND REGULATIONS

- 18 samples of foodstuffs were taken for bacteriological and chemical analysis during the reporting period.
- 17 (94%) of the samples taken did comply with the standards as set in the Foodstuffs, Cosmetics and Disinfectants Act. (Act. 54 of 1972).

MONITORING OF MILKING SHEDS AND MILK SAMPLING

- 7 inspections were conducted at milking sheds during this reporting period.
- 9 milk samples were taken for bacteriological and chemical analysis during the period.
- 7 (78%) of the samples taken did comply to the standards set out in the Regulations with regards to Milk and Dairy products (R1555 of 1997).

Low temperatures prevent food poisoning bacteria, which may be present in food, from multiplying to dangerous levels. High temperatures will kill most bacteria and viruses.

Bacteria can grow to unsafe levels between 5°C and 60°C, we call it the “Temperature Danger Zone”.

UNITE TO COMBAT CLIMATE CHANGE AT WORK

- Do you have a morning hot drink routine? Using a washable mug is an environmentally-friendly alternative to non-biodegradable Styrofoam or plastic cups.
- Leave a cup and re-usable bottle for water at work to eliminate buying drinks, which get served in plastic cups, or bottled water. 80% of plastic bottles are recyclable but only 20% are actually recycled.
- When you need a pad for lists and messages, turn over an old document and write on the back of that instead.
- If there isn't an office recycling system, start one yourself! Recycling our trash actually contributes to reducing global warming emissions. And it is estimated that 75% of what is thrown in the trash could actually be recycled, though currently only 25% is.
- When you must have a paper copy, make sure you default your printer option to use both sides. This is an easy tree-saver!
- Most computer accessories like ink cartridges and CDs and DVD's are made of materials that could be reused. Computer cords and speakers are fairly standardized, meaning they can be used for a variety of computer models and makes.
- Lower your office's carbon footprint by setting computers, monitors, printers, copiers, speakers and other business equipment to their energy saving feature and turning them off at the end of the day. And *plant a tree!*
- Turning off all unnecessary lights, especially in unused offices and conference rooms is an easy way to save energy.
- If you're in search of something to personalize your workspace, look no further than the humble houseplant. Houseplants are good for the environment, because they remove quantities of pollutants present in the air.



HET U GEWEET?

Soos voedsel by stortingsterreine ontbind, stel dit METAANGAS vry.
'n Kweekhuisgas wat 26 keer meer hitte as CO² vrystel.

MHS CLIMATE CHANGE PLAN

A MHS Climate Change Plan has been approved by Council.

The effect that climate change will have on human health in South Africa is currently not well quantified. There are, however, indications that the southern African region will be the most impacted in the world.

According to the Climate Change Strategy for the Western Cape, it is envisaged that the Western Cape will become significantly hotter and dryer. This has considerable implications for the Central Karoo District as it is already characterized by very high temperatures and a dry climate.

Our Section's Climate Change Plan form the basis of a series of strategies and programs to curtail global warming and eventual climate change.

*When we heal
the earth, we
heal ourselves*

AIR QUALITY MONITORING BASELINE STUDY: BEAUFORT WEST

With the proposed uranium mining and the shale gas development scheduled to take place in the CKDM, it was necessary to establish the criteria pollutant levels before any mining activities take place.

Argos Scientific (South Africa) (Pty) Ltd. were contracted by the Central Karoo District Municipality to undertake a Baseline Air Quality Monitoring Study focusing on Dust Fallout, selected Metals, Particulates (PM-10) and Meteorological conditions in the Beaufort West Area.

Dust Fallout sampling was conducted at four (4) sites on various premises as detailed in the Monitoring Network Proposal. Sampling commenced in February 2018 and continued for three (3) consecutive months of sampling (Dust and Metals) and five (5) months for PM-10 and Meteorology.

Monitoring sites selected in the Monitoring Network Proposal was as follows:

- Beaufort West Hospital (E)
- Hillside Clinic (W)
- Nieuveland Park Clinic (SW)
- Sewerage Works & Reclamation Plant (SE)

Dust Fallout monitoring was conducted at all sites and PM-10 and Meteorology at the Beaufort West Hospital site. There was valid data of all four (4) Dust Fallout samples collected for each of the three (3) months sampled, resulting in 100% data capture for the period.

There was no exceedance of the South African National Dust Control Regulations residential limit of 600mg/m²/day and no exceedance of the South African National Dust Control Regulations non-residential limit of 1200mg/m²/day.

Molybdenum, thorium and uranium levels were in general below the detection limit, while potassium levels ranged between 0.2 to 0.7%. Data for undisclosed sites in various parts of the RSA had concentrations in a similar range and another seven (7) sites in the Northern Cape had potassium levels in the range 0.03 to 0.3%. Thorium, uranium and molybdenum levels at these sites were mostly below the detection limit as was found in the Beaufort West Study.

PM-10 levels were low and well below the RSA National Standard of 75µg/m³ as a daily average and data capture for PM-10 was on average 87% due to the failure of the PM10 monitor in mid April and >95% for meteorological conditions.

In summary and conclusion, this study's intention was to determine baseline levels of Dust Fallout, heavy metals and PM-10 under prevailing meteorological conditions over a reasonably short period and under the prevailing seasonal climatic conditions. Ideally sampling should be conducted over a calendar year.

Given this constraint, levels of dust, heavy metal and PM-10 have been shown to be well below any National Standard

over the period under review, with heavy metal concentrations similar to elsewhere in the RSA.

Although dust fallout and PM-10 levels were low at the specific monitoring locations in this study, our air quality initiative in the 2018/19 financial year focuses on the central city area, specifically along the N1 (Donkin St.) route, where frequent heavy vehicular activity may present a problem from an emissions perspective and where associated elevated NO₂ and PM levels may prevail within this specific micro climatic zone.

DID YOU KNOW...

China is among the countries with highest air pollution in the world. Breathing air in Beijing, the country's capital, increases the risk of lung cancer in the same way as smoking 21 cigarettes a day.

Pollution in China can change weather in the US.

Almost a third of air pollution in San Francisco actually comes from China.

CKDM AIR QUALITY MANAGEMENT PLAN

The CKDM's Air Quality Management Plan (AQMP) was revised during March 2016 and approved by Council.

The AQMP of the Section form the basis of a series of strategies and programs to ensure that all the principals of sustainability are adhered to. This will also enable the meeting of current needs, as well as the maintenance of our resources for the benefit of future generations.

This Plan is also a commitment to certain principles and action plans needed to ensure sustainable utilization of resources and the management of air quality in the Central Karoo region.

As the objectives are met and the AQMP unfolds, it is possible that other objectives will be identified and prioritized. This process will lead to the regular review of our plan.

AIR QUALITY BY-LAW

An Air Quality By-law for the CKDM has been drafted and approved by Council during October 2018.

“ BE A PART OF THE SOLUTION Not PART OF THE Pollution ”

WAT JY OOR TUBERKULOSE (TB) BEHOORT TE WEE

TB kan voorkom word. Met vroegetydige behandeling, kan TB genees word deur behandeling onder direkte toesig, kort kursus (DOTS) Sonder behandeling kan dit die dood veroorsaak.

Wat is TB?

TB is 'n siekte wat hoofsaaklik die longe aantast, maar dit kan in enige ander orgaan in die liggaam voorkom.

Dit word veroorsaak deur 'n kiem, Mycobacterium tuberculosis.

By TB van die longe kom die kiem voor in die sputum (slym) wat uitgehoes word deur TB lyers.

Die kieme vernietig gewoonlik die sagte weefsel in die longe, wat holtes in die longe veroorsaak en asemhaling bemoeilik.

Dit kan veroorsaak dat bloed uitgehoes word. Indien die persoon nie behandeling ontvang nie kan TB die dood veroorsaak.

Hoe word TB opgedoen?

Die siekte word van een persoon na 'n ander oorgedra.

Wanneer 'n TB lyer hoest, nies of spoeg, kom die kieme in die lug, vanwaar ander dit kan inasem.

Gelukkig kry nie almal wat besmet is TB nie. In die meeste gevalle word die kieme deur die liggaamsweerstand afgeseël, sodat dit nie vermeerder en die siekte veroorsaak nie.

Wanneer die liggaamsweerstand egter verlaag, kan die kieme aktief raak en TB veroorsaak.

Die kans om TB te kry, neem toe wanneer liggaamsweerstand verlaag word deur:

- Siektes soos diabetes en VIGS.
- Oormatige alkohol-inname.
- Onvoldoende gesonde kos.
- Spanning as gevolg van onopgeloste probleme.
- Woon in 'n swak geventileerde, oorvol huis of kamer.

Wat is die tekens en simptome van TB?

- 'n Hoes wat langer as drie weke duur.
- Hoes bloed uit.
- Pyn in die borskas.
- Voel moeg en lusteloos.
- Swak eetlus.
- Gewigsverlies.
- Abnormale sweet in die nag, selfs wanneer dit koud is.
- Wanneer twee of meer van hierdie tekens gelyktydig teenwoordig is, moet 'n persoon so gou as moontlik by 'n kliniek of hospitaal hulp kry.

Hoe word TB gediagnoseer?

Enige van bogenoemde tekens kan 'n aanduiding van die siekte wees.

Die kieme word in die sputum gevind wanneer dit getoets word.

'n X-straal wat by 'n kliniek of hospitaal gedoen word, kan veranderings of holtes in die longe toon.

'n Veltoets wat deur 'n geneesheer of verpleegkundige op kinders gedoen word, kan 'n aanduiding wees.

Wanneer dit bevestig word dat, 'n persoon aan TB ly, moet al die kinders jonger as vyf jaar wat in noue kontak met daardie persoon was, ondersoek word sodat hulle ook behandeling kan ontvang indien dit nodig is,

Volwassenes moet hulp soek indien hulle tekens van tuberkulose toon.

Die meeste mense voel bedruk en skaam wanneer hulle verneem dat hulle TB het. Dit is nie nodig nie, want TB is net soos enige ander siekte. Enige persoon kan dit opdoen.

Behandeling van TB

TB kan genees met min of geen komplikasies

Behandeling moet egter so gou as moontlik begin en dit moet gereeld geneem word, volgens die voorskrifte van die kliniek.

Dit neem 6 maande of langer vir TB om te genees, maar slegs 2 weke nadat daar met behandeling begin is, sal die persoon nie meer ander aansteek en die siekte versprei nie.

Behandeling moet voltooi word. Dit is 'n fout om op te hou met behandeling sodra 'n persoon beter voel.

Dit neem lank vir TB kieme om vernietig te word, Indien medisyne te gou gestaak word sonder die goedkeuring van die geneesheer of verpleegkundige, kan die siekte weer van voor af begin.

NOTIFIABLE MEDICAL CONDITIONS REPORTED AND INVESTIGATED

4 notifiable medical conditions were reported during the 2017/18 financial year.

All notifications received were investigated and reports were submitted to the Provincial Health Department.

Hoe kan TB voorkom word?

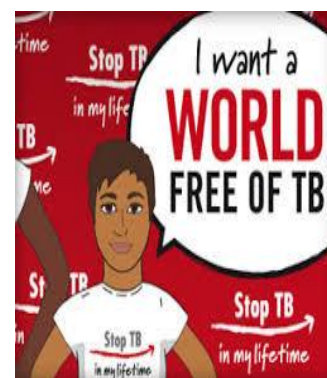
Alle babas moet binne 3 maande na geboorte by 'n kliniek geïmmuniseer word.

Eet gebalanseerde maaltye wat bestaan uit kos soos:

- vleis, vis, eiers, droë bone,
- melk, kaas,
- bruinbrood, meliemeel,
- groente,
- vrugte.
- Vermyn alkohol, want dit verlaag liggaamsweerstand.

Rook veroorsaak verdere skade aan die longe en dit kan hartsiekte en longkanker veroorsaak.

Blootstelling aan sonlig, vars lug en 'n skoon omgewing is belangrik.





LISTERIOSIS

The National Institute for Communicable Disease (NICD) has confirmed that the outbreak of listeriosis that affected more than 1000 persons is over.

Listeriosis is a notifiable medical condition and surveillance for human disease is ongoing.

Presently, surveillance data in both the public and private sector continues to affirm that the outbreak is over. The number of cases reported per week has remained low and stable, having returned to pre-outbreak levels.

The National Department of Health together with the WHO convened a joint WHO-RSA listeriosis incident management team (IMT) made up of senior officials from the Departments of Health (including Environmental Health), Agriculture, Trade and Industry and Environment, and the NICD.

The activities of the IMT to strengthen food safety, especially in ready-to-eat meat, include the following:

- Ongoing surveillance and investigation of human listeriosis cases by the NICD, to identify clusters of cases and detect outbreaks early;
- Inspection of all ready-to-eat processed meat facilities across the country. These inspections have been done together with the district municipalities and metros, and are ongoing;
- Review of molecular sequence data of environmental isolates, food and patient isolates to establish if links are present. To date, the NICD has not linked human cases to specific foods or environments other than the recent outbreak;
- Revised regulations pertaining to the application of the hazard analysis and critical control system (HACCP), R908 of 2003, were published on 14 June 2018 in the Government Gazette as Notice R.607. This regulation requires all producers of ready-to-eat processed meat to be HACCP certified by an external agency by March 2019.

WHAT IS LISTERIOSIS?

Listeriosis is a serious disease caused by the bacterium, *Listeria monocytogenes*. It is transmitted to persons through the ingestion of contaminated food products.

It typically causes pregnancy associated disease (fetal loss, still-birth, neonatal sepsis). Anyone who consumes food contaminated with *Listeria* can get listeriosis.

However, persons at high risk of severe disease include pregnant women and their unborn babies, the elderly (>65 years), persons with underlying conditions such as diabetes, cancer, chronic liver or kidney disease, and persons with weakened immune systems due to HIV or cancer chemotherapy.



Did you know? Daily foods such as meats, cheeses, vegetables and fruits have caused Listeria food poisoning.

EBOLA VIRUS DISEASE OUTBREAK, DEMOCRATIC REPUBLIC OF CONGO

The Ebola virus disease (EVD) outbreak in North Kivu and Ituri provinces, Democratic Republic of the Congo is on-going. As of 19 November 2018, a total of 373 EVD cases, including 326 confirmed and 47 probable cases, has been reported. The number of deaths reported to date is 217 with a case fatality rate of 52% among all confirmed cases. Seventy-two cases are suspected and still under investigation.

Situation in South Africa

As at 28 November 2018, there have been no EVD cases in South Africa associated with the current outbreak in the DRC. In addition, there are no suspected cases of EVD in South Africa at present.

KEEP YOUR HOME AND THE ENVIRONMENT CHEMICALLY SAFE!

Watch out for these chemicals in the home

You may already know that some common household products contain potentially dangerous chemicals. These products include, among others:

- cleaning agents such as bleaches, dishwasher powders, oven cleaners, drain cleaners and turpentine
- pest control products
- weed killers
- gardening products
- swimming pool chemicals
- liquid petroleum gas

While an adult may know not to swallow these, a child might think they are safe to touch or eat or drink.

You and your family can live safely with these chemicals around your home if you store them safely (away from children) and use them correctly.

Learn how to store chemicals safely at home

Store and use all chemicals according to the instructions on the packaging. Remember, chemicals may be toxic or flammable, and they may create a poisonous gas or liquid when mixed. Below are some safety tips for storing chemicals in your home.

It also is recommended that before applying pesticides or other household chemicals, remove children and their toys, as well as pets, from the area.

Keep children and pets away until the pesticide has dried or as long as is recommended on the label.

10 safety tips for storing chemicals in your home

- Before you buy a product, read the label. Before you use a product, read the label and then follow the instructions for use.
- Try to find the least dangerous product that will do the job, especially if children and pets will be exposed to it.
- Keep chemicals in a locked cabinet out of the reach of children (including children who are good climbers!). If you can, keep liquid chemicals away from (or below) dry chemicals.
- When you use the chemical, follow the instructions. Make sure you have the recommended protective equipment such as gloves, safety goggles and a face mask, and work in a well-ventilated area.
- If you are using chemical cleaners, wash the cleaning rags before you use them again or before throwing them out.
- Keep chemicals in their original packaging, so you can easily identify them.
- Do not use chemicals for anything other than their intended job. When you are finished with a chemical do not pour it down the drain, toilet or gutter.



Some household chemicals must not be thrown into your regular rubbish.

Always contact your local municipality with regards to disposing of different household and hazardous chemicals.

Remember, don't throw anything in the toilet or down a drain. And, if you have empty chemical containers, wrap them before you throw them

PESTICIDE POISONINGS

- **3** incidents of pesticide poisoning were reported during the 2017/18 financial year.
- The notifications received were investigated and reports submitted to the Provincial Health Department.

About 97 percent of all body exposure that happens during **pesticide** spraying is through skin contact. Most **pesticides** are designed to harm or **kill** pests.

Because some pests have systems similar to the human system, some **pesticides** also **can** harm or **kill** humans.

EARLY CHILDHOOD DEVELOPMENT (ECD): REGISTRATION OF FACILITIES

The Children's Act (Act 38 of 2005) requires all ECD facilities to apply for registration and comply with norms and standards.

Some of these requirements include the norms and standards referenced in the Dept. Social Development (DSD) regulations pertaining to the Children's Act, local government regulations, National Environmental Health norms and standards for Premises and Acceptable Monitoring Standards for Environmental Health Practitioners (2015), amongst others.

Partial Care Registration is a legal requirement for every place where more than 6 children are cared for without their guardians. It is also currently the entry point to government funding of most ECD facilities.

In order to drive universal access to ECD and to fund and resource ECD facilities nationally it is imperative that every ECD facility is known and assessed for registration by DSD and Environmental Health under the relevant legislation.

One of the requirements for Partial Care Registration is the supporting document requirement of a "Health Certificate". This requirement places a dependency on assessment by municipal Environmental Health practitioners and their specific norms and standards.

ROOKBEHEER IN DIE WERKPLEK

'n Werkgewer in beheer van 'n publieke plek mag 'n sekere gedeelte van die publieke plek inrig as 'n rookarea, mits die area kleiner as 25% van die vloerarea van die publieke plek is.

Die rookarea moet afgedig wees van die res van die publieke plek deur soliede afskortings en 'n toegangsdeur waarop die teken "ROOKAREA" vertoon word. Ventilasië moet van so 'n aard wees dat lug vanuit die rookarea uitgelaat word na buite. Die lug vanuit die rookarea mag nie hersirkuleer na enige ander area binne die publieke plek nie en sekere waarskuwingstekens moet op die toegangsdeur tot die rookarea vertoon word.

'n Werkgewer in beheer van 'n publieke plek moet toesien dat niemand in 'n ander area as die rookarea rook nie.

'n Werkgewer moet verseker dat enige werknemer wat nie aan tabakrook blootgestel wil word nie, beskerm moet word teen die blootstelling daaraan binne die werksplek.

Die persoon in beheer van 'n publieke plek moet toesien dat inligtingstekens by die publieke plek vertoon word sodat enige persoon wat die publieke plek betree, bewus is van enige verbod op rook binne daardie publieke plek.

Die indruk van mense se welstand word sterk beïnvloed deur die gehalte en toestand van hul omgewing en is die verhouding tussen die mens en sy omgewing een van die belangrikste faktore in die bepaling van sy gesondheidsstaat.

"IF EVERYONE IS THINKING ALIKE, THEN SOMEBODY ISN'T THINKING."

MONITORING OF PUBLIC PREMISES

- 162 inspections were conducted at public premises during the 2017/18 financial year.
- 55 Health Certificates were issued in terms of the relevant Norms & Standards.

EVALUATION OF BUILDING PLANS FROM A HEALTH POINT OF VIEW.

- 3 building plans were scrutinized from a health point of view during the 2017/18 financial year.
- Comments in this regard were sent to all relevant role players

KEEPING OF ANIMALS

The uncontrolled keeping of animals, as well as the keeping of an inappropriate number of animals, animals being accommodated inappropriately, or where animals are not being cared for properly, result in circumstances that causes nuisances, unclean and unhealthy conditions for people, animals & the environment in the Central Karoo district.

Responsible animal ownership is a very important component of nuisance control within our environment generally and particularly in our residential environment.

PROJECT PROPOSAL FOR INFORMAL HOUSEHOLDS IN THE CENTRAL KAROO DISTRICT

A Project Proposal has been drafted and will be sent to the Department Human Settlements in order to obtain funding for a Health and Hygiene Training and Education Programme at informal households.

The objective of this Programme is to educate and empower people staying in informal houses to:

- Address the dignity of these communities.
- Improve the health and hygiene conditions of informal households and to create a healthy environment.
- Change negative behavioral patterns towards health and the environment.
- Reduce the exposure of residents to diseases.
- Identify other positive actions.

Environmental Education is not only about gaining knowledge of environmental issues - it goes deeper to the motivation behind our actions. Nurturing values, such as 'care', 'respect' and 'responsibility', are an equally important aspect of environmental education.



The benefits of effective and sustainable hygiene education programmes in informal settlements are numerous and include reduced infant mortality from diarrhoea, reduced environmental pollution, reduced health care costs, improved conditions of living, reduced operations and maintenance, etc.

Hygiene education programmes are among the most cost effective ways of lowering health costs especially in high density settlements where residents are at greater risks to poor sanitation related diseases.

MONITORING OF INFORMAL SETTLEMENTS

There are a total of 4 "informal settlements" in the Central Karoo.

17 inspections were conducted at informal settlements during the 2017/18 financial year.

Bi-annual Informal Settlement Evaluation Reports

Bi-annual evaluation reports on the current status of informal settlements are sent to all local municipalities within the region during December and June each year.

These evaluation reports aim to:

- Serve as a source of information to the relevant municipality and provincial departments.
- Eliminate any harmful conditions to human health.
- Promote a healthy and safe environment for all residents in the region.



HOUSING

Proper housing can be regarded as one of the most important "health priorities". Poor housing conditions can lead to the death of occupants and can cause illnesses, such as diarrhea and other diseases.

Although there are still a few informal houses in the Central Karoo Region, the overall housing conditions are relatively good.

The overcrowding of some houses remains a problem.



PLIG OM 'N GESONDHEIDSOORLAS UIT TE SKAKEL OF TE VERMINDER

Die eienaar, bewoner of gebruiker van grond of 'n perseel moet :

- verseker dat 'n gesondheidsoorlas nie bestaan of plaasvind op sy of haar grond of perseel nie; en
- binne 24 uur nadat hy of sy bewus geword het van 'n gesondheidsoorlas op die grond of perseel, die gesondheidsoorlas uitskakel, of indien hy of sy nie in staat is om die gesondheidsoorlas uit te skakel nie;
- stappe tot bevrediging van die munisipaliteit neem om die risiko vir munisipale gesondheid te verminder; en
- die bestaan van die gesondheidsoorlas aan die munisipaliteit rapporteer.

(Uittreksel uit SKDM Munisipale Gesondheidsverordening, PK 6631 van 29 Mei 2009)

NEW BY-LAW FOR MUNICIPAL HEALTH

The Section is currently busy drafting a new by-law for municipal health. Once the by-law is approved by Council and promulgated in the Provincial Gazette, it will replace the current by-law of May 2009.

The objective of the by-law is to enable the Municipality to promote and protect the health and well-being of all people within our municipal area by providing an effective legal and administrative framework, in conjunction with any other applicable laws, within which we can develop and manage our municipal health service obligations.



MUNICIPAL HEALTH MANAGEMENT PLAN

Our Municipal Health Management Plan form the basis of a series of strategies and programs to ensure that all the principals of sustainability are adhered to.

This will also enable the meeting of current needs, as well as the maintenance of our resources for the benefit of future generations.

VECTOR CONTROL PROGRAMME FOR FOOD PREMISES

A Vector Control Programme for Food Premises has been drafted during last year and was approved by Council.

It is important for Food Business Operators to have a proper Pest Control System in place as pests can be a serious health hazard for consumers. They can also cause monetary loss as they damage property and food products leading to waste.

An effective and continuous Pest Control Programme will prevent insects, birds, rodents or other vermin infesting the surrounding areas of a food establishment.

Join Our E-mail List!

If you or any of your friends are interested in receiving regular information regarding municipal health, you are welcome to send your e-mail address to Gerrit van Zyl, at gerrit@skdm.co.za.



KLAGTES

Dit kom van tyd-tot-tyd onder die Afdeling se aandag dat 'n persoon of persone op sosiale media ens. klagtes het rakende sekere toestande wat 'n gesondheidsrisiko vir die mens inhou of mag inhou.

Hoewel hierdie klagtes die aandag van onder andere die Afdeling Munisipale Gesondheidsdienste vereis, is dit soms onmoontlik om van hierdie klagtes bewus te wees indien dit nie by ons Kantore aangemeld word nie.

Die Afdeling wil hiermee 'n vriendelike beroep op die publiek doen om klagtes by ons aan te meld (Sien kontaknommers op eerste bladsy van hierdie Nuusbrief). Wees verseker dat ons alle wettige, noodsaaklike en redelik uitvoerbare maatreëls sal tref om u klagte(s) aan te spreek.

Ons is óók bekommerd oor die stand van ons omgewing en die impak daarvan op menslike gesondheid. Waar dit nie binne ons magte / bevoegdheid is om die oorsaak of impak te verwyder, te beperk of totaal uit die weg te ruim nie, bring ons dit op 'n deurlopende basis onder die aandag van ander rolspelers ten einde 'n bewustheid hieroor te skep en, waar moontlik, verandering teweeg te bring.

U hulp met die aanmelding van toestande wat 'n gesondheidsoorlas en/of -risiko inhou is vir ons uiters belangrik - wees ons op hierdie wyse van hulp in die daarstelling van 'n omgewing wat bevorderlik is vir almal se gesondheid.

Indien u klagte nie na wense aangespreek word nie, word u versoek om dit onder die Bestuurder Munisipale Gesondheid se aandag bring.



COMPLAINT INVESTIGATIONS

All Environmental Health related public complaints are investigated.

On receipt, a public complaint is registered for record purposes and investigated within 48 hours.

Complaints regarded as urgent or poses immediate danger to human health are investigated within 24 hours.

Feedback is provided to a complainant within 7 days of receiving the complaint and follow-up inspection is conducted to ensure the elimination of a condition resulting in a compliant.

A compliance notice is issued where deemed necessary by the Environmental Health Practitioner and a report is compiled on completion or closure of every public complaint.

Complaints management is about resolving individual complaints and identifying opportunities to make systemic improvements.

Every organisation that deals with the public will receive complaints. The community expects government organisations to be customer-focused and responsive to complaints.

Something to think about:

Let us remind ourselves, when there is a World Cup in South Africa, the EHPs are very important people. When there is a cholera outbreak, we all look for the EHP.

When there is a food poisoning incident, everybody wants the EHPs to act. Yes, the list is endless.

It is important to pay attention to Municipal Health / Environmental Health Services to ensure that issues are addressed on time and before they escalate.

SALGA MHS Status Quo Report: 2018

Environmental protection doesn't happen in a vacuum.

You can't separate the impact on the environment from the impact on our families & communities in the Central Karoo

**DIE AFDELING
MUNISIPALE
GESONDHEID
WENS U 'N
GESEËNDE EN
VOORSPOEDIGE
2019 TOE**

**Dream big,
work hard,
stay focused &
surround
yourself with
good people.**

Be the **CHANGE**
you wish to see in
the **CENTRAL KAROO**

"Our lives begin to end the day we become silent about things that matter."

- Dr. Martin Luther King Jr.

For other words of wisdom, click on the Quotations tab at: www.TheGreenSpotlights.com