



PRESS RELEASE

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FOR IMMEDIATE RELEASE

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COMMUNITY MEMBERS FROM THEMBALETHU EDUCATED ABOUT COMMUNICABLE DISEASES

Environmental Health Practitioners (EHPs) from the Garden Route District Municipality's (GRDM's) Community Services Department recently held a communicable disease awareness session at Kuyasa Clinic in Thembaletu, George. Educational talks were delivered by Ms Jessica Erasmus, Mr Gcobani Tshozi and Ms Wandile Magwaza from the Wilderness region – one of the eight (8) areas served by the GRDM. A total of approximately 150 adults, who were present at clinic, including staff members, were educated during the session.

The topics discussed, include:

1. Viral meningitis
2. Measles
3. Hepatitis
4. Cholera

The district distributed pamphlets to everyone and discussed each topic in length in English and Xhosa. Cholera was especially emphasized because of the recent outbreak in Mozambique. It is important to keep abreast with what is happening in and around South Africa because people migrate all over the continent which can cause the further spread of communicable diseases.

Hand Hygiene

The main focus area of the day was good hand hygiene practises. It stays one of the central points of preventing the spreading of germs. Proper hand-wash steps were explained and demonstrated.

One of the most important personal hygiene habits that the community needs to be reminded of and educated about, is how to properly wash their hands.

During the session, it was explained how germs are transferred from one item to another, merely by touching it. A person who touches his/her food with hands which had been in contact with contaminated areas can lead to a range of illnesses. Proper handwashing with soap and water is a simple. It is the easiest method used to get rid of disease-causing bacteria on surfaces. Hand-washing is not only important after eating, playing or any other activities, but especially before such activities too.

The district firmly believes that prevention is better than cure and by instilling a culture of good hand hygiene, the health of communities will improve.

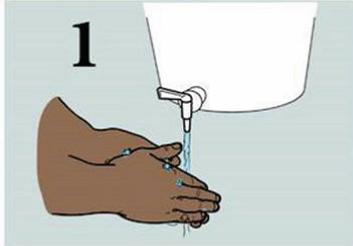
Editor's note: Municipal Health Services in the region is divided into 8 regions, namely: Outeniqua (George), Klein Karoo, Wilderness (George), Mossel Bay, Lakes (Bitou), Makes (Knysna), Hessequa and Kannaland.

Photographs:

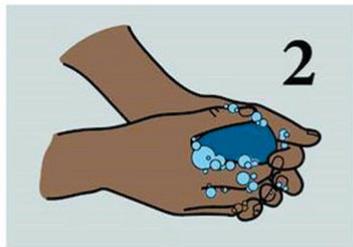
001 Community members at Kuyasa Clinic educated about communicable diseases.

002 Community members at the Kuyasa Clinic in Thembaletu who were educated about communicable diseases. Ms Jessica Erasmus, Garden Route DM EHP is featured in the middle.

THE PROPER WAY OF WASHING HANDS



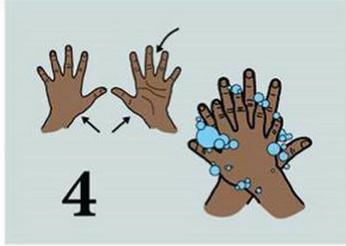
1
Wet hands with clean water.
Maak hande met skoon water nat.
Manzisa izandla zakho ngamanzi.



2
Apply Soap.
Wend seep aan.
Faka isepha.



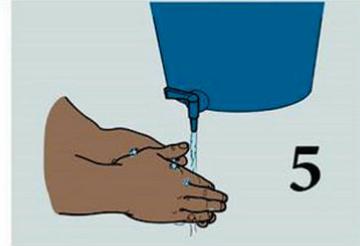
3
Rub palms against each other.
Vryf handpalms teen mekaar.
Dibanisa imiphakathi yezandla



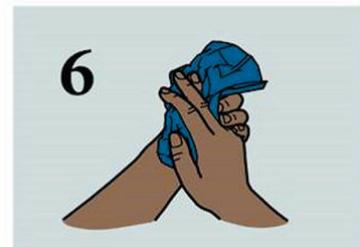
4
Rub the back of each hand interlaced; rub with back of fingers to the opposing palms; rub each thumb clasped in opposite hand, rub the tips of fingers; rub each wrist with opposite hand.

Vryf die agterkant van die handpalms teen mekaar, met vingers inmekaar gevleg; Vryf handpalms teen mekaar met vingers inmekaar gevleg; Vryf die agterkant van die vingers teen die teenoorgestelde handpalm; Vryf elke duim in die teenoorgestelde handpalm; Vryf die fingerpunte; Vryf elke pols met teenoorgestelde hande.

Hlikihla imiva yezandla ngeminwe; Hlikihla imiphakathi yezandla udinanise iminwe; Hlikihla umphakathi wesandla ngeminwe evalekileyo; Hlikihla ubhontsi wesandla ngasinye uwuvalele ngesandla; Hlikihla intupha zeminwe; Hlikihla isihlahla ngasinye ngesandla.



5
Rinse with water.
Spoel die hande deeglik met water af.
Hlambulula ngamanzi.



6
Dry your hands thoroughly.
Droog hande deeglik af.
Yomisa izandla zakho kakuhle.

Remember to show this educational piece to your friends, family and especially, your children!



SAVE LIVES
Clean Your Hands

www.gardenroute.gov.za





ENDS

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