



LIMPOPO

PROVINCIAL GOVERNMENT  
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF  
PUBLIC WORKS, ROADS & INFRASTRUCTURE

*Re a Soma*



Official Departmental Quarterly Newsletter

2023/2024 First Quarter Edition

**PROVINCIAL  
ROAD  
MAINTENANCE  
ON NATIONAL  
AGENDA**

**2023/2024**

**BUDGET**

**SPEECH**

**HIGHLIGHTS**

**PRIVATE-PUBLIC  
PARTNERSHIP TO  
DEVELOP  
MOGALAKWENA ROADS**

**HEALTH  
AND  
WELLNESS**





- 03 Provincial road maintenance on National Agenda
- 05 Budget Speech highlights
- 07 Operation Thiba Mekoti Ditseleng
- 08 Oversight visit for new road construction
- 09 Department providing residential accommodation
- 10 Provincial commemoration events
- 11 Health corner

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## PRIVATE-PUBLIC PARTNERSHIP TO DEVELOP MOGALAKWENA ROADS



rainy season due to poor storm water drainage,” said Motumi. The mine will utilize the special presidential package budget to assist road development in the municipality. Road Agency Limpopo (RAL) will draft a memorandum of agreement that outline the design standards, maintenance plan and other logistical

arrangements for the project. MEC Nkakareng Rakgoale appreciated the initiative from Anglo Platinum Mine which seals the private-public partnership moreover as the province has no funds available to construct a new road. “The road will remain the property of government after construction, issues such as maintenance plan and design standards should be agreed upon with RAL” said MEC. The

memorandum of agreement once finalised will be signed by RAL, Mogalakwena Local Municipality, the Department and Anglo Platinum Mine.



Anglo Platinum Mine representatives Mr K Mambwe and Ms H Motumi

### Khomotjo Serumula

Mogalakwena Local Municipality hosted the meeting with Anglo Platinum Mine, RAL and the department to discuss the construction of Road D1958 from Raowele, to Phafola and Mapela and four (4) major streets (namely Geyser, Dudu Madisha, Hooge and Pretorius) in the Mokopane township on which the mining company operates. Representative from the mine, Ms Hilda Motumi said the mine has appointed engineering consultants to do feasibility studies that will inform the scope of work, designs, timelines and budget required. “The road is undrivable during

**VISION**  
A leader in the provision and management of provincial Land, Buildings and Roads Infrastructure.

**MISSION**  
Optimal utilization of resource in the provision and management of sustainable social and economic infrastructure including implementation and coordination of Expanded Public Works Programme.

**VALUES**  
The Limpopo Department of Public Works, Roads & Infrastructure prides itself on the following core values:

**Accountability**  
Every officials will be held responsible for own action and ensuring single point accountability,

**Integrity**  
All officials will be truthful and honest in execution of duties in their area of competence.

**Professional Ethics**  
All officials will perform diligently with necessary proficiency in the execution of duties in their area of skills backed by acceptable moral code.

**Excellence in Service Delivery**  
All officials shall dedicate their energy and time strive to deliver as a joint and cooperate amongst themselves for service excellence,

**Transparency**  
The Department will always uphold Batho Pele Principles and deliver accordingly.

**Answerability**  
The Department will collectively take liability for poor service delivery.

# PROVINCIAL ROAD MAINTENANCE ON NATIONAL AGENDA



From left to right: MEC Nkakareng Rakgoale, Minister Sindisiwe Chikunga, Acting Premier MEC Seaparo Sekoati and MEC Florence Radzilani

## Khomotso Serumula

Limpopo Province has lost eleven bridges and about 202 roads that were washed away and damaged by floods which pulled a plug and reversed rehabilitation and patching of potholes that the department did since August 2022. The provincial Operation Thiba Mekoti Ditseleng was reversed by the devastations caused by the floods which made some sectors of society to create an impression that the department and its entity Roads Agency Limpopo are failing in terms of roads maintenance.

The budgetary constraints has also made it impossible for the department and RAL to provide new roads infrastructure in the past five (5) years, hence emphasis is placed more on patching of potholes, regravelling, rehabilitation and maintenance.

Undeterred yet determined, the department together with RAL signed a memorandum of understanding with municipalities and COGHSTA to capacitate municipalities on road maintenance with the aim to implement the District Development Model and Intergovernmental Relations that ensure a coordinated service delivery from spheres of government.

Through this partnership,

about ten (10) contractors were appointed for maintenance and rehabilitation of internal streets at district level.

MEC Nkakareng Rakgoale has ensured that she take a lead by embarking on an unannounced visit to districts to monitor the progress made on

**“the objective of this visit is to create alignment as the three spheres of government to accelerate interventions meant to deliver roads that are in an acceptable state of repair and resolve intractable challenges that hold back progress,”** said Minister

maintenance of roads and patching of potholes.

At national level the Operation Thiba Mekoti Ditseleng, known as Operation Vala Zonke led by Minister Sindisiwe Chikunga who came for an oversight visit to the province to discuss the current state of provincial roads and challenges with the purpose of strengthening the national oversight interventions on budget transfers and allocations through DORA and PFMA. The

budget transfers and allocations is called the Provincial Roads Maintenance Grant (PRMG), the grant that supplements the provincial road investment on maintaining primary road networks that promote economic development. “Roads are central in the economic activity and play a strategic role in connecting all modes of transport, thus enabling a seamless movement of goods, labour and access to markets,” said Minister Chikunga. “If we want to improve the lives of people, we need to redouble

our efforts and bring our collective capacity in order to navigate the complex constitutional arrangements that inform how we manage our road network,” emphasised Minister Chikunga.

Chikunga said there are about 184816km of paved and gravelled road networks in the province of which 40% reached their design life and about 80% are older than 20 years and the PRMG allocation for Limpopo this financial year is R1.78 billion. Minister said, “we need to adopt a practical project-management oriented approach in all our interventions with regards to roads infrastructure.” To this the Minister emphasised that for the state of road infrastructure to change, all spheres of government should work together in a cohesive and coordinated way. “To enable national to assist in turning the state of the roads around, submit list of identified roads for private sector engagement an adopt a road programme and finalize upgrading of gravel roads using the NANO technology and prioritise even intensify implementation of brick paving road project,”



Participants during the Ministerial visit at Meropa Casino



Mr D Rankwe the Acting Chief Director Roads Infrastructure

elaborated Chikunga. The department was advised to identify road to transfer to SANRAL, engage SANRAL were delivery of quality road is challenging and yellow fleet due for maintenance and staffing complement.

“We should synchronise our efforts and collaborate with all road authorities and other organs of state in order to improve the condition of roads in a manner that gives people confidence in our ability to improve service delivery that impacts them in a positive way,” said Minister Chikunga.

The S’hamba Sonke programme managed to contribute 50% towards job creation according to the EPWP infrastructure reports. “The S’hamba Sonke approach to road construction and maintenance, will ensure that municipality’s road authorities achieve similar success with proper guidance and technical support from the national and provincial road authorities,” elaborated the Minister.

The oversight visit was attended by the Minister, Acting Premier Mr Seaparo Sekoati, MEC Nkakareng Rakgoale, MEC Florence Radzilani, Executive Mayors, Mayors, RAL, representatives from district and local municipalities who deals with road infrastructure and departmental (national and provincial) officials.

## LIMPOPO ROAD NETWORK CONDITIONS

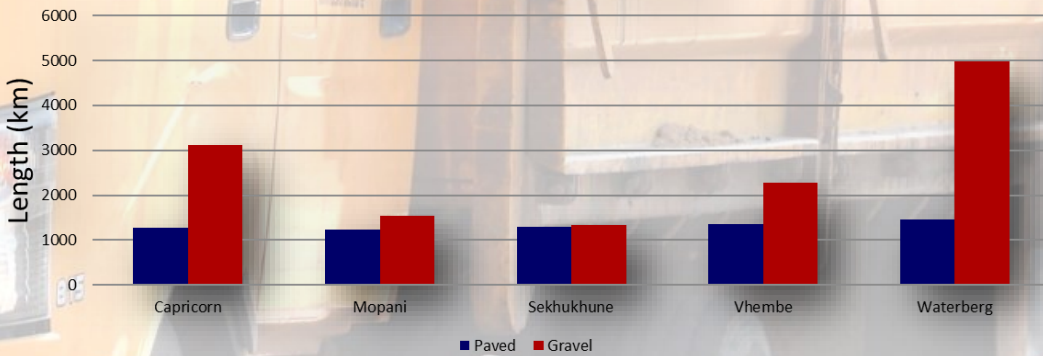
*Challenges relating to continuous deterioration of roads in the province include:*

- *Lack of adequate, timeous and proper road maintenance*
- *Insufficient resources to ensure timeous maintenance and rehabilitation of roads to keep them in a acceptable state of repair*
- *Aging roads infrastructure which exceeded its design life*
- *Inadequate funding to sustain the current road network*
- *Lack of technical skills due to the inability to attract and retain their expertise.*

**Out of a national total of 272782km of paved and unpaved provincial road network across all provinces, Limpopo has 20675km of which 7202km are paved and 13473km unpaved.**

**LDWRI have the obligation to plan, design, construct and maintain the road infrastructure**

Limpopo Network Distribution



District	Paved (km)	Gravel/ Unpaved (km)	Total Km
Capricorn	1 279	3 118	4 397
Mopani	1 241	1 546	2 787
Sekhukhune	1 306	1 333	2 639
Vhembe	1 363	2 286	3 649
Waterberg	1 460	4 974	6 434
<b>Total</b>	<b>6 649</b>	<b>13 257</b>	<b>19 906</b>
Percentages	33%	67%	100%



# Budget Speech HIGHLIGHTS 2023/2024



MEC Rakgoale flanked by CEO of RAL, Mr Maluleke and RAL Board Chairperson, Mr Ralebipi

## Audit Opinion

The department received unqualified audit opinion for the past three (3) years.

## Provincial Government Land and Building

- ⇒ The department is implementing innovative infrastructure plans with alternative **energy source such as solar panels and lithium batteries** prior completion.
- ⇒ In 2023/2024 the department will grow its property portfolio by procuring buildings in Polokwane to reduce lease portfolio and cut down on office accommodation with the **R100 million allocation**.
- ⇒ The identified land to **move Sekhukhune Government offices** from Lebowakgomo to Jane Furse has been surveyed.

## Expanded Public Works Programme (EPWP)

- ⇒ Departments and municipalities managed to create 99716 work opportunities against the annual target of 95735 in 2022/2023. 75% of beneficiaries were women, 32% youth and 1% were people with disabilities.
- ⇒ The department have collaborated with DEAFSA and BLINDSA to create 141 work opportunities.

## Road Infrastructure

- ⇒ Designs for maintenance of additional **33 roads** across the province completed
- ⇒ Total amount of **R96 million** will be spent on the re-gravelling of roads.
- ⇒ RAL has signed a MOU with Ten (10) local municipalities to do Routine Road Maintenance and pothole patching, **ten (10) contractors are appointed** for maintaining internal roads in the municipalities and **22-Household contractors** have been allocated to each local municipality to do maintenance of roads.
- ⇒ **R100 million** has been allocated for the purchase of heavy machinery and equipment in 2023/2024 financial year.
- ⇒ RAL together SANRAL signed a memorandum of agreement for the construction of new **road interchange on the R71 near St. Engenas ZCC**, **R130 million** has been allocated for this project.
- ⇒ The rehabilitation and refurbishment of **GaMalekane single lane bridge** project is estimated to cost **R127 million**—the project has investments from eight (8) mining houses.

## Education Infrastructure

- ⇒ **10 new schools projects** in 2023/2024 and **16 new schools projects** in 2024/25 will be completed across the province.
- ⇒ **24 new school projects** are at final designs stage and prioritised to advertise for construction in 2023/2024 financial year.
- ⇒ **5 school infrastructures** have been completed in the 2022/2023 financial year.

## Health Infrastructure

- ⇒ The construction of Maphutha-Malatjie Hospital OPD project is at 92% completion stage, will be completed 2023/2024.
- ⇒ Construction at Bosele Emergency Medical Centre is at 95%
- ⇒ The Lebowakgomo Emergency Medical Centre is at 50% completion stage.

## Sports, Arts and Culture Infrastructure

- ⇒ Replacement Contractors for construction of Vleifontein, Tshaulu and Sekhukhune libraries to be finalised in the first quarter of 2023/2024.
- ⇒ Botshabelo library at construction stage, will be completed 2023/2024.
- ⇒ Construction of Schoemansdal Museum is at completion stage.
- ⇒ Limpopo Theatre at final stages of planning and design, construction to start fourth quarter of 2023/2024

## Work Opportunities

- ⇒ The department through household contractors managed to **surpasses the 100000m<sup>2</sup> target** by achieving 180733,70m<sup>2</sup> in 2022/2023 financial year and **created 963 jobs**. The 2023/2024 target of 132394m<sup>2</sup> is expected to create 1941 job opportunities.
- ⇒ The department is in process of recruiting road maintenance machinery and equipment driver operators.

## Budget Allocations

- For the 2023/2024 financial year the department received R4,950 billion
- Programme 1** (Administration) R462,501 million
- Programme 2** (Infrastructure Operations) R1,009 billion
- Programme 3** (EPWP) R84,547 million
- Programme 4** (Roads Infrastructure) R3,394 billion of which R2,0009 billion was transferred to RAL.

**“The journey continues, our work does not end here, we must continue to engage with our stakeholders on issues of service delivery and implement our plans within budget and in the timeframes that we have committed,”** said MEC Rakgoale during the Tabling of 2023/2024 Vote 09 Budget Speech.

# Did You Know?

## Limpopo Department of Public Works, Roads and Infrastructure

Received **unqualified audit opinion** for the past three (3) years.

Refurbish and maintain **Nature Reserves** in the province.

Construct **Traditional Council Offices & Traffic centers i.e. K53 centers** in the province, they are constructed as multi-year projects.

**Procured Limpopo Gambling Board building** during 2022/2023

Departments and municipalities **created 99716 work opportunities against the annual target of 95735** in 2022/2023. 75% of beneficiaries were women, 32% youth and 1% were people with disabilities.

**87 Artisans in electrical, fitting, welding and diesel mechanic were produced** through partnership with Office of the Premier and merSETA

Plans to grow its property portfolio in 2023/2024, **by procuring buildings in Polokwane** to reduce lease portfolio and cut down on office accommodation with the R100 million allocation

**Has been allocated R100 million for the purchase of heavy machinery and equipment** in 2023/2024 financial year for road maintenance .

**Departmental strategic partners** in the private sector have **contributed about R400 million in co-funding** for the development of provincial road infrastructure.

Aims to **provide quality, sustainable and safe education infrastructure facilities** to all learners in the province.

**Construction works** for the new 36—bed female general ward and renovation of 36 bed female ward, Helipad and waste water management **at Letaba Hospital has been completed.**



# OPERATION THIBA MEKOTI DITSELENG

“..a new financial year just resumed, we will be able to move around the province and patch roads which are still within the lifespan. We do this so our people are able to drive safely on the road” **said MEC Nkakareng Rakgoale.**

Witness Tiva and Johannes Mangena

**D**epartment of Public Works, Roads & Infrastructure MEC, Mme Nkakareng Rakgoale’s continuation of pothole patching project known as Operation Thiba Mekoti Ditseleng programme, is an indication that the department is committed to ensure that roads in the province are maintained, drivable and roadworthy. This programme was initially launched in August 2022.

According to MEC Rakgoale, roads infrastructure plays an important

economic role as it enables safe traffic flow that allows economic activities to take place within the province.

These continuation of roads maintenance serves as employment opportunity for the roads workers as it gives them continuous job security and assurance. This shows how this pothole patching project benefit largely in various sectors of the economy.

Public Works, Roads and Infrastructure MEC Rakgoale joined road workers in the Vhembe District to monitor patching potholes on the D3756 Mavambe-Thohoyandou road in the Vhembe

District.

During the visit, MEC Rakgoale was joined by the Musina Municipality Chief Whip Fistos Mafela. The patching of potholes was on the P135/1 Road (also known as D37565) which links the N1, Pafuri gate of the Kruger National Park, as well as villages in the Musina Local Municipal area.

This follows another monitoring the pothole patching work on the D19 Polokwane-Matlala road under Capricorn District.

MEC will be visiting other districts for the same projects soon.

## NEWS UPDATE



**T**he construction of the double lane concrete bridge and rehabilitation of the old Steel Bridge at GaMalekana on Road D2219 joining R555 have commenced. The project started on 4 June 2023. to date there is the completed stabilization of roadbed, the excavation of 3 out of 4 holes for bridge piers and the escalation of the bridge abutment.

Road Agency Limpopo and the eight (8) mining companies namely Rakhoma Mining Resources, Dwarsrivier Chrome Mine, Glencore, Rustenburg Platinum, Samancor Chrome, Boysendal Platinum, Tjate Platinum and Two Rivers Platinum, are working together for the construction of the



Aerial pictures of the GaMalekana Steel Bridge construction in progress. Pictures from RAL Facebook handle.

project which is anticipated to be completed in 18 months.  
#RALatWork

LDPWRI & Mining Companies together for Infrastructure Development

Strengthening Road Infrastructure Delivery in the Province

# OVERSIGHT VISIT FOR NEW CONSTRUCTION ROADS

**ROAD D3561 (7km Phase 1).** The project was handed over on 15 December 2022. The overall kilometers of the road is 21km from N11 to Segole 1 and 2 to Masebe Nature Reserve.



**ROAD D3278 (5km Phase 1).** The project was handed over on 8 December 2022. The overall kilometers of the road is 10,4km from Hospital to Bafelsook . To be completed in 12 month period.



## RAL Road Update: Road D3179, from Medingeng to Malematsa progresses well

**S**ignificant progress has been made by Road Agency Limpopo (RAL) on Phase 1 (4.5km of 9.6km) of the preventative maintenance project for road D3179 from Medingeng to Malematsa in the Mopani District.

Road D3179 was previously in a poor state with inadequate drainage and silt accumulation that caused most erosion during rains, thereby rendering it to be a single lane pathway. With the ongoing

improvements, the road will become more accessible and enhance the driving experience for road users.

The project commenced early in the year following the launch and handover by MEC for Limpopo Department of Public Works, Roads and Infrastructure, Mme Nkakareng Rakgoale. So far, progress includes completion of the road bed and current construction of the sub-base layer.

The road will be built with paving blocks to intensify labour participation and create job opportunities for the locals. So far, the project has provided employment to 15 local labourers and empowered three local businesses.

#RALatWork



# LDPWRI providing affordable residential accommodation

**Khomotjo Serumula**

**P**ublic Works, Roads and Infrastructure provides residential accommodation to government employees at district level within the province. MEC Nkakareng Rakgoale during the Tabling of 2023/2024 Budget Speech said “on state owned properties, the department will install prepaid electricity meters in order to manage government spend on electricity.

**Q: Who qualifies to rent at state owned residential properties?**

**A:** first preference is for public servants so they can be accommodated nearer to their work of employment-preference also for those that render essential services.

**Q: What are processes and procedure undertaken to qualify to be a tenant?**

**A:** must be a public servant willing fill in the completed, sign a 24 month contract with Properties and Facilities Management on behalf of the department, credit check and affordability screening is also made prior approval. The allocation committee meet monthly to adjudicate the applications taking recommendations of the credit risk and

investigation by the Contract Administrator into account. After approval a deposit equal to one month contract is paid upfront. Renewal of contract application is made 3 months before expiry of contract and the department reserve the right not to renew the lease as they take into account financial interactions with the tenant.

**Q: How does the department receive their rentals i.e. debit order, stop order or is there any other payment method?**

**A:** the lessee or tenant pay rental in advance on or before the 15<sup>th</sup> of every month via bank stop order.

**Q: What happens to tenants that default on rental bills?**

**A:** any long standing amounts are referred to departmental legal service for recovery and advice, however interest will be charged according to PFMA Section 80 on all late payments. This can lead to termination of lease as the tenant would have defaulted on their side.

**Q: What is tenant audits?**

**A:** this involve the department visiting tenants to complete a questionnaire, verify people living per

unit and checking also if there are any defaulting in payment. No tenant is allowed to sub-let whole of part of unit to 3rd party without prior approval of the department. Any irregularities in the side of the tenant will result in doors being locke and legal actions taken.

*“In terms of managing the provinces government land and buildings, the Department will in 2023/2024 proceed with the task of ensuring that the province continues to grow its property portfolio by procuring buildings in Polokwane in order to reduce the lease portfolio, this is a strategic move by government to cut down on office accommodation spend. During the 3rd quarter of 2022/2023, we have been able to procure the Limpopo Gambling Board building and in this coming financial year we have an allocation of R100 million for the purchase of another building as part of implementing the Executive Committee Resolution taken on that Matter,” said MEC Nkakareng Rakgoale during Tabling of the 2023/2023 Budget Speech.*

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www.ral.co.za



# Provincial Commemoration



Freedom Day at  
Tafelkop, Sekhukhune

27 APRIL



Africa Day at  
University of Venda

25 MAY



Youth Day at  
Mudavula, Vhembe

16 JUNE

## Khomotjo Serumula

Freedom was never free" these were remarks by Premier Chupu Mathabatha during the event held at Elias Motsoaledi Local Municipality. Premier Mathabatha was referring to the apartheid freedom fighters who endured being unfairly jailed, tortured, family scattered while others exiled even death for the same freedom that every South African talk about. Many still have physical and emotional scars when they remember the apartheid regime treatments. "We have been through tough times politically. Those that says apartheid was better were not there. Just by undermining the ruling government people were sent to jail" emphasised Premier Mathabatha. Mathabatha explained that although government has made some improvements in terms of offering no fee schools, access to healthcare services, school infrastructure that are nearby with free stationery at government school, tar-roads and houses, there are a lot to be done in terms of service delivery. "Mistakes were done, we are trying to correct," explained Mathabatha.

This day in 1994, rubberstamped the same freedom outlined in the Bill of Rights in the Constitution of the Republic of South Africa., ranging from freedom of expression, education, healthcare and choice. The day is honoured annually to pay tribute to the heroes and heroine who fought for a democratic, non-sexist, non-racial South Africa where equality and freedom is enjoyed by everyone, young and old. Mathabatha concluded by telling the masses that there are services such as NSFAS for youth to utilize in order to further their studies "there is no more reason not to further their studies," elaborated the Premier.

The Premier handed over sporting equipment to schools in the local municipality for the Department of Sports, Arts and Culture initiative of **consolidating and safeguarding athletics games.**

This day was first celebrated in 1963 by 32-head of States which were independent in Addis Ababa, Ethiopia. The day is celebrated to commemorate the African diversity and success, highlight the cultural and economic potential that exists on the African continent.

Moreover the Africa Day celebrations acknowledges the progress that Africans made while reflecting upon the common challenges faced in a global, regional and local context.

This year marks the 60<sup>th</sup> anniversary of the establishment of the Organisation of African Unity (OAU) currently known as the African Union (AU).

It was celebrated under the theme **Accelerating the implementation of the African Continental free trade area to bring greater prosperity to the Continent** at the University of Venda, Vhembe District.

Africa continue being the leading producers of minerals in the world, minerals such as gold, iron, titanium, zinc and copper however most are still processed abroad which leave Africa ranked least-developed or underdeveloped compared to other continents. Issues such as poverty, unemployment, corruption, economic inequality, education and diseases remains a challenge for every African.

## Johannes Mangena and Khomotjo Serumula

Young people of 1976, played a key role in the struggle against apartheid and educational inequality amongst many other oppressing laws of the former regime. What started as a peaceful protest, left thousands of young people killed. Youth day is the recognition of this historic event, where everyone commemorate the youth of 1976 bravery, a shift into political history of South Africa.

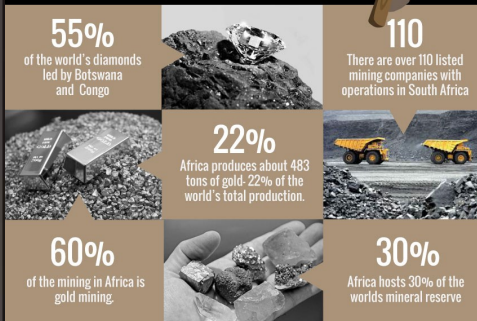
The Youth Month launch was held at Peter Nchabeleng Sports Complex in Makhudu Thamaga Local Municipality, The Acting Premier, MEC Basikopo Makamu emphasised that the youth who gained opportunities in job market or business sector should empower other and encourage positive dialogues on youth development that will emancipate them from economic struggle through entrepreneurship initiatives and programmes that addresses youth challenging factors.

It is a fact that the youth of the new millennium has their own struggles such as high rate of unemployment, poverty, alcohol and drug abuse, Hosi Chauke SE during the main Youth Day celebration at Mudavula Stadium said "government should refrain from verbal services and empty promises and do something to develop the youth in every sphere of their lives as the youth of today, is our future."

Premier Chupu Mathabatha announced that there are about 4050 job opportunities that will be advertised and cautioned that "young people must ensure that when they go to tertiary institutions, they should study courses that are relevant to the needs of the economy." This according to the Premier will ensure that they attain jobs that allow them to participate in the economic activities of the country.

The Premier further encouraged the youth to participate in forums of government in order to change the narrative about their future.

## Mining in Africa FACTS



# HEALTH SCREENINGS



## REGULAR HEALTH SCREENING—

### NECESSARY AND ESSENTIAL

in maintaining good health for longevity as well as to prevent it from 'breaking down'



**Jennifer Mudau**

**What is the purpose of having health screening and testing in the department, and so far what have you achieved?**

Employee health screening helps to identify health-related risk factors and promote awareness of healthy lifestyle. It helps to detect various health issues that do not show symptoms, help to catch illnesses at an early stage and give a chance to prevent further complications. We were able to promote welfare and wellbeing of officials who participated in the program.

**What can you do to improve employee's participation in this program you initiated?**

To strengthen partnership with external stakeholders who can provide goodies to the participants. Distribute flyers and posters with health related issues and also partner

with communication for marketing and branding of the event/s.

**What other information can you provide regarding health screening and testing?**

Empowering employees via health screening and testing can help promote better mental health and help to improve their productivity. Employees that feel healthy are more likely to be more productive and committed to their work. Employees information is treated confidentially

**What information do you think is important for employees to be aware of regarding this program?**

Employees health screening and testing are done by trained and qualified health professionals. Employees are provided with space to talk openly with trusted health professionals.

**What kind of image do we portray to the public when engaging in such health matters?**

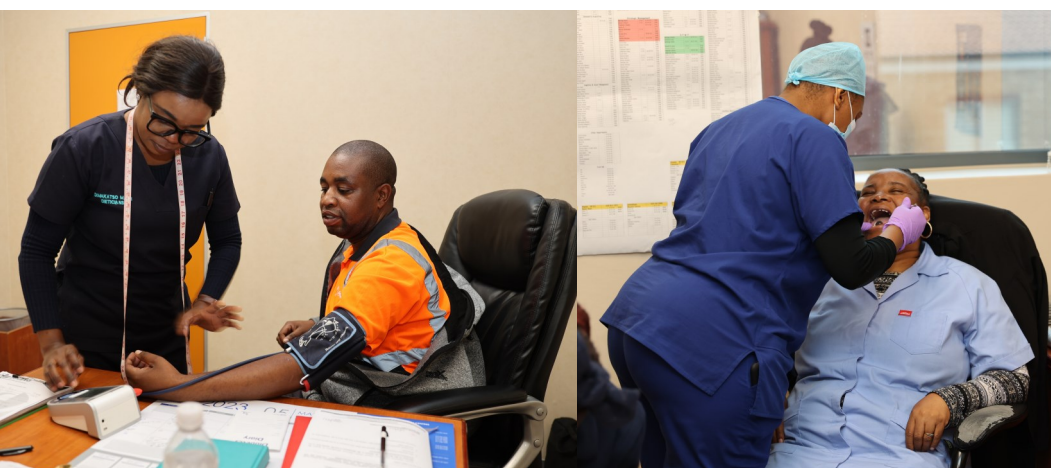
Employees are valued, hence their health matters

**Currently what is the most health related challenge that affects people which need to be aware of?**

Non- communicable diseases such as diabetes, high blood are commonly affecting a lot of people. However, if detected early and treated they are controllable

**What impact has the quarterly wellness screening had?**

Quarterly wellness assist to remind everyone about self care and health related matters.



# FACTS ABOUT CHOLERA

**C**holera is mainly spread through contaminated/polluted water and people can become infected directly through drinking contaminated water, or indirectly through eating contaminated food.

## Symptoms include

- ◆ diarrhoea
- ◆ dehydration,
- ◆ vomiting and
- ◆ body weakness.

Members of the public are reminded to maintain hand hygiene to prevent possible transmission. All people who experience cholera-like symptoms, with or without local or international travel history, are encouraged immediately visit their nearest health facility for screening and testing to ensure early detection and successful treatment, if test positive.

## Cholera prevention

Use and drink safe water  
Treat or sterilize the water before drinking or cooking

## How to treat or sterilize water

- Boil:**
- Bring water to boiling point for at least 1 minute.
  - Boiling water is an effective way of making water safe.
- Treat:**
- Put 1 teaspoon of household bleach into 25 litres of water.
  - Put 2 drops of household bleach in 1 litre of water.
  - Wait for 30 minutes before use.
  - Always store your treated water in a clean, covered container.

## Ensure proper hand hygiene

- Wash your hands with soap and water
- Before, during, and after preparing food
  - Before and after eating food or feeding your children
  - After using the toilet
  - After cleaning your child's bottom
  - After taking care of someone who is sick with diarrhoea

## Always boil, cook, and peel what you eat

- Cook food well and keep it covered
- Eat foods that have been thoroughly cooked and are still hot
- Peel fruits and vegetables
- Be sure to cook seafood, especially shellfish, until it is very hot all the way through.
- Avoid raw vegetables and fruits that cannot be peeled.



## Cholera Prevention



Drink and use safe water



Wash hands regularly with soap and safe water

## CHOLERA | What you need to know

Symptoms of cholera are often mild and can begin as soon as a few hours or as long as five days after infection.

- Watery diarrhoea
- Vomiting
- Leg cramps

#CholeraPrevention #CleanWaterForAll

## Toilet use

Cholera bacteria spreads from contaminated water

- Use toilets or sanitation facilities that are safely managed to get rid of faeces (poop).
- Wash hands with soap and safe water after going to the bathroom.
- If you don't have access to a toilet poop at least 30 meters (98 feet) away from any body of water (including wells) and then bury your poop.
- Do not put plastic bags in chemical toilets

## Always disinfect and clean your surfaces

- Areas for food preparation and kitchenware to be cleaned with soap and treated water.
- Clean and disinfect toilets and surfaces contaminated with poop with soap and treated water
- When finished cleaning, safely dispose of soapy water and dirty rags
- Wash hands again with soap and safe water after cleaning and disinfecting.

**NB: If you don't have access to soap and water, use alcohol-based hand rub with at least 60% alcohol.**



## CHOLERA | What you need to know

Prevent getting cholera by washing your hands often with soap and clean water, especially before you eat or prepare food and after using the bathroom.

#CholeraPrevention #CleanWaterForAll

## Cholera Prevention



Drink and use safe water



Wash hands regularly with soap and safe water

## Cholera Symptoms



Watery Diarrhoea



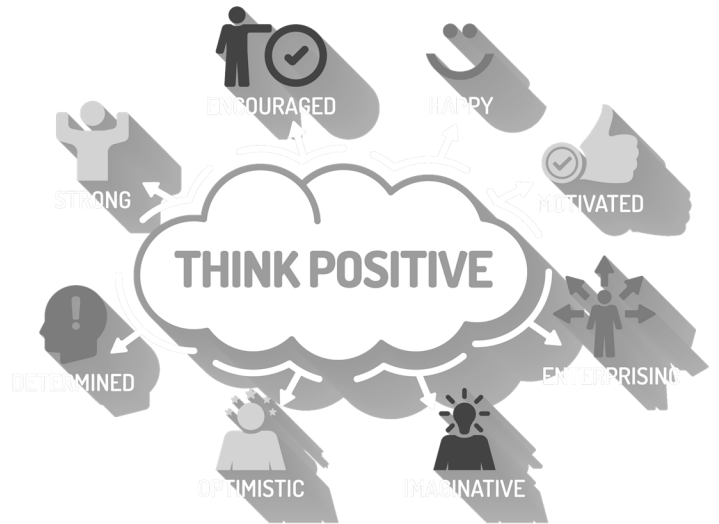
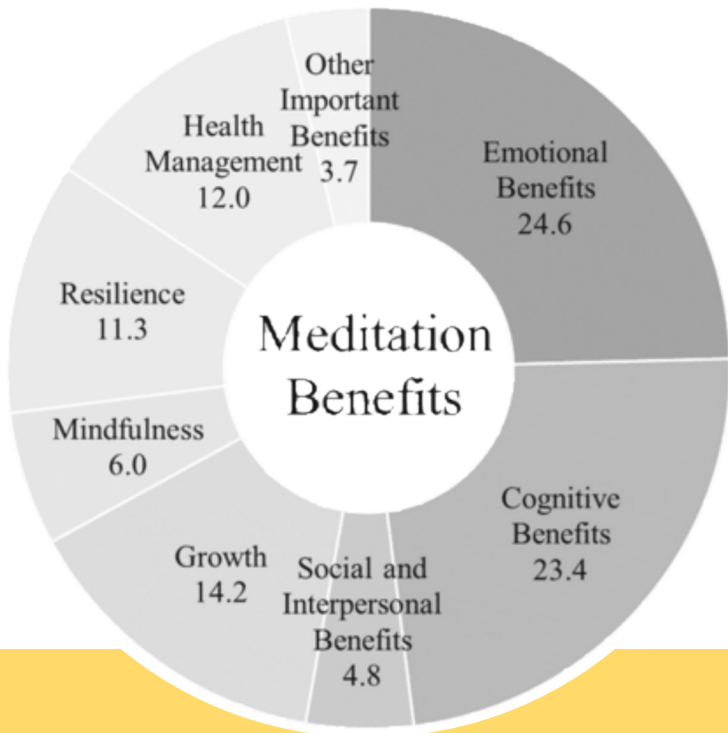
Vomiting



Leg cramps

# Health & Wellness Corner

## STAY HEALTHY, ACTIVE AND POSITIVE



Jennifer Mudau

### 1. EXERCISE FOR 30 MINUTES PER DAY

Make getting physical activity a priority

Exercising helps to improve:-

⇒heart health to reduce heart disease

⇒reduce anxiety and depression by improving self-esteem and cognitive function

### 2. CONTROL YOUR FOOD PORTION SIZES

Eat colourful nutrient -rich , low-calories , such as food and vegetables( kale, spinach, squash, sweet potatoes and tomatoes)

Limit the fried foods

Eat whole-wheat bread, brown rice, oatmeal , barley and wheat

Limit sodium intake . Eat fresh food and avoid processed food.

Limit unhealthy fats as they can increase some diseases

### 3. LAUGH MORE

Laughing is the best medicine. It releases endorphins hormones which promote a sense of well-being and relieve stress.

### 4. MAINTAIN POSITIVE RELATIONSHIPS

It has been proven that people with strong social ties tend to live longer, healthier than those without social connections.

### 5. MINIMIZE STRESS

Stressors can put strain on our body both mentally and emotionally. It also weakens our immune system.

Exercising , meditating , sleeping , laughing , unplugging from technology to relax and enjoying conversation with friends can assist as part of stress management technique.

### 6. REGULAR HEALTH CHECKS - EARLY DETECTION OFFERS A BEST CHANCE OF CURE

Body mass index (BMI)

Skin checks

Cholesterol

Blood pressure

Eye exams

TB screening

Pap smear

Mammogram

HIV&AIDS



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