



CENTRAL KAROO DISTRICT MUNICIPALITY

SECTION: MUNICIPAL HEALTH SERVICES

MHS

N E W S L E T T E R

Dear Reader

We are almost at the beginning of a New Year. A year with new challenges, but also one in which some of the ongoing challenges need to receive all the attention it deserves, the most visible being littering and the illegal dumping of waste that is engulfing our communities.

Change can only happen if we see the problem and realize that something really needs to be done about it. There is a mindset that it is the job of a municipality to clean up. An attitude that will make our communities look like a dump. If you are guilty of this, I urge you to stop it immediately. Thank you to those who try to keep our surroundings clean.

Let's start with ourselves ... let's clean up where we stay, let's ask our friends to keep their surroundings clean, let's understand that, despite certain obstacles, our local authorities need your support in the task assigned to them under difficult circumstances. Report your complaints to the relevant authorities, do not complain on social media until you have communicated your problem or complaint to the relevant authority. Make suggestions to authorities in solving certain problems...

During the past year, our personnel capacity has been strengthened by further appointments in the Section. I believe there have already been major strides in our effort to effectively execute our eleven key performance areas assigned to our Section.

We are, as always, determined to bring change where it is within our capability. Where we cannot bring change, we will continue to present the challenges to the right role players for the necessary attention and actions.

Certainly, better and greater efforts must be

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made to create awareness among our residents about the impact that all of our actions have on the environment and public health.

A project Proposal for further training and awareness has already been drafted in order to raise funds for certain actions in our district.

The purpose of this newsletter to municipalities and our communities in the Central Karoo Region is to promote the objectives of the Section in establishing a safe and healthy environment, as well as a manner of communication and cooperation in matters of common interest.

We aim to create an environment supportive of good health and minimize those factors detrimental to our health in the Central Karoo district.

A big thank you to everyone in the Section who work tirelessly and with great enthusiasm to promote a safe and healthy environment.

Thank you also to those who, in many ways, supports the activities of the Section and believes in us and the vital role we play.

I 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.

Gerrit van Zyl
Manager Municipal Health

SECTION MUNICIPAL HEALTH

PROMOTING A SAFE & HEALTHY ENVIRONMENT



Section 24 of the Constitution of the Republic of South Africa entrenches the right of all citizens to live in an environment that is not harmful to their health or well-being. Section 83 of the National Health Act, 2003 (Act 61 of 2003), defines municipal health services and clearly stipulates the responsibilities of municipalities in the performance of such services.

Environmental health comprises those aspects of human health, including quality of life, that are determined by physical, chemical, biological, social and psychosocial factors in the environment. It also refers to the theory and practice of assessing, correcting, controlling and preventing factors in the environment that can adversely affect the health of present and future generations.

We provide & facilitate comprehensive, proactive & needs-related services to ensure a safe, healthy & clean environment, thereby preventing & eliminating disease.

We act as Public arbiters of Environmental Health standards, maintaining close contact with the communities we serve

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



GET TO KNOW OUR STAFF & AREA OF SERVICE DELIVERY

Our staff component consists of seven (7) Environmental Health Practitioners (EHP's) as well as two (2) Community Year EHP's

Five (5) EHP's are employed at our Head Office in Beaufort West as well as one (1) at our Prince Albert & Laingsburg Offices

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

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NEWS

Gedurende Julie 2019 was die Afdeling ge-audit deur die Departement Nasionale Gesondheid. Die Afdeling behaal 'n uitstekende audit-persentasie van 84%, gemeet aan die Nasionale Omgewingsgesondheid Norme & Standaarde



Mr. Leon Crafford (left) was appointed as an Environmental Management Inspector (EMI- Grade 2). The powers contained in the Acts stated below can be exercised by Mr. Crafford:

- National Environmental Management Act; 1998,
- NEMA: Air Quality Act; 2004, and
- NEMA: Waste Act; 2008



Mnr. Mandla Belwana, (links) Kantoer-assistent van die Afdeling is tans besig met sy studies in Finansiële Bestuur (N4). Die Afdeling wens hom voorspoed toe met sy studies

NUWE AANSTELLINGS GEDURENDE 2019



Me. Nomabhongo Snoek, (foto links) en Me. Zimbini Pikelela (regs) is onderskeidelik in ons Prins Albert en Beaufort-Wes kantore aangestel.



Mnre. Sipho Maduna (foto links onder) en Thabo Magwaza (regs) doen tans hul gemeenskapsdiensjaar by die Afdeling.

Genoemde aanstellings dra by tot meer doeltreffende dienslewering deur die Afdeling.

Ons is hoopvol om in die toekoms nog aanstellings te maak ten einde aan die gestelde standaard van een operasionele Omgewingsgesondheids-praktisyn vir elke 10 000 inwoners te voldoen.



SUMMARY OF OUR SERVICES IN THE 2018/19 FINANCIAL YEAR



80 water samples were taken for bacteriological analysis.

61 (76%) of the samples taken did comply to the SANS 241 Standards for Water Quality.

6 Evaluation Reports on the status of water quality were sent to all WSA's within the region during December 2018 and June 2019.

81 inspections were conducted at liquid waste sites.

17 sewerage samples for bacteriological analysis were taken.

12 (71%) of the samples taken did comply to the set standards for sewerage.

92 inspections were conducted at landfill site.

6 Evaluation reports on the current status of all solid waste sites were sent to all local municipalities within the region during December 2018 and June 2019.

1186 inspections were conducted at food premises.

99 Certificates of Acceptability (CoA's) were issued to new food premises.

30 samples of foodstuffs were taken for bacteriological and chemical analysis.

22 (73%) of the samples taken did comply with the standards as set in the Foodstuffs, Cosmetics and Disinfectants Act. (Act. 54 of 1972).

9 inspections were conducted at milking sheds.

8 milk samples were taken for bacteriological analysis.

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).

18 food products were evaluated in order to monitor compliance to the Labelling Regulations.

No cases of food poisoning were reported and investigated during the reporting period.

158 inspections were conducted at public premises.

32 Health Certificates were issued in terms of the relevant Norms & Standards

16 inspections were conducted at informal settlements.

9 Evaluation reports on the current status of informal settlements were sent to all local municipalities within the region during December 2018 and June 2019.

2 building plans were scrutinized from a health point.

4 Quarterly reports were compiled regarding various aspects of pollution control and sent to the Directorate Pollution Control of the Department Environmental Affairs.

Argos Scientific (South Africa) (Pty) Ltd., with the support of the Section, was contracted to undertake a Baseline Air Quality Monitoring Study in Beaufort West

- 1 Air Quality Management By-law was drafted and promulgated during the reporting period.
- 1 notifiable medical condition was reported and investigated. A report was submitted to the Provincial Health Department.
- 2 incidents of pesticide poisoning were reported and investigated. Reports were submitted to the Provincial Health Department.
- 1 350 inspections for vector infestations were conducted at food and other public premises.
- 1 application for an exhumation were received and monitored during the reporting period.
- 5 inspections were conducted at funeral parlours.
- 1 Certificate of Competence was issued to a Funeral Parlour.
- 4 municipal health related articles were published in the local newspaper "The Courier".
- 18 Health and hygiene training and education activities were conducted.
- 1 Municipal Health Services Newsletter was compiled and sent to all the local municipalities in the District.
- 1 Project Proposal was compiled and sent to the Department Human Settlements as well as the WC Department of Health in order to obtain funding.
- 6 Complaints were received and investigated.
- 36 Sinjani Reports were submitted to the National Department of Health.
- 4 Quarterly MHS Reports were compiled.
- 1 772 Notices were issued.
- 1 MoU was compiled for input en finalization between this Section MHS and the Western Cape Department of Health (Central Karoo Office).

Various inputs were made w.r.t. management plans, budgets, performance management, integrated development, system updates etc.

Various local and provincial meetings were attended to promote the objectives of the Section.

The performance of the Section was measured against the Section's performance targets, which are set in accordance with the EHP's job descriptions.

Accredited training Programmes were made available to staff to ensure competency on aspects as outlined in their scope of practise.

"You have the right to have your environment protected to ensure that it is safe and healthy for present and future generations"

**Be stubborn
about your
goals, and
flexible about
your methods.**

WATERBESPARING...ELKEEN SE PLIG



Water is noodsaaklik vir lewe.

Mense, diere en plante het almal water nodig om te lewe en te groei.

Ons almal weet dat water in die Karoo 'n skaars bron is. Stadigaan is daar egter 'n groter aanvraag na water en plaas dit groot druk op ons watervoorraade.

Die meeste mense met toegang tot goeie watervoorsiening beseef nie hoe groot die waterprobleem werklik is nie én hoe belangrik dit is om nou reeds te begin om water spaarsamig te gebruik ten einde waterskaarstes in die toekoms te voorkom nie.

Groot hoeveelhede water kan verlore gaan as gevolg van lekkasies of verdamping. Ten einde water te bewaar, is die herstel of vervanging van gebreke of lekkende krane, pype en tenke noodsaaklik sodra 'n lekkasie gevind word.

Om water te spaar beteken ook om geld te spaar.



ARE YOU WATER WISE???



SAVE THE KAROO!

TOP WAYS TO SAVE WATER



RE-USE GREYWATER

Use greywater from baths, washing machines and other safe sources to flush the toilets and water the garden.



MONITOR YOUR METER

Leaks around the home can waste hundreds of litres per day.



KEEP SHOWERS SHORT

Place a bucket in the shower with you to catch run-off water. Turn off the water while washing your hair in the shower or when you soap/lather your body. Turn off the water while washing your hair in the shower.



BATH WITH LESS WATER

Take a shallow bath or switch to having a quick 90 seconds shower by opening and closing the tap between wetting, soaping and rinsing.



DON'T LEAVE TAPS RUNNING

Turn taps off when washing dishes, brushing your teeth or shaving.



FULL LOADS ONLY

Only do the washing when you have enough items for a full load, for the washing machine.



REPORT LEAKS

Report leaks in your neighbourhood with your local municipality.



ENCOURAGE WATER SAVING

Encourage friends and family to contribute their own water saving ideas.



REDUCE WATER CONSUMPTION

Fit low-flow showerheads and aerators to all taps in the home.



SAVING WATER SHOULDN'T MAKE YOU SICK

It's still important to wash your hands after using the toilet. Turn the tap off while you soap up.

NUMBERS YOU SHOULD KNOW

What you can do with 50 litres per day



2 LITRES OF DRINKING WATER



2 LITRES FOR COOKING



2 LITRES FOR DAILY HYGIENE



15 LITRES FOR A 90 SEC SHOWER



11 LITRES FOR DISHES & LAUNDRY



18 LITRES FOR TWO FLUSHES

Stepping out of your comfort zone and trying new things is the best way to **grow**.



STOP LITTERING AND THE ILLEGAL DUMPING OF WASTE

The uncontrollable and / or illegal dumping of refuse as well as the insufficient and irregular removal of refuse within some residential areas of our district are one of the biggest nuisances in communities.

The most common observation is that littering and illegal dumping occur throughout the urban areas of the Central Karoo District.

Since people perceive there is no consequence for their action when they throw items anyhow and anywhere, it has created the "I don't care attitude". The act of pedestrians getting rid of wastes on the roadways and streets or motorists throwing garbage from their cars clearly reveals this kind of attitude. The majority of people believe there are others who will pick or clean it up.

Knowledge and awareness on sustainable waste management practices and of the impacts of waste on health, well-being and the environment is not widespread in all communities and business sectors, as is also evident by the low waste diversion rates in the Central Karoo and by the extent of littering that can be seen throughout different parts of our District.

The rapidly growing quantities of garbage in our communities and the problem of business and land owners dumping uncontrolled rubble and refuse also pose threats to human health and the environment. The unattractive appearance of piles of uncollected solid waste along streets and open fields can also discourage tourism and the establishment and/or maintenance of businesses in our district.

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.

There is a need for us to build sustainable communities where litter is not tolerated. Reducing litter through shared community, business and government action will meet community expectations, reduce waste and ensure residents of the Central Karoo use resources more efficiently. The key to ensuring success is a coordinated approach where there is improved litter prevention and management, achieved through combined approaches of enforcement, education and communication activities.



RESPECT YOURSELF

RESPECT OTHERS

**RESPECT YOUR
ENVIRONMENT**

PLEASE!

**PUT YOUR LITTER IN THE
BIN!**

DIE STORT VAN VULLIS EN AFVAL HET 'N NEGATIEWE EFFEK OP ONS OMGEWING

Die stort van vullis en afval op oop ruimtes, syaadjies, strate en stormwaterslote is:



'n Strafbare oortreding



'n Belediging van ons
Burgertrots en Omgeving



'n Gesondheidsgevaar
deurdat dit siektes soos
diarree, vel- en ooginfeksies
kan veroorsaak



'n Vermorsing van
munisipale geld



Besoedeling van ons
kosbare waterbronne



'n Belemmering van
ekonomiese groei,
ontwikkeling en toerisme



'n Broeiplek vir kieme en
peste soos rotte, vlieë,
kakkerlakke ens. wat weer
siektes versprei

ONTHOU:

U SKEP NIE WERK DEUR ROMMEL TE STROOI NIE. FONDSE
WAARMEE DIE MUNISIPALITEIT DIENSTE KON VERBETER MOET
NOU SPANDEER WORD OM ROMMEL OP TE RUIM

WAT WORD VAN U VERWAG?



Gooi altyd u vullis in die
drom



Moenie 'n vullishoop in
u omgewing begin nie.
Dit moedig ander aan
om ook hul vullis daar te
gooi



Moenie tuin- of huisvullis
op die syaadjie gooi nie



Moenie vullis uitbrand
nie, dit besoedel die lug
wat ons moet inasem



Moenie vullis langs die
vullishouer gooi nie



Leer u kinders van kleins
af om vullis in die drom
te gooi



Sit u vullis op die dag van
verwydering uit



Rapporteer inwoners wat
vullis onwettig stort by u
plaaslike munisipaliteit

WHY RECYCLE?

Waste disposal is moving away from landfills to recycling and waste to energy.

The ultimate aim of recycling is the protection of the environment and public health by reducing the ever-increasing volumes of waste being generated by developing societies, as well as reducing the amount of natural resources necessary for the manufacture of any product.

Recycling, as part of the waste reduction hierarchy, has the ability to contribute to solutions for a range of environmental issues from water use to greenhouse emissions.

BENEFITS OF RECYCLING

- Reduces the amount of waste sent to landfills and incinerators.
- Conserves natural resources such as timber, water and minerals.
- Increases economic security by tapping a domestic source of materials.
- Prevents pollution by reducing the need to collect new raw materials.
- Saves energy.

HOW DO WE RECYCLE?

1. Find ways of recycling different materials. ...
2. Buy products that can be recycled. ...
3. Buy products that have been made from recycled material. ...
4. Avoiding buying hazardous material. .
5. Recycle bins. ...
6. By recycling garden products and planting trees, you can help improve the environment in your back garden.
7. Composting.

Recycle

waste materials into new products.

Recycling

15 glass bottles
saves enough energy

to power a
laptop for
31.3 hours

or run the
A/C for
1 hour

Recycled
paper
production creates



74%
less air pollution
35%
less water pollution

20 recycled cans
can be made with the
energy needed to
produce one new can



**Every pound of
recycled plastic used**

reduces energy
use in plastic production
84%

and greenhouse
gas emissions by
71%

In a lifetime, the average American
will throw away **600 times** their
adult weight in garbage

HOW YOU CAN HELP

In Stores:

Shop for products made
with recycled materials.
Buy items with less
packaging.
Bring your own bags.
Buy only what you
need.



At Home:

Ask to be removed
from paper mailing lists.
Don't throw away
anything that can be
reused or repaired.
Donate unwanted
electronics.

Print on both
sides of recycled
paper and use
recycled paper.



Compost food scraps
and yard waste.



TRAINING IN FOOD SAFETY

Food safety is perceived as the first line of defence against food borne diseases. The Central Karoo District Municipal Health services took upon themselves to conduct training at food handling premises which form part of the National School Nutritional Programme at schools in the Central Karoo District

The aim was to equip and educate the food handlers with matters pertaining to food safety and hygiene. Five keys to safer food developed by the World Health Organisation, and duties of food handlers according to the Regulations governing the General Hygiene Requirements for Food Premises and the Transport of Food were used to give training.

During the training the food handlers showed interest and were able to ask anything relating to the handling of food and the management of food safety. They deemed the training necessary and helpful.

Following the training certificates of attendance were issued to food handlers present at the training.

With the training completed, the Section hope to see reduced occurrence of food borne diseases amongst learners that may arise from poor food handling and preparation at schools.

Periodic inspections are conducted to monitor the implementation of food safety techniques.



Stay
positive,
work hard,
make it
happen.



Food safety involves everybody in the food chain.

MY RESPONSIBILITIES AS A PERSON IN CHARGE OF A FOOD PREMISES



Central Karoo District Municipality
Section Municipal Health Services

Office Contact Numbers

Beaufort West (023) 449 1000
Prince Albert (023) 5411 320
Laingsburg (023) 5511 014

FOOD SAFETY FIRST

...A certificate of acceptability is 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

...The provisions of Regulations 638 of June 2018 are complied with

...I am suitably qualified or otherwise adequately trained in the principles & practices of food safety & hygiene, and that my training is accredited or conducted by an EHP

...Any other person working on the food premises is suitably qualified or adequately trained by an EHP in the principles & practices of food safety & hygiene

...Training programmes and records are kept and routinely updated, & are made available to an EHP on request

...Routine assessments are conducted to determine the impact of the training & arrange follow up training as necessary

...The food premises & any land used in connection with the handling of food and all facilities, freight compartments of vehicles & containers are kept clean

...Foodstuff on the premises complies with the provisions of the Act including the labelling thereof, a traceability system is maintained according to the best available method, a recall procedure is in place & any incident requiring recall is reported to the EHP

...A condition, act or omission that may contaminate food does not arise or is not performed or permitted on the food premises & the reporting of diseases & conditions is properly recorded and kept for perusal by an EHP

...A food handler does not touch ready - to - consume non -prepacked food with his or her bare hands, unless it is unavoidable for preparation purposes, in which case the food must be handled in accordance with good manufacturing practice

...A person handling non -prepacked food does not wear jewellery, other items or adornment that may come into contact with the food, unless it is suitably covered

...Effective measures are taken to prevent or eliminate flies, other insects, rodents, birds, vermin or any other pests on the food premises

...Refuse is removed from the food premises, stored or disposed of in such a manner that it does not create a nuisance. Rubbish bins are also cleaned/disinfected or whenever an EHP requires it to be done

...An animal, subject to any law, is not permitted in a room where food is handled, except that, a Guide or Service dog accompanying a person with a disability may be permitted in the serving area

...A room where food is handled is not used for-

- Sleeping purposes;
- Washing, cleaning or ironing of clothing or similar laundry;
- Any other purpose that may contaminate the food



"There's an inspector here from the Board of Health who would like to see the chicken soup."

If you focus on **results**,
you will never change.
If you focus on **change**,
you will get results.

Food safety tips

Ensure kitchen and equipment is clean

- Clean and sanitise all food preparation benches, equipment and utensils
- Protect the kitchen and food from insects, pests, and other contaminants



Wash hands regularly

- Wash hands thoroughly before handling food and often during food preparation
- Use soap and warm running water and dry thoroughly with a single use paper towel



Separate raw and ready-to-eat foods

- Separate raw meat, poultry and seafood from other ready-to-eat foods when storing and preparing
- Ensure food is stored in covered containers



Cook high risk food thoroughly

- Cook poultry, minced meats, hamburgers, rolled or stuffed meats and sausages right through until they reach 75°C and juices run clear
- Reheat cooked food until steaming hot



Keep hot food hot ($\geq 60^{\circ}\text{C}$) and cold food cold ($\leq 5^{\circ}\text{C}$)

- Cool cooked food rapidly to below 5°C in less than 6 hours
- Thaw frozen food in the fridge or microwave, not at room temperature
- Adhere to the 2-hour/4-hour rule



**Get serious
about food
safety**



CERTIFICATE OF ACCEPTABILITY (COA) FOR FOOD HANDLING PREMISES...

WHAT IS IT?

A Certificate of Acceptability (COA) refers to the certificate required for formal & informal food premises, which also include vehicles used for the transportation of food, as outlined in the Regulation Governing the General Hygiene of Food Premises and the Transportation of Food Regulation R638 promulgated under the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act No 54 of 1972).

WHY IS IT IMPORTANT?

The certificate is issued to the owner or the person in charge of a food premises and/or for the vehicles he/she uses for the transportation of food. It mainly certifies that the premises and/or vehicle are suitable to be used when handling food according to the requirements for food premises and the food transportation.

Without such certificate no person is allowed to handle or transport food.

HOW TO APPLY FOR A CoA

A person who desires to open an establishment to be used for the handling food or who wishes to transport foodstuffs with a vehicle shall, before commencing with such business, apply for a Certificate of Acceptability by visiting the Section Municipal Health Services of the CKDM for the area in which the premises is located in the Central Karoo District.

An application form will be issued to the applicant to complete and attach the necessary documentation. An Environmental Health Practitioner will be delegated to conduct an inspection to ensure the premises/vehicle is compliant with relevant health standards.

If the premise/vehicle is compliant the owner or person in charge will pay an application fee as approved by Council.

“CLEAN CARE FOR ALL, IT’S IN YOUR HANDS”

The Section MHS developed and conducted Handwashing Education in various institutions during the past year. The main targets for this project were Early Childhood development establishments, schools and food handlers.



HEALTH CERTIFICATE (HC) FOR PREMISES...

WHAT IS IT?

A Health Certificate (HC) refers to a certificate that is issued to the person in charge of Accommodation Establishments, Beauty Spa, Hair Salon/Barber Shop, Early Childhood Development establishments/ (ECD'S), Schools, Prisons, etc according to the National Norms and Standards for Environmental Health Practitioners Gazetted in 2005 promulgated under the National Health act 2003, (Act No 61 of 2003).

WHY IS IT IMPORTANT?

For the above-mentioned areas, the certificate certifies that the premises, permanent/temporary is compliant according to the standards and requirements for such premises in the above-mentioned standards document under the Health Act.

Without this Certification no person shall conduct or perform any business.

HOW TO APPLY FOR A HC

A person who desires to open an establishment shall, before commencing with such business, apply for a Health Certificate by visiting the Section Municipal Health Services of the CKDM for the area in which the premises is located in the Central Karoo District.

An application form will be issued to the applicant to complete and attach the necessary documentation. An Environmental Health Practitioner will be delegated to conduct an inspection to ensure the premises/vehicle is compliant with relevant health standards.

If the premise/vehicle is compliant the owner or person in charge will pay an application fee as approved by Council.

ONE, WHO
MAINTAINS
CLEANLINESS
KEEPS AWAY
DISEASES.

The National Norms & Standards for Environmental Health 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, & for prevention of environmental conditions that may constitute a health hazard for protection of public health.



DIARREE (LOOPMAAG) KAN BABAS EN JONG KINDERTJIES DOODMAAK

WAT IS DIARREE?

Diarree is die ontlasting van los, waterige stoelgang, gewoonlik meer as drie keer 'n dag.

Babas en klein kindertjies kry dikwels diarree en gooi op wanneer daar baie vlieë is en wanneer hulle slegte kos eet.

As dit egter vinnig behandel word, kan hulle binne 'n paar dae herstel. Andersins word hulle baie siek en kan selfs van diarree sterf.

HOE KAN DIARREE VERHOED WORD?

Was hande met skoon water en seep, veral nadat:

- Die toilet gebruik is;
- Die baba se doek omgeruil is;
- Vullis hanteer is;
- Diere en diere-afval aangeraak is.

en voordat:

- Eet- of drinkgoed voorberei word;
- U kind voed.

GESONDHEIDSWENKE:

- Bind vuil doeke in plastieksakke toe en plaas in 'n vullisblik
- Verwyder u afval gereeld
- Hou u toilette skoon en gebruik slegs toiletpapier
- Gebruik slegs kraanwater vir drink- en kookdoeleindes. Suiwer u water indien u onseker is of dit skoon is.
- Hou water skoon:
 - Berg drinkwater in skoon houers
 - Hou te alle tye die houers vir drinkwater skoon en bedek
 - Gebruik altyd 'n skoon koppie om water uit die houer te skep
- Hou koppies, bottels en tiete bedek en plaas dit in kookwater vir ten minste 5 minute voordat die melkformule gemaak word
- Was, skil en kook alle groente
- Berg rou en ongekookte kos afsonderlik

WAT MOET U DOEN WANNEER U KIND DIARREE KRY?

Sodra die diarree begin, moet jy vir jou kind baie vloeistof gee om te drink. Dit is belangrik om die kind gehidreer te hou deur hom aanhoudend klein hoeveelhede kos en water te voer, selfs al wil hy nie kos of water hê nie.

Elke keer as hy diarree het of opgooi, gee vir hom minstens 'n halwe koppie water. Gee meer vir kinders wat ouer as 1 jaar is.

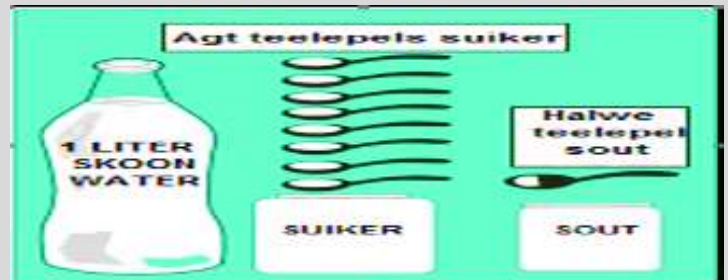
As jy borsvoed – probeer om meer dikwels te borsvoed.

As jy nie borsvoed nie, kan jy vir hom:

- Dun sop of baie dun pap gee of
- Oorskiet water waarin stampmielies of rys gekook is

VOORBEREIDING VAN DIE TUISGEMAAKTE MENGSEL OM DIARREE TE STOP

U kan hierdie mengsel tuis maak om vir U kind te gee wat diarree het. U moet dit presies aanmaak soos die prentjie wys.



- Was al die toebehore wat u nodig het in skoon seepwater
- Was u hande met skoon water en seep
- Meet 1 liter gekookte drinkwater af
- Voeg 8 gelyke teelepels suiker en 'n halwe gelyke teelepel sout by
- Meng totdat die suiker en sout opgelos is
- Voer dié mengsel gereeld, maar 'n klein bietjie op 'n slag

GEE HIERDIE MENGSEL OM STADIG NA ELKE LOS TOELGANG TE DRINK

- Kind jonger as 2 jaar: Gee 50 tot 100 ml ($\pm \frac{1}{4}$ koppie)
- Kind ouer as 2 jaar: Gee 100 tot 200 ml ($\pm \frac{1}{2}$ koppie)

Hou aan om u kind soos gewoonlik te voed

WANNEER MOET U KLINIEK TOE GAAN?

Moenie wag nie – gaan **ONMIDDELLIK** (dag of nag) na u naaste kliniek of hospitaal as u kind jonger as 3 maande is of enige gevaarlike simptome toon, soos byvoorbeeld:

- Verskeie waterige stoelgange binne 'n uur ontas
- Kind gooi alles op wat hy eet en drink
- Kind wil glad nie drink nie, of drink min
- Kind urineer baie min of niks nie (droë doek)
- Kind se mond is droog
- Daar is geen tranes wanneer die kind huil nie
- Kind is swak en staar sonder uitdrukking
- Kind vind dit moeilik om asem te haal
- Kind kom al die tyd slaperig voor of jy kan die kind nie wakker kry nie
- Kind se oë sit diep agter in die kop
- Daar is bloed in die kind se stoelgange
- Kind kry stuipe / sametrekings / spasmas
- Kind ontwikkel 'n koors

When You Have Diarrhea

@phetfit

What To Eat



You want to stick with plain, bland, whole, and probiotic foods

What Not To Eat



You want to avoid foods that aggravate your digestion or foods that cause excess gas

VECTOR CONTROL...FIGHT THE BITE...

ONE MAN'S WASTE IS ANOTHER PEST'S FOOD

Food waste left behind or improperly dumped or disposed of present veritable feasts for pests, particularly at eating places, which are havens of opportunity.



"If you think you are too small to make a difference, try spending the night with a mosquito"

- African Proverbs



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 (LPG).



LEARN HOW TO DISPOSE OF CHEMICALS SAFELY

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 out.

7 SAFETY TIPS FOR STORING CHEMICALS IN YOUR HOME

1. Before you buy a product, read the label. Before you use a product, read the label and then follow the instructions for use.
2. Try to find the least dangerous product that will do the job, especially if children will be exposed to it.
3. 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.
4. 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.
5. If you are using chemical cleaners, wash the cleaning rags before you use them again or before throwing them out.
6. Keep chemicals in their original packaging, so you can easily identify them. Do not keep chemicals in:
 - containers that the product may react with or cause to degrade;
 - unlabelled containers;
 - containers that originally stored a different product (particularly a food or drink product); and
 - containers that cannot be sealed.
7. 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.

IF YOU WANT
SOMETHING YOU'VE
NEVER HAD,
THEN YOU'VE
GOT TO DO
SOMETHING YOU'VE
NEVER DONE.

DID YOU KNOW...



AS PER GUIDANCE OF SECTION 82 OF THE NATIONAL HEALTH ACT, 2003 (ACT NO.61 OF 2003):

An EHP may enter any premises, excluding a private dwelling, at any reasonable time and-

- Inspect such premises in order to ensure compliance with the Act.
- Question any person who he or she believes may have information relevant to the inspection.
- Require the person in charge of such premises to produce, for inspection or for the purpose of obtaining copies or extracts thereof or there from, any document that such person is required to maintain in terms of any law.
- Take samples of any substance that is relevant to the inspection.

An EHP may issue a "Compliance Notice" to the person in charge of the premises if a provision of the National Health Act, 2003 (Act No.61 of 2003) has not been complied with.

A Compliance Notice remains in force until the relevant provisions of the Act has been complied with and the EHP has issued a Compliance Certificate in respect of that notice.

SUBJECT TO SECTION 89 OF THE NATIONAL HEALTH ACT, 2003 (ACT NO. 61 OF 2003):

A person is guilty of an offence if he or she-

- Obstructs or hinders an EHP who is performing a function under the Act;
- Refuses to provide an EHP with such information as that person is required to provide under the Act;
- Knowingly gives false or misleading information to an EHP;
- Unlawfully prevents the owner of any premises, or a person working for the owner, from entering the premises in order to comply with a requirement of the Act;
- Impersonates an EHP;
- Fails to comply with a "Compliance Notice" issued to him or her by an EHP in terms of the Act; or
- Discloses any information, which was acquired in the performance of any function in terms of the Act and which relates to the financial or business affairs of any person, to any other person, except if-
 - The other person requires that information in order to perform any function in terms of the National Health Act;
 - The disclosure is ordered by a "Court of Law"; or
 - The disclosure is in compliance with the provisions of any law.

Any person convicted of an offence in terms of subsection (1) is liable on conviction to a fine or to imprisonment for a period not exceeding five (5) years or to both a fine and such imprisonment.

CENTRAL KAROO DM's 2nd BASELINE AIR QUALITY MONITORING STUDY

Argos Scientific (South Africa) (Pty) Ltd. was contracted by the Central Karoo District Municipality to undertake a Baseline Air Quality Monitoring Programme focusing on particulate matter (PM-10), nitrogen dioxide (NO₂), carbon monoxide (CO) and methane (CH₄).

The study, that was conducted between January and June 2019 (PM-10, NO₂ and CO) and June/July 2019 for methane. Validation work was carried out during July and August 2019.

PM-10 and other selected pollutants (NO₂ & CO) were monitored at the Central Karoo Offices in Donkin Street, Beaufort West while methane was monitored at a residential site in Hospital Hill, Beaufort West.

PM-10 levels were well below the RSA National Standards for the period under review. There was however a period between the 15th and 20th April 2019 when elevated PM-10 levels were recorded in the afternoon between 13h00 and 18h00, possibly due to a nearby source.

NO₂ hourly means were well below the hourly standard with a peak hourly value of 146 µg/m³ being measured. The South African national NO₂ standard allows eighty-eight (88) exceedances per annum of a NO₂ hourly standard level of 200 µg/m³ and thus levels measured during the survey are not a cause for concern. The average for the six (6) month survey is also well below the annual standard of 40 µg/m³.

CO hourly means were well below the hourly standard with a peak hourly value of 1.12 mg/m³ being measured, the standard allows eighty-eight (88) exceedances per annum of a CO standard level of 30 mg/m³ and thus CO levels are not a cause for concern.

Data capture for PM-10, NO₂ and CO was > 90% mainly due to load shedding during January to March 2019 which resulted in the loss of some data.

Methane levels were within background levels monitored at Cape Point by the World Global Watch Network and data analysis showed no nearby sources of methane over the period of the survey.

Validation methodologies used by co-location of the monitors with analysers that have National, SANAS or GMO traceability, was conducted early in August 2019 for CO, NO₂ and Methane and met requirements.

Meteorological conditions were not recorded during the survey.

Station located on balcony of the CKDM and closeup of PM10 (left) and AQMesh (right)



“BE A PART
OF THE
SOLUTION
Not PART
OF THE
Pollution”
— The Earth Guardians —

ECO-FRIENDLY WORKPLACES

WHY?

Because we spend most of our life at work, and we can make that significant amount of our lifetime healthier and better.

Because our kids don't deserve to inherit our carelessness and indifference – and if we get into a green mindset at the office it's highly likely that mindset will travel home.

WAYS TO SAVE ON PRINTING

The point is to get you and your office to save on print volume – Why? Because we can save paper and money

Tip 1: Practice printing abstinence! Just don't print!

Tip 2: Email your documents.

Tip 3: Transfer articles to your Smartphone or iPad.

BUT IF YOU HAVE TO PRINT:

Tip 4: Print on both sides of the paper.

Tip 5: Avoid print errors by previewing your printout and editing.

Tip 6: By previewing you can also resize your document and shrink it to fewer pages. (Adjust your margins: Use wider margins, smaller font and closer line spacing to get more to a page).

Tip 7: Use the Selection option in the Print Dialog to print only the parts of a document that you need.

Tip 8: Save on ink: when relevant print in grayscale by default (default setting is called draft mode, tone saver, print saver or economy).

Tip 9: Opt for PDF instead of paper. Friendly PDF files can easily be emailed.

Tip 10: Track personal footprints; How about a system that allows staff to track how many print copies they are responsible for each month?

Tip 11: Check/Update your document distribution lists.

Tip 12: Where possible, hold paperless meetings.

Tip 13: Think about getting software that manages and reduces print.

Tip 14: Next time you get printers for the office, ensure they are “green”.



ESTABLISHMENT OF CENTRAL KAROO AIR QUALITY & WASTE OFFICERS FORUM

To protect the constitutional right of every individual to an environment that is not harmful to his / her health and wellbeing, it is important that the Central Karoo District Municipality, Local Municipalities, Sector Departments etc. recognizes and effectively manages its unique asset, the environment.

The Central Karoo Air Quality & Waste Officer's Forum was established on 24 October 2019 in Beaufort West and will serve as a platform for relevant stakeholders to engage on environmental aspects and issues of sustainability to improve cooperative governance and the advancement of issues of common interest.

This Forum was formed in response to the increasing realization that human beings are exerting a lot of pressure on the environment and that special measures should be taken in order to curb the degradation of the environment.

The overarching purpose of this Forum is to promote and support sustainable and integrated management of services with regards to air quality and waste in the Region. It will also seek the promotion of an integrated approach to the management and development of policies, guidelines and monitoring plans for environmental management.

The Forum will aim:

- To be a vehicle that is representative of all role players insofar as it is of relevance to waste and air quality management.
- To provide a mechanism for the exchange of information.
- To provide a coordinating and supportive role to all waste and air quality matters to municipalities within the CKDM.
- To provide a platform to create awareness and provide advice to the CKDM and its local municipalities in preparation for their roles stemming directly from the provisions of NEMA, its SEMAs and other relevant legislation.
- To promote and provide advice with respect to strategic environmental matters affecting the CKDM and the local municipalities; and
- To strengthen the internal governance, the internal governance structures of the CKDM and the local municipalities and foster better cooperation.



Health Education and Training



Tell me, I forget.

Show me, I remember.

Involve me, I understand.

—Chinese proverb



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.



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 compliant.

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 bladsy 4 van hierdie Nuusbrief).

Wees verseker dat ons alle wettige, noodsaaklike en redelik uitvoerbare maatreëls sal tref om u klagte(s) aan te spreek.

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.



"So, as you can see, customer satisfaction is up considerably since phasing out the complaint forms."

Join Our E-mail List!

If you are interested in receiving our Annual Newsletter per email, you are welcome to send your email address to Gerrit van Zyl at gerrit@skdm.co.za.

Pollution-
If You
Don't
Kill It
It Will
Kill You

The B...

Together
WE
Achieve
More

"STRATEGIC
PLANNING
IS WORTHLESS -
UNLESS
THERE IS FIRST
A STRATEGIC
VISION."

**DIE AFDELING WENS U
'N GESEËNDE
KERSFEES EN 'N
VOORSPOEDIGE 2020
TOE**