

YOUR HEALTH

IMMUNISATION

Immunisation is receiving vaccines against serious, infectious diseases.

It is essential that you take your baby or child for immunisation.

By not immunising your child, you are putting him or her at risk and increasing the chances of spreading the disease to other children.

There is a catch-up schedule for children who have never been immunised.

Immunisation is offered at clinics, hospitals and by private practitioners.

Immunisation schedule

- Birth: TOPV (0), BCG
- 6 weeks: TOPV (1), DTPHib (1), HBV (1)
- 10 weeks: TOPV (2), DTPHib (2), HBV (2)
- 14 weeks: TOPV (3), DTPHib (3), HBV (3)
- 9 months: Measles (1)
- 18 months: Measles (2), DTP (4), TOPV (4)
- 6 years: TOPV (5), Td*
- 12: Td*

(* Recommended change by World Health Organisation)

Vaccines: What they mean

- TOPV: Trivalent oral polio vaccine
- DTPHib: Diphtheria, Tetanus, Pertussis and Haemophilus influenzae
- DPT: Diphtheria, Pertussis, Tetanus
- Td: Tetanus with small component of diphtheria

All immunisation received must be recorded on the Road to Health Card, which must be kept safe.

How the vaccine works?

- Initiates a response from the body to prepare for any invasion of disease or virus.
- Provides antibodies to fight a disease or virus.
- Some vaccines require booster doses to maintain complete immunity.

Common side effects

- Mild fever (temperature between 38-38.9C).
- Redness and swelling at the site of the injection.
- Irritability.
- Rash in the case of receiving measles vaccine.

Severe effects

- High temperature (temperature 39C or above)
 - Uncontrollable crying
 - Convulsions
 - Lethargy
 - Shock or collapse
- The child must be taken to a doctor, clinic or hospital immediately should he or she have any of these side effects.

Pregnant women

All pregnant women should consult a doctor or visit a clinic for assessment and immunisation for neonatal tetanus, as per the schedule.

□ Supplied by the City's Health Department



DOING your bit to save the world can be achieved by just making little changes to your lifestyle, and it is easier than you think.

There is no need to have a hybrid car or a solar powered house, although those would be ideal if everybody could afford them. Just by making a few changes at a time and being aware of your carbon footprint, you will make a difference.

Here are a few simple yet effective tips:

- Hang your washing on a line outside to dry rather than using the tumble drier. You will save on electricity and your clothes will be a lot fresher.

- Change all the old conventional light bulbs in your home to eco-friendly compact fluorescent bulbs. They last a lot longer and help lower the electricity bill.

- Switch off your dishwasher after the wash cycle and let your dishes drip dry. It will cut your electricity bill.

- Give your family members different recycling bins and start a competition

to see who can fill it up first. Reward the winner with an appropriate prize.

Imagining tomorrow today

- Use recycling facilities at community halls and schools.

- Stop buying plastic bags from the supermarket and use canvas ones.

- If you live in a block of flats, set up a communal recycling programme.

- Remove water guzzling plants from your garden and replace them with indigenous water-wise plants.

- Start a worm farm. Use kitchen waste to create compost. The environment and your garden will benefit enormously.

- Buy local produce, and products, check your packaging – use paper instead of plastic or polystyrene.

- Buy vegetables loose instead of packaged.
- Reuse, recycle and reallocate – donate old clothes, books, magazines, and other recyclables to schools, churches, and charity.

For more ideas go to www.imaginedurban.org.za.

WARD PROFILES

The city comprises 100 wards, each with its own ward committee. In this edition we profile Ward 19 so that you can get to know it better.



Ward: 19

Councillor: Thulani Emmauel Gangile

Party: ANC

Contact: 031 311 1111

Areas within ward: Emachobeni; KwaDabeka B, G, H, I, J, F, M; Lower Molweni, Motalaband, Wyebank, Ekuthuleni, Zamokuhle.

Community need assessment priorities: Proper sanitation, schools, shelter for the indigent, infrastructural service and the maintenance of buildings, safety and security and the upgrading of the bus road KwaDabeka.

Household income (pa)	Households	%
No income	2 866	21
R1 – R4 800	759	8
R4 801 – R9 600	1 365	15
R9 601 – R19 200	1 640	18
R19 201 – R38 400	1 182	13
R38 401 – R76 800	591	6
R76 801 – R153 600	398	4
R153 601 – R307 200	234	3
R307 201 – R614 400	82	1
R614 401 – R1 228 800	14	0
R1 228 801 - R2 457 600	38	0
R2 457 601 and more	6	0

Dwelling type		
Number of households		%
Formal	5 952	66
Informal	2 482	28
Traditional	501	6
Other	69	1

Population	34 401	%
African	30 691	89
Coloured	152	0
Indian	2 773	8
White	785	2
Pensioners	801	2
Disabled	1 510	4
Male	16 515	48
Female	17 886	52

Work Status	15 – 65 years	%
Employed	7 499	33
Unemployed	8 230	36
Not Economically Active	7 296	32
Literacy Rate (Grade 7 and above)	18 071	53
Dependency Ratio		5

Delivery Of Basic Household Services		
	2001	2007
Electricity	71	86
Refuse Disposal	57	96
Flush Toilets		
Water - dwelling/yard		
Water < 200m		

Age		%
Age 0 – 4	3 788	11
Age 5 – 14	6 860	20
Age 15 – 34	13 582	39
Age 35 – 64	9 369	27
Age > 65	801	2

Major Community Facilities located in the Ward include:	
Library	1
Clinics	2
Police	1
Hospital	0
Pension pay points	0
Billing points	0
Metro police	0
Fire stations	0
Community halls	6
Post office	0
Schools	5

Approved Capital Projects (R million)				
Project	Type Task	2007/2008	2008/2009	2009/2010
New Housing Infrastructure	Wyebank Phase 2	0.0	0.0	2.0
Electricity	Wyebank Reinforcement	0.7	0.0	0.0
Cleansing and Solid Waste	Rehabilitate Shallcross @ Wyebank Disposal Sites	0.0	0.0	2.1
Solid Waste	Wyebank Depot	0.0	0.0	0.8

* Information prepared by the eThekweni Municipality's Corporate Policy Unit