

YOUR HEALTH

IN THIS edition we focus on Rubella, also known as German measles.

Description

It is an acute viral disease that causes fever and rash.

Transmission

Spread by contact with an infected person, through coughing and sneezing; vertical transmission (pregnant woman to baby) results in congenital rubella.

Symptoms

Rash and fever for two to three days (mild in children and young adults); mild upper respiratory infection symptoms.

Complications

Birth defects if acquired by a pregnant woman; deafness; cataracts; heart defects; mental retardation; liver and spleen damage. There is at least a 20% chance of damage to the fetus if a woman is infected early in pregnancy.

Vaccine

Rubella vaccine (contained in MMR vaccine) can prevent this disease.

As an adult, do I need it?

You do not need the measles, mumps, rubella vaccine (MMR) if:

- You had blood tests that show you are immune to measles, mumps, and rubella.
- You are sure that you will not have any more children;
- You have already been immunised against rubella (MMR).

You should get the MMR vaccine if you

1. Are a student beyond high school;
 2. You work in a hospital or medical facility;
 3. You travel internationally, or are a passenger on a cruise ship;
 4. You are a woman of childbearing age.
- Children may be immunised (MMR) from 12 to 15 months of age.

Rubella immunisation is not part of the National Expanded Programme of Immunisation, however this vaccine is available at pharmacies, paediatricians and general practitioners.

Compiled by the eThekweni Health Department

Death traps get torn down

VERNON MCHUNU

DEPUTY Mayor Logie Naidoo lent a hand when a piece of inadequate planning was destroyed in a project that promises Cato Manor residents safer homes.

In a symbolic gesture, Naidoo hammered down one of the houses that has gained notoriety as a "house of death" due to the fact that the walls were fitted with wire. In terms of that technology, the wire was meant to strengthen the walls. However, it had put the residents in danger of electrocution.

On Sunday, Naidoo and provincial housing MEC Mike Mabuyakhulu laid the foundation for "a fresh start".

The rectification programme is led by the provincial housing department and supported by the eThekweni Municipality.



DOWN IT COMES: Housing MEC Mike Mabuyakhulu and Deputy Mayor Logie Naidoo bring down one of the death traps
Picture: BONGA MSIMANG

Naidoo said knocking down the wire-wall houses marked the beginning of the R20million roll-out of an extensive programme that would see the risky houses being demolished and safer units being constructed.

It is widely argued that even though the houses were built between 1996 and 1999, the actual planning and design had been done prior to the advent of democracy in 1994.

The fact that residents would require an electricity supply had not been taken into consideration, said local resident Happiness Shange, whose house was the first to

go down.

At least 100 houses are to be demolished as part of the project, which is expected to be complete by the end of July.

Mabuyakhulu said the new houses would be built using bricks, mortar and plastered walls, with appropriate electrical connections. The wire-wall technology had not lived up to the government's expectations and had instead created a situation in which houses became life-threatening, he said.

Government now has a show village where all new technologies are tested before being implemented.

Adding value to your property

EMMANUEL KLEINBOOI

MANY township dwellers are ill-informed about the property market. They do not know they can make small alterations and or additions to enhance the value of their properties and net significant profits when they sell.

To empower residents of Inanda, Ntuzuma, KwaMashu the INK Area Based Management programme is holding a series of seminars and workshops to get property owners to appreciate the value and growth of the property industry in their area.

While property owners in the areas around INK are enjoying the benefits of the boom in the property market, the opposite is true of the properties within INK, the programme has found.

Most of the negative

property market depression is caused by ignorance on the part of property owners.

For example, a person gets a bond to build a house and then adds another room without submitting a plan. This person thinks that they are adding value to their property when, in fact, this depreciates the property value.

Another example is putting up fencing that exceeds the value of the house and setting up businesses in residential areas an activity that leads to the depreciation of properties in the neighbourhood.

INK's property market education is designed to sensitize communities about property value and the obligations that come with property ownership.

One of the objectives of the project is to initiate and facilitate dialogue among

different stakeholders in the property market.

The education focusses on common issues such as types of titles, level of land tenure, affordability, benefits of house ownership and rights and responsibilities of home owners.

Feedback

People are also taught about ways of enhancing the value of their properties. Feedback has been gathered from seminars and workshops already held that show communities complain about Council's integrated billing system, high water bills and rates penalties.

More than one thousand people attended in sixteen venues throughout INK.

Financial institutions, real estate agents and government housing

10 THINGS TO DO TO SAVE ENERGY THIS WINTER

GUGU BLOSE

WITH winter comes a high demand on electricity. "Possible power outages could be avoided if people use electricity wisely," said Vincent Zondi of the Electricity Unit. Here are ten things you can do to help.

- 1 Instead of a heater use a hot water bottle
- 2 If you must use a heater use a portable one and take it from room to room
- 3 Turn the geyser to lower than 60 degrees, or put a geyser blanket around it
- 4 Make sure the heater you are using is not faulty - faulty appliances use more energy
- 5 Do not leave stoves and heaters on through the night, use many blankets or covers
- 6 Boil water in a kettle and use only the required amount of water, not a whole kettle full
- 7 Make sure your heating system is maintained to increase its efficiency
- 8 Close windows when the heater or heating system is on
- 9 Keep curtains open during the day to let in solar heat to heat up the house
- 10 Dress warmly

SAFETY TIP: People use candles, paraffin stoves and open fire to keep warm. It is best to turn off all paraffin appliances and candles before going to bed.

The real stars of Durban

THERE are many people who do tremendous community work without any recognition and this is what prompted Mayor Obed Mlaba to initiate what is now widely known as the Mayor's Awards for Excellence.

To date over 160 people have won prizes ranging from computer equipment, training, cash and other incentives. "It is important that these awards make a difference in people's lives and we always go back to check on our previous winners to see if there is any progress in their ventures and intervene where problems are experienced", said Mlaba.

A workshop was held at City Hall recently for the 2006 winners at which they were addressed by various speakers from the business and private sector.

Speakers included Thula Hlela from SEDA and Bheki Nkosi from First National Bank who introduced delegates to BizNetwork, a facility that introduces small businesses to big businesses for possible partnerships.

Also at the workshop were representatives from SA Revenue Services and the municipality's Procurement section who explained the tendering process.

Nompumelelo Johnson, who owns a food outlet in Ntuzuma and one of the delegates at the workshop said it was very important for small business to be empowered. "The municipality could have just forgotten about us after the ceremony, but they didn't.

"They are helping us to improve our businesses and find opportunities to network and grow" she said.

The Mayor's Awards have five categories in which people can be nominated. The categories are crime prevention, tourism, wealth and job creation, clean environment and community development.

Crackdown on illegal outlets

A CRACKDOWN on illegal taverns and shebeens in Durban has netted R30 000 worth of liquor in Umlazi's K Section. Several shebeens and taverns are reported to have been shut down as the city intensifies its fight against illegal liquor outlets.

Metro police spokesman, Supt Thomas Tyala appealed to entrepreneurs to use the Liquor Licensing Board, eThekweni Business Support Service, Local SAPS and Durban Metro Police to ensure compliance with the Liquor Act.

Metro Police has appealed to communities to attend a series of meetings involving Community Policing Forums or Masakhane initiatives (hosted by eThekweni Council) to discuss liquor license-related issues in various wards almost every week. - Zamaswazi Ndlovu

Finding a fish out of water

FINOLA QUARSINGH

THE Durban Botanic Gardens, known for its eye-catching designs, has a new Great White Shark sculpture that is drawing much attention. Passers-by are all stopping to watch local artist Jenny Cullinan create this aquatic predator out of a large tree stump (pictured left).

Cullinan, whose work denotes environmental

issues, started the sculpture in July last year to raise awareness on global warming. She has plans to create a whale, a seal and sardines because of the impact global warming is having on our legendary sardine run.

Martin Clement, education officer at the Gardens said Cullinan volunteered to do the sculpture for free. "Our relationship began a few years ago when she won a

sculpture competition and spotted the bare tree stump."

Cullinan has exhibited internationally and does not draw or plan her sculptures first, she works with the material and a design in her mind and has won many accolades for her work. She can be seen every Friday morning with her angle grinder and safety glasses working on the sculpture she hopes to complete in time for the next sardine run.

