



‘Make Vaccination Mandatory!!!’



...Read Story On Page 5



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Johnson & Johnson Vaccine Approved In Zim

By Michael Gwarisa

THE Medicines Control Authority of Zimbabwe (MCAZ), has approved the use of Johnson & Johnson vaccine in Zimbabwe in the management and prevention of COVID-19 infections.

In an interview with HealthTimes, MCAZ Projects and Public Relations Officer, Mr Shingai Gwatidzo confirmed the development.

“MCAZ reviewed the technical documentation and clinical studies conducted and issued Emergency Use Authorisation for Ministry of Health and Child Care to consider adding to the vaccines for use in Zimbabwe,” said Mr Gwatidzo.

He added that the EUA is subject to a number of con-



siderations which include ensuring there is adequate cold storage capacity to store the vaccines and also ensuring there is robust side effect monitoring in place to monitor for potential side effects.

"MOHCC will then decide whether to deploy the vaccines in Zimbabwe or

not, our responsibility is to ensure that we conduct the risk-benefit analysis."

The authorisation was issued based on the basis of Section 75 of Medicines and Allied Substances Control Act [Chapter 15:03] and the authorisation was subject to conditions which include administering the

vaccine as a single dose of 0.5 ml by Intramuscular injection only, immunisations will be carried out in adults greater than or equal to 18 years of age amongst a host of other conditions.

“The emergency Use Authorisation is valid for a period of 12 months or even when the public emergency

ends, whichever is shorter. If additional satisfactory data needed for full registration are submitted in an application to the Authority, then full marketing authorisation (registration) could be granted,” added MCAZ in a letter addressed to the secretary of health.

Nurse Arrested For Selling COVID-19 Vaccination Cards



Health Reporter

A general nurse at Zvishavane District Hospital, Faith Nyoni has been been arrested for selling completed COVID-19 vaccination cards to unvaccinated individuals.

She was arrested after detectives set a trap and caught in action. Through their official Twitter Account, the Zimbabwe Republic Police (ZRP) said investigations were still in progress.

Faith Nyoni who is em-

ployed as a nurse at Zvishavane District Hospital later handed over completed vaccination cards to the detectives. Investigations are in progress. Detectives set a trap and pretended to be in need of vaccination cards before contacting Cloud Nyoni who was scouting for customers," said the ZRP.

“The ZRP advised the public to avoid shortcuts and always follow guidelines set by the Government as far as Covid-19 regulations are concerned.

Meanwhile, Police in

Bulawayo arrested Sandra Maramba (21) after receiving a tip off that she was in possession of medicinal drugs suspected to have been stolen.

"The ZRP encourages the public to supply positive information to the Police as this goes a long way in fighting crime in the country. The arrest led to the recovery of syphilis test kits, blank Covid-19 card, syringes and several tablets, among other medicinal drugs"



UBH Suspends Pregnant Student Nurse

Staff Reporter

SIBONGINKOSI Jacoline Dube, a student nurse at United Bulawayo Hospital (UBH) was suspended from training on May 17 this year following a positive pregnancy test result.

The move by UBH has prompted Zimbabwe Lawyers for Human Rights (ZLHR) to approach the United Bulawayo Hospitals (UBH) seeking Dube's reinstatement into the programme.

In a letter written to UBH Chief Executive Officer Dr Narcisius Dzvanga, Jabulani Mhlanga of ZLHR protested against the discrimination and ill-treatment of the aspiring nurse.

Mhlanga said Dube had advised him that on the day the pregnancy test was taken, a certain Ms. S Moyo had informed the group of nursing trainees of a “mix-up” in the test results conducted at a UBH laboratory. Mhlanga said after receiving the pregnancy results Dube condu...[To Next Page](#)

PSMAS Membership Embrace Online Payments

Own Correspondent

In a bid to offer extra convenience for its members, PSMAS introduced an online payment system, which allows for members to make their subscription payments via the Society’s website or PSMAS 24/7 Mobile Application.

The website was recently re-vamped while the PSMAS 24/7 is a new baby on the block, both of which were introduced to make contact with the Society by different stakeholders easy and efficient. This is also in line with Covid-19 measures promoting remote working and limited physical contact. The coming in of a payment gateway system is, therefore meant to complement these initiatives in ensuring that members can still get services from the Society from wherever they are, without necessarily coming to PSMAS offices in person.

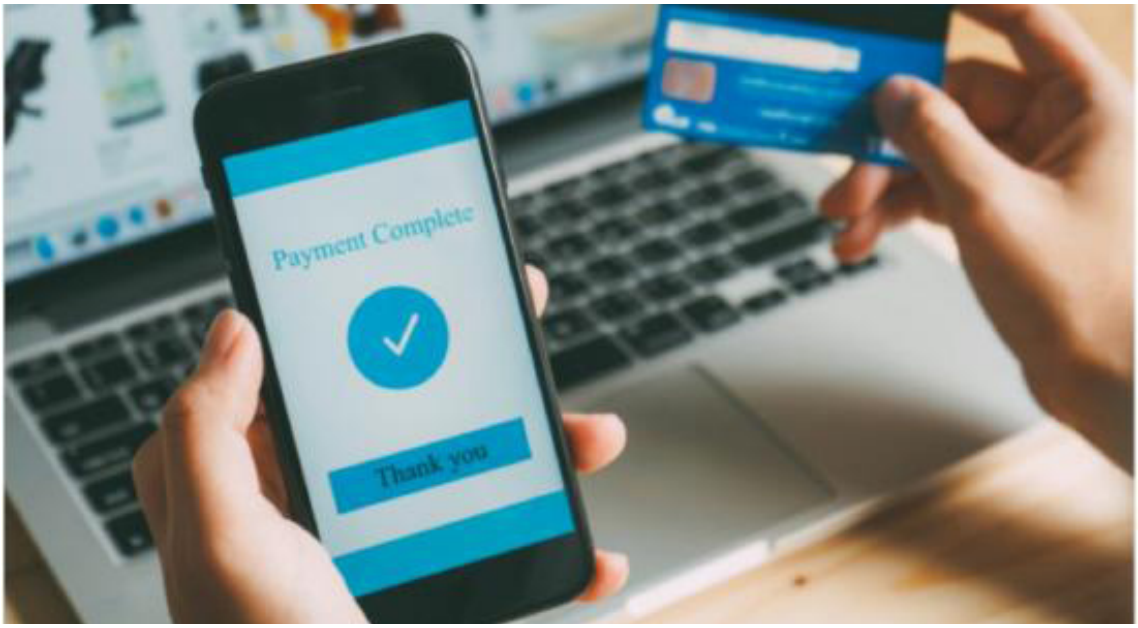
PSMAS members inter-

viewed commended this latest offering saying it indeed goes a long way in offering convenience to members.

“In these pandemic times, it is safe and secure to make my payments online. It is not always that you have to visit an institution physically. Sometimes you just need to seek services from the comfort of your home and get them as efficient as you would have received should you have sought for the same in person,” said Mr Shacky Mabwezuva who is one of the many PSMAS members embracing these and other PSMAS offerings. Another PSMAS member,

Mr Divine Chakombera who has since resorted to transacting via Ecocash said the system was easy and efficient to use. He said online transactions saves him time spent travelling to and from PSMAS offices and time spent in queues.

“Digitalisation is the way



to go. It saves time and is efficient. When I used the PSMAS online platform, the process went on very well as I did not encounter any challenges. If all members embrace this offering, very few, probably with complicated cases, will end up at the offices physically, thereby reducing physical contact, which is one of the measures meant to reduce spread of Covid-19 in the country,” he said.

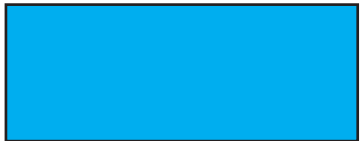
This payment gateway allows for members to initiate payments of their sub-

scriptions from anywhere. Previously, members would firstly seek for authorisation should they wished to pay online, which was a lengthy process.

Now, with this system, deductions can now be done from a members’ account immediately after completing a transaction. The platforms offers security and reliable real-time transaction processing to PSMAS members and there is also a guarantee of reduction in errors on payments, easy payment settlements

and account reconciliation processes. The platforms being supported by this system include, EcoCash, Visa and MasterCard.

This is in addition to the existing Point of Sale and cash payments. Since 1930, PSMAS has been at the forefront of helping people access health the best way possible.



Lawyers Fight Student Nurse Suspension



a self-test whose results were negative and she informed officials at UBH of this development.

Dube, Mhlanga said, also undertook further testing at Mpilo Central Hospital and the results were negative. But despite the outcome of the second set of the pregnancy test results and numerous engagements with some UBH officials as well as some officials from the Ministry of Health and

Child Care, Dube has not been reinstated to continue with the nurse training programme.

Mhlanga charged that the decision taken by UBH to keep Dube out of the training

programme was grossly unreasonable and unfair and in violation of section 68 of the Constitution, which provides for the right to administrative justice and

also in violation of section 3 of the Administrative Justice Act.

The human rights lawyer said UBH’s policy is contrary to the national objectives of the Constitution in particular section 17 which provides that the State must promote the full participation of women in all spheres of the Zimbabwean society on the basis of equality with men.

Furthermore, Mhlanga said section 56 of the Constitution affords women to enjoy the right to equal treatment including the right to equal opportunities in political, economic, cultural and social spheres and prohibits unfair treatment or discrimination on the grounds of pregnancy.

Mhlanga asked UBH to reinstate Dube to continue with the nurse training pro-

gramme with immediate effect and also urgently align its policy to the provisions of the Constitution.

The human rights lawyer said if UBH fails to respond favourably to Dube’s request, he will institute legal proceedings against the state-run hospital to assert and protect her constitutionally enshrined rights. UBH is yet to respond to Mhlanga’s letter.



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OPINION

Now The Ball Is In MoHCC Hands

THIS week the Medicine Control Authority of Zimbabwe (MCAZ), announced that they had approved usage of the Johnson & Johnson Vaccine in Zimbabwe. This is a welcome development and a step in the right direction for Zimbabwe as it will give citizens the room to choose which vaccine from amongst those available vaccines they wish to be vaccinated with.

Not saying that there is anything wrong with Chinese vaccines but there are people who have publicly declared that they don't want to be vaccinated with the Chinese vaccines for reasons known to them.

Now the ball is the Ministry of Health and Child Care's (MoHCC) hands to permit the rollout of the vaccine and ensure it be included amongst other vaccines currently in circulation in Zimbabwe.

By approving and permitting the rollout of the J&J vaccine, we stand a chance of reaching our national vaccination targets earlier and faster since it is a single dose vaccine. Time is ticking and it waits no man. Let's prioritize life over personal egos. Vaccination saves lives and the more vaccines we put in the mix, the better for us.

#GetVaccinated

Letters To The Editor

Kudos On Vaccination Updates

Dear Editor

I'm delighted to say I am enjoying your health updates especially the weekly epaper. Please keep on giving the health update especially on the COVID-19 pandemic.

Now health news is available on WhatsApp everyone can access with less data costs incurred.Keep it up Health Times news crew.

Chipo Ncube

Harare

We Need More Free COVID Testing Centres

Dear Editor

The COVID-19 pandemic has been affecting many and my concern is why is the government not providing more free testing centres. Most businesses have been affected by the pandemic and the general public can not afford COVID-19 tests.

People are spreading the disease unknowingly because they cannot afford to go for tests.

Kuda Chara
Concerned citizen



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Marketing:

Call 08644289599

Email: healthtimeszim@gmail.com

Editorial

Editor
Michael Gwarisa

Call: +263 776 280 274, _263 772 679 680

Email: editorial@healthtimes.co.zw

Reporters:

Patricia Mashiri
Tanaka Moyo

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'Make Vaccination Mandatory'

By Michael Gwarisa

PARLIAMENTARY Portfolio Committee on Health Chairperson, Dr Ruth Labode says mandatory vaccination is the only route Zimbabwe should take if it aims to vaccinate majority of its population and attain herd immunity.

Her call comes at the back of depressed uptake of vaccination due to resistance and hesitancy amongst citizens despite government availing more vaccines onto the market.

To date, Zimbabwe has received more than five million vaccines from China, Russia and India. However, only 1 593 656 have received the first dose while 730 378 have received the second jab.

In an Interview with **HealthTimes**, Dr Labode said there were a myriad of factors currently threatening the national vaccination drive and these include loopholes in the health sector that could see unvaccinated people getting vaccination cards as well as rampart misinformation around vaccines.

"There is a lot of misinformation out there and I have heard people who are even prepared to buy a vaccination card. It means somehow that they don't understand that the benefits accrue to you the vaccinated person and not the next person. That's the message we have been putting across all long but we don't seem to be winning, so I think now is time we actually did mandatory vaccination.

"I really genuinely believe, maybe it is because I am a COVID-19 survivor and I know how painful it is to actually have severe COVID morbidity. I believe that mandatory vaccination is the way to go for Zimbabwe because there is a lot of misinformation happening that is discouraging people from getting vaccinated," said Dr Labode.

She added that other developed countries were going that route and soon vaccination passports will

be mandatory in order to travel abroad or even to neighboring countries.

"If you take countries like Dubai, you can't go to Dubai now without having a full vaccination. I think somehow, a security measure needs to be done for the vaccination cards. I am not worried about those who are prepared to buy a vaccination card, for me that literally means you are really saying I will never be vaccinated, which is fine.

"For others, it is ignorance and those ignorant people would benefit from a mandatory vaccination because there are no serious reasons for objecting. I have convinced a lot of people by just sitting with them for two minutes and they are ready."

Meanwhile, some big corporates in Zimbabwe have already adopted subtle mandatory vaccination and have indicated that unvaccinated employees would go on indefinite leave. Some of the companies that have gone mandatory vaccination route include TelOne, Seed-Co, CBZ, Windmill, the Grain Marketing Board, the Public Service Commission among others.

Commenting on whether Zimbabwe should embrace mandatory vaccination, World Health Organization Zimbabwe Country Representative, Dr Alex Gasasira said citizens need to get access to credible information around vaccination in order to make informed decisions around vaccination.

"The World Health Organization encourages everyone to get vaccinated whenever they get the opportunity to get vaccinated. WHO encourages people to get as much information about vaccination from credible sources so that they can make informed decisions on getting vaccination once they have an opportunity to get vaccinated," said Dr Gasasira.

Meanwhile, Community Working Group on Health (CWGH) Executive Director, Mr Itai Rusike was recently quoted said coer-

cion and manipulation was not the best way of getting people to take up vaccination.

"The Public Health Act Chapter 15:17 only provides for compulsory immunization of children and incapacitated persons. Where there are compelling reasons of public health specifically regarding minors and legally incapacitated individuals, the Minister of Health and Child Care shall by notice in the government Gazette declare the date on which compulsory immunization shall take place.

"Informed employee participation and ownership of the COVID-19 vaccination will move towards achieving herd immunity of vaccinating at least 60 percent of the population. Even in COVID-19 pandemic, human rights have to be observed without excep-



Dr Ruth Labode

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Health Workers On COVID Frontline Risk Mental Health Complications

By Patricia Mashiri

MENTAL Health experts have called on front-line health workers fighting COVID-19 in the Red Zones where patients with severe and critical symptoms are being managed, to seek mental health and psychosocial support to avoid accumulating or bottling up traumatic experiences they may be encountering in their line of duty.

The calls comes at the back of increased deaths and hospitalisation of COVID-19 related incidences across the country over the past four weeks.

In an Interview, Tafadzwa Meki, Founder of Someone Always Listens Toyou (S.A.L.T Africa) said there was need to set up phsyco -social support or some mental wellness activity especially having been exposed to traumatic incidents for almost over a year now since COVID-19 began.

If you look at the medical fraternity that is the doctors, nurses, ambulance workers, those that do evacuations and funeral parlous these are frontline workers because they deal with patients and deceased bodies on a day to day basis.

"So you look at the psy-



chological effect of dealing with death or illness on daily basis, you look at the deliverable outcomes of one being a doctor as a health service provider and you find that the result is supposed to be centred around healing, getting better or mitigating the patient and also possible discharge of the patient," said Meki.

She added that, "Most of the cases we are seeing are resulting in deaths which is traumatic. It does in some way causes anxiety in frontline workers. The sense of hopeless because of what is happening around them.

"We may tend to notice some behaviour change in these frontline workers, sleeping

disorders, anxiety, panic attacks and they may likely to suffer from post traumatic stress as a result of the experiences they went through."

Meanwhile, Dr Kudzakwashe Muchena, one of the country's leading Psychologist said no one was immune to mental health issues and challenges.

"We live in a society where most people think that if you are in a medical profession you have a buffer that protects you from experiencing life the people experience it which is wrong. This pandemic has put them on a very difficult situation mental health wise. We could be sitting on a health time bomb if this

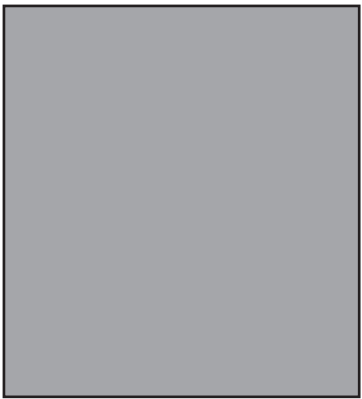
situation is not managed well. Some of the frontline workers I met seems like they are not receiving the support they need they going on their business as if its usual.

"Mental health issues usually do not manifest themselves quickly they take long to exhibit and when they come out people will be surprised how they came out. Most frontline workers that I met rely on their families for support. We need to be very careful on how we deal and support them so that they will be able to face the next day. Psychologist come as a secondary support the family should come first. In cases where family support is required it should be there," said Dr

Muchena.

He added that these were difficult times and there was need to take care of the mental health of the frontline workers before the worst happens.

"This also equal to those who work in funeral homes the handling of so many dead bodies and communicating with the relatives of the deceased."



Jet Donates Towards Alleviating Childhood Cancer

JET Stores, a subsidiary of Edgars Stores Limited has handed over ZWL400 000 to KidzCan towards the management of childhood cancer.

The organization also rallied its customers to buy KidzCan branded masks in commemoration of Orange Month, and cancer tees with donations being channelled to KidzCan.

Speaking on the donation, Edgars Group Spokesperson, Ms Rumbie Dzimba said,"KidzCan is one of Jet`s main CSI partners since 2019. Annually the Jet brand donates in the form of financial aid to assist in

the fight against Kids cancer and also aid the organisation's operations.

The partnership is not only hinged on encouraging customers to participate through buying from a select product range for a cause, Jet also aims to raise awareness on the cancers affecting children. This assists communities at large to get more cancer information and knowledge on what they can do to assist in KidzCan`s initiatives."

Jet is a subsidiary of Edgars Stores Limited. The Group's CSR program - Edgars Helping Hands focuses on four of the United Nations Sustainable Development

Goals, namely; Good Health and Well-being, Quality Education, Responsible consumption and production and Partnership for the goals.

This initiative with KidzCan falls in two quadrants; Good Health and well-being and Partnership for the goals.

"Through the Jet Chain, Edgars Stores Limited commits to continue building this partnership to ensure the children suffering from cancer and families afflicted by cancer are assisted as much as possible.

We also pledge to continue to involve our customers in

the conversations around cancer to ensure we spread as much awareness around the communities that we serve.

"As we hand over this cheque, we acknowledge that it is a drop in the ocean given the mammoth task KidzCan faces in meeting the needs of the brave little children afflicted by the disease. We anticipate the funds will be channelled towards need areas to give the children some comfort," said Ms Dzimba.

She added that this year, their commitment is to run a similar initiative in their stores during Orange month.

"With the support of our Group CSR, we anticipate raising more funds that will be directed to assist the KidzCan organisation in fulfilling its goals. Jet Stores was founded in 2011, rebranding from Express stores.

The youthful and trendy brand boasts of 27 stores nationwide and prides itself in bringing an assortment of affordable everyday fashion for the whole family and well packaged Financial Service offerings."

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Number Of TB Patients Missing Treatment Still High In Zim

By Michael Gwarisa

THE Ministry of Health and Child Care (MoHCC) Deputy Director, Tuberculosis (TB) and HIV services, Dr Charles Sandy says even though Zimbabwe was recently removed from the TB high burden list, it was too early to “Let Our Guard Down” as most TB patients were still missing treatment.

Speaking during a virtual sensitization meeting for the new Stop TB Partnership Zimbabwe grant, Dr Sandy said the treatment coverage for TB was still in the doldrums and the COVID-19 had worsened the situation.

“Previously, we used to be amongst the three high burden list for TB that is Drug Sensitive TB, TB/HIV and Drug Resistant TB. Now we have transitioned out of the Drug Sensitive TB list. However, I would like to caution that we should not relax despite that removal from the high burden list.

“We still have a considerable high burden of TB and we are still challenged with improving our treatment coverage which in 2019 was actually 72% which was a drop from 82% in 2018. That means we have a significant percentage of patients who are missed on treatment. We still have a lot of work on our hands if we are to improve and sustain the incidence decline,” said Dr Sandy.

He added that government and its partners had developed a National TB Strategic Plan and they aim to see a reduction in incidence and mortality from TB by

the year 2025.

“We hope that our objectives in the national strategic plan are going to enable us to attain our goals and these are the strategic objectives that we are trying to implement so that we see the desired impact. We are trying to increase treatment coverage; we are trying to increase treatment success rate for all patients with Drug Resistant TB and with drugs sensitive TB.”

The World Health Organization (WHO) Zimbabwe National Professional Officer for TB and Hepatitis, Dr Mkokeli Ngwenya said the removal of Zimbabwe from TB high burden list was a major move in the End TB strategy.

“In 2015, the WHO defined these three lists and put countries into the 2016 2020 list. However, that was not a new thing in the global TB programme because these lists had actually been used for several years before 2015.

“The oldest list for TB dates back to 1998, In 2015 there was a review of these lists and a clear criteria defined and then we ended up with 30 lists. These countries selected based on their absolute number of incident cases per year and then 10 are selected based on the severity of the burden that is the incidence 100 000 population per year,” said Dr Ngwenya.

Meanwhile, the Stop Tuberculosis (TB) Partnership Zimbabwe has received a US\$55,000 one-year advocacy grant from the Stop TB Partnership office in Geneva in a bid to strength-



Dr Charles Sandy, Dep Director TB and HIV Services in the Ministry of Health

en TB response activities in Zimbabwe.

Stop TB Partnership Chairperson, Mr Donald Run-goyi said the grant was for implementing some of the Stop TB Partnership Zimbabwe activities over the next few months.

“The Stop TB Partnership received a one-year advocacy grant to implement activities to strengthen the TB response through multi stakeholder partnerships. The implementation of the grant is guided by three objectives which include engaging the TB Caucus so as to catalyze the country’s dialogue on UNHLM

targets, commitments and accountability towards the 2022 targets, to position Stop TB Partnership Zimbabwe as a strategic leader and convener of TB issues and lastly to mobilize resources to sustain TB efforts in Zimbabwe.” One of the major highlights of the new grant is to push for the hosting of a high-level meeting with the head of state and health minister to push for the fulfillment of the UNHLM targets by the year 2022. The new Stop TB Partnership grant will scale up engagements through stakeholder sensitization meetings and increasing partnerships local media organizations to

ensure the TB message goes far and wide.

The grant will also facilitate coordination meetings with key stakeholders. The organization will also create a database for TB survivors and document their activities. The grant will also see the orientation of TB survivors and advocates.

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Bindura: Bindura District Health Offices Opposite Chipadze stadium: Chiwaridzo Clinic, Chipadze Clinic and all Council Clinics

Bulawayo: All municipal Clinics in Bulawayo are offering vaccines: Northern Suburbs, Entumbane, E.F Watson, Mzilikazi, Princess Margaret Rose, Emakhandeni, Cowdry Park, Luveve, Njube, Nketa, Pumula, Magwegwe, Dr Shennan, Pelandaba, Khmi Road Clinic, Mzilikazi, Nkulumane, Nketa, Tsabalala, Pumula South, Maqhawe

Central Hospitals: 1. United Bulawayo Hospital, (Sinopharm dose 1 and dose 2 Sinovac), Mpilo Central Hospital (Both doses), Ingutsheni (both doses)

Private Centres Offering Vaccines in Bulawayo: CIMAS, MASCA, Large City Hall, Ekusileni Hospital, Vivat

Gweru: Gweru Provincial Hospital, Gweru General Hospital, Mkoba Clinic, Ivane Clinic, Birchnough Clinic, TelOne Clinic

Harare: Braeside FHS Clinic, Hatfield Satellite Clinic, Mbare Poly Clinic, Sunningdale Satellite Clinic, Waterfalls Satellite Clinic, Tariro Satellite Clinic, Rutsanana Polyclinic, Western Triangle Satellite Clinic, Highfields Polyclinic, Glen Norah Satellite Clinic, Geln View Polyclinic, Glenview Satellite Clinic, Budiriro Satellite Clinic, Budiriro Polyclinic, Mufakose FHS Clinic, Kambuzuma Poly Clinic, Kuwadzana Poly Clinic, Kuwadzana Satellite Clinic, Warren Park Polyclinic, Rujeko Polyclinic, Belvedere Satellite Clinic, Malbertain Satellite Clinic, Marlborough Satellite Clinic, Avondale Satellite Clinic, Mt Pleasant Satellite Clinic, Hatcliff Polyclinic, Borrowdale Satellite Clinic, Highlands FHS Clinic, Eastlea FHS Clinic, Greendale FHS Clinic, Mabvuku Satellite Clinic.

Central Hospitals: Parirenyatwa Central Hospital,, Sally Mugabe (Harare Hospital)

Private Hospitals: CIMAS Borrowdale Clinic,, Health Point

Masvingo: Runyararo Clinic, Masvingo Teachers Clinic, Masvingo Tech Clinic: Chishave Clinic (Chivi), Ngomahuru Hospital, Mapanzure Clinic, Muchibwa Clinic. Morganster Hospital, Masvingo General Hospital*

Karoi: Hurungwe District Hospital and all clinics

Kariba: Kariba District Hospital and all clinics

Kwekwe: Civic Center, Works Yard, Amaveni Housing, Amaveni Shopping Centre, Famers Market, Kombi Rank, Messina Complex, Roasting Plant Complex, Msasa Shopping Centre, Mupostori, Ivine Hoe Mine, Alarm Mine, B.D Mine, Globe and Phoenix Clinic, Dread Compound, Plot 21, Plot 19. Water Works, Mbizo Housing, ME Market, Mbizo 4 Shopping Center, Black Tuck-shop (For more verify with the Kwekwe City vaccination schedule)

Mutare: All City Clinics offering vaccines: Chikanga, Danganvura Town, Florida, Queens Hall, Sakubva Hospital. Mutare Provincial Hospital,

Kadoma: Rimuka Adult, Rimuka High School, Ngezi, Chemukute, Waverly Clinic. Note that Chemukute has some challenges a few days ago after vaccines had run out but the situation is being resolved.

Central Hospitals

Kadoma General Hospital: Please note that Kadoma General has moved nurses from FCH to beef up staff and support Covid vaccination.

Norton: Knowe Primary School, Katanga Clinic and Norton Hospital

Plumtree: Plumtree Hospital. and clinics both rural and urban

Ruwa: Ruwa Poly Clinic is offering vaccines

Zvishavane: Zvishavane District Hospital more details to follow

Zvishavane Rural: Mapanzure Rural Health Clinic

#GetVaccinated #EndThePandemic #ProtectOthers

The message is proudly sponsored by the Community Working Group on Health (CWGH):

HELP STOP THE COVID-19 PANDEMIC
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Vaccines are safe and effective at preventing diseases

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MSF Donates TB Medications To Natpharm

Staff Reporter

INTERNATIONAL medical humanitarian organization Médecins Sans Frontières (MSF) today handed over a consignment of TB medication to Zimbabwe's National Pharmaceutical Company (NATPHARM).

We are happy that Zimbabwe continues to make huge strides in containing and raising awareness on TB, and we congratulate the country for its removal from the list of countries with a high TB burden," says MSF Country Representative, Dr. Reinaldo Ortuno.

The TB drugs donated today include first-line treatment for Drug sensitive TB and treatment for Drug-resistant TB (DR), all with an estimate value of USD 165,000.

For 11 years until 2017,

MSF provided quality HIV/TB/DR-TB treatment, care and support to Zimbabwe and in 2018, MSF, in collaboration with the MoHCC, supported the successful pilot of the short regimen treatment with injectable for DR-TB in Mutare.

"Despite that we handed over these successful projects on HIV/TB/ DR-TB, we have continued to provide support and resources to MoHCC and this donation is part of that."

"We continue to work with the Ministry of Health and Child Care to provide health care, especially to vulnerable communities. MSF believes that health is a human right and that every person should have access to health services and medicines when they are in need," says Dr Ortuno.



Smokers At High Risk Of Severe COVID-19

By Patricia Mashiri

Dr Lincoln Charimari, the World Health Organization (WHO) Zimbabwe COVID-19 Response Manager, has dispelled the myth that smokers have a high chance of surviving COVID-19 and advised them to get vaccinated.

Speaking to HealthTimes, Dr Charimari said, "Smoking is actually a risk of developing severe disease and dying from it. It damages the lungs and any condition that damages the lungs worsens COVID-19. There is no evidence that smokers spread the virus faster than non-smokers. The vaccine is safe for smokers in the same way it is safe for people with other conditions."

Meanwhile, Dr Johannes Marisa, President Medical and Dental Private Practitioners of Zimbabwe Association (MDPPZA), said smokers should get vaccinated as they are at high risk of getting COVID-19 and getting seriously ill with it.

"All this talk about smokers being better protected from COVID-19 is just a

mere talk. There is nothing like that. Instead chronic smokers who develop chronic obstructive pulmonary disease (COPD) are at high risk of dying from COVID-19 because it is classified as a co-morbidity. We do not tolerate such messages from the public because these lies are quite detrimental to people's health.

"If a smoker coughs the droplets that comes out when sneezing are the ones that are dangerous. If smoking is going to worsen the coughing and the sneezing then it means the smokers has higher risk of spreading COVID-19 more than a non-smoker. A chronic smoker who has been smoking for a long time and who has developed some form of lung disease is at higher of COVID-19," Dr Marisa said.

WHO describes the tobacco pandemic as one of the biggest public health treats the world has ever faced, killing more than 8 million people a year around the world. More than 7 million of those deaths are the result of non-smokers being



The Vaccine Is Not The Mark Of The Beast

By Michael Gwarisa

UNITED Family International Church (UFIC) founder, Prophet Emmanuel Makandiwa has announced that those who wish to get vaccinated should go ahead and do so.

In a live broadcast on his YouTube Channel, Prophet Makandiwa said contrary to what has been reported about his sermons before, he does not believe or subscribe to the notion that the COVID-19 Vaccine contains the mark of the beast.

“People are asking me saying Man of God, is there a green light? Should we get vaccinated? I have been ignoring all these communications not because I didn’t want to respond but it’s because they are asking me because I had already responded. It was based on my response that they are now asking me these

questions.

“This is the reason why people are asking me. They are saying I am about to lose my job. The main reason why most people are really terrified by this development is because of so many things that have been said over and over again concerning vaccines. They are also those that are saying by receiving the vaccine, you are receiving the mark of the beast. I said this before, there is no chip in the vaccine and there is no mark in the vaccine.

“This COVID-19 vaccine is not a mark of the beast. Unless if you are good at misunderstanding then you can move around and say he is changing this is not what he said. If this is what I said before then it would be an honorable thing to remind me. The vaccine can never be the mark of the beast. It is not the mark of the beast,” said Prophet Makandiwa.

He however said he was

concerned with the number who would lose their jobs and privileges because they wouldn’t have been vaccinated.

“In the case that you get access to privileges, you are about to lose your job and now you can’t access basics, the question is how are you going to survive. This is why we are getting so many messages. It won’t be fair for me to close my mouth at this point considering the suffering that people are going to face as a result of refusing to receive the vaccine.

“I advise you to consult your doctor on the best decision on vaccination, I also do have doctors, I believe in them..., they alone are the best people to give you advice on your medical issues... they must check and confirm if your health is good enough for the vaccine.”



Prophet Makandiwa

Save-A-Life Promotion

CORPORATE COVID-19 RESPONSE EQUIPMENT SPECIAL OFFER

ProChoice Medtec is a local engineering company specializing in vehicle conversions and hospital equipment manufacture. ProChoice has been in operation since 2016 and has been carving its name in the market with its flagship products which include;

- High specification ambulance conversions
- Hospital beds and related equipment manufacture
- Pop-up clinic deployments

COVID-19 RESPONSE EQUIPMENT OFFER

As a steadily growing player in the hospital equipment space, ProChoice is extending support to the Corporate Sector companies that are setting up COVID-19 support structures for their staff members or are donating to assist communities in view of the acute need that has arisen. The offer has also been designed to directly support Government Departments and Local Authorities in their response effort through developing and locally producing relevant medical equipment and offering these at a discounted rate.

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PLUS FREE SUPPORT!

on all COVID-19 related projects specific to the below:

BUY 2
for the price
of one



1. Tailor made Ambulance & Related Medical Equipment

Brand new vehicle conversion

ProChoice has strategic alliances with local dealers of mini bus and Toyota (Quantum and Off road) utility vehicles that we convert to ambulances - from a High specification ICU Unit to Basic Care ambulances.

New Covid-19 Compliant Specifications

Our ambulances have been reconfigured to be compliant with all the healthcare provider COVID-19 Protocols.

Client can always determine the level of patient care they require, and the unit will be equipped as such. Other conversion which include hearses or body removal ambulances can also be designed per client need.



2. Hospital Beds

Our Organisation's DNA as an Engineering Technology company has enabled us to develop and deliver hospital ward-care beds with the basic hydraulics for patient positioning. Our Research & Development team is further developing on some of our projects that are using local talent to produce other specialized beds including fully automated theatre tables.



3. Pop-Up Clinic Deployment

The Pop-Up clinic concept-mobile clinics and medical work camps involves physically setting up a movable medical facility in communities where the need is greatest at the time. The pop up clinic is an opportunity for Government, the corporate sector and local authorities to complement physical hospital structures which evidently are in dire space constraints.



3. Pop-Up Clinic Deployment (cont'd)

The clinic will be a mobile unit built on either a caravan or container which ideally is made to the capacity of dealing with emergencies such as COVID-19. The Clinic will comprise of 2 main components, i.e the Clinic Unit and the Admission Unit.

Clinic Unit

The Clinic unit is the main component whose interior is built from our Ambulance model experience. Using this framework, client specifications can always be adapted depending on specific function

Admission Unit

Modern pop-up tents are used to build an admission unit to support the clinic unit functions.

Through the **Save-A-Life Promotion**, we are committed to do our part to support the COVID-19 response across the country. We are ready to work with our clients to deliver the best possible solutions using our local skills and capacity.

For more information contact:

Tafadzwa Chisveto: +263 772 392 431,
Praise: +263 772 921 242

Email: admin@prochoiceagritec.co.zw

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Building Self Self Esteem As A Young Person

By Fadzayi Maposah

It is not easy being a young person in this day and age. Young people face many challenges growing up. At times they are treated like children and at times they are treated like adults so long as the person who is dealing with them stands to benefit.

One issue that affects young people today is the issue of self-esteem especially low self-esteem. Self-esteem is the value that we put on ourselves, it includes the way we think, the way we perceive, feel and act. In short it denotes the self-worth or value that we put on ourselves. Self-esteem can either be low or high.

[How can a person know if they have high self-esteem or low self-esteem?](#)

A person with high self-esteem is enthusiastic, the person has high self-drive. In short the person is bubbly and does not care much about people who might want to burst their bubble.

Optimism is one way of knowing that an individual has high self-esteem. As the old adage goes, the person is always looking for the silver lining in every cloud. The phrase keep hope alive drives an individual with high self-esteem.

Ambition is one key attribute of a person with high self-esteem. Besides being a dreamer, the individual actually has a game plan regarding what they want to do and how they intend to get there.

It is not difficult to pick out an individual with high self-esteem especially where there are team activities because the individual is a team player eager to cooperate with others to get things done. In working with others well, the individual has respect for him/herself and others that they are working with exhibiting high levels of kindness in the way that they act, talk and treat others.

The individual who has high self-esteem accepts responsibility, either to do

something or even when things do not work out for the mistakes that they could have made.

When a task is up for grabs and they know their potential regarding what is at stake, they are quick to volunteer their service and skills with confidence



and are proactive.

Having looked at the characteristics of high self-esteem it is important to now look at how one with low self-esteem can be noticed.

An individual with low self-esteem is pessimistic, always just finding the negative aspects in everything and can also exhibit trait of aggression especially when they feel that their

thoughts/views are not being the necessary recognition.

The individual is passive and waits for others to decide for them what they could decide on their own because they have an uncaring and negative attitude to everything or most things regarding their life.

The individual with low self-esteem also displays high levels of irresponsibility. As a result the individual quickly becomes depressed and is withdrawn. When a person is sought to do a task, the person with low self-esteem is quick to volunteer others as if he/she is not there.

Low self-esteem is not good. People should work towards getting high self-esteem. There are conditions in childhood that can contribute to an individual having low self-esteem. The presence of negative role models in childhood is one contributing factor. As children grow, the people around them have an influence regarding how they

will turn out.

An adolescent who grows up in an environment where everyone is passive and withdrawn might consider that as a normal situation when it is not. At times parents/guardians have very low expectations regarding a child such that the child does not see the point of achieving anything because the people who are around him have as good as dismissed him/her as one who can do something. Too much criticism, being laughed at, mocked, can also contribute to an individual having low self-esteem.

In the next article we look at how young people can be assisted to build self-esteem

Fadzayi Maposah is the ZNFPC Provincial Marketing and Communications Officer, Mash East

SAT Bemoans COVID-19 Induced Restrictions On SRHR Access

By Patricia Mashiri

COVID-19 induced restrictions that have been in effect and periodically reviewed since March 2020, have had negative impact on access to Sexual Reproductive Health and Rights (SRHR).

Speaking during a virtual meeting on adapting to the new normal, Dean Mtata, Youth Officer, SRHR Africa Trust (SAT) said there is need to develop systems that cushion young people against shocks such as natural disasters and disease pandemics.

"SRHR services are limited for young people. The lockdown brought in limited movement of people therefore the youths have been greatly affected by this. This caused the rise in sexually transmitted diseases and pregnancies were on the rise. Travelling have been restricted.

"There is need to develop early warning systems. The health care workers have been giving attitude to people requiring SRHR services saying that they have been putting more focus on the COVID-19 pandemic forgetting that people do not stop needing reproductive health services. We should not forget other pandemics because we are in a pandemic," said Mtata.

SAT Youth Officer, Vimbai Nyika said the pandemic has forced young people to adopt some negative coping mechanisms as a way of trying to escape from reality.

"There has been rampant drug and alcohol abuse because of frustrations caused by employment loss for such people. Incomes for people were cut off. The lockdown meant that people were supposed to stock up food and other necessities for future use but for the poor, it was not good since they



Girls and young women receive sanitary pads from WAG during a road show in Mabvuku

had no money to stock up this has led to stress, depression and anxiety if what will happen to them.

"Social media fueled some of the mental instability in people. It is supposed to share truthful and reliable information around COVID-19. Therefore it should be everyone's responsibility to make sure that information shared is from authentic sources. There is a lot of misinformation going around vaccines on the social media," Nyika said.

Meanwhile, Ethel Musara, the Programs Officer for the Institute of Women Social Workers said they have been a lot of cases of gender-based violence within the home setup and cases of depression caused by the pandemic.

"We have been supporting groups of women who have been abused because they are not used to staying in confined places with their husbands for a long time. The lockdowns have caused

a rise in gender-based violence in the homes. We have also been offering psycho-social support for men and we still need to do more especially this third wave has brought so much deaths and people have a lot to deal with.

"People should do more sport and exercises and feed the mind with positive thoughts. Families should support each other in these difficult times," Musara said.

How to Do Squats Correctly to Make the Most of the Move

By Christa Sgobba, C.P.T.

...These seven tips can make you a super squatter.

If you ever watch toddlers move, you'll notice that they execute picture-perfect squats time and again. But when you're well into adulthood, how to do squats becomes a little more of a loaded question: Are your feet in the right position? Are you getting down far enough? Should you add weight?

While there's a lot to unpack with how to do a proper squat, the benefits of learning how to squat correctly are immense—squat variations not only help you get stronger during your workouts, but they also represent a movement pattern that you use during everyday life.

When you learn how to do squats correctly, you can really make the most out of the move—and your workout. Here's what you need to know. What muscles do squats work, and what are the benefits of squats?

The squat is considered a compound movement, meaning it works multiple muscle groups across multiple joints. The primary muscles involved in the movement are your quadriceps (the muscles in the front of your thighs) and your glutes (your butt muscles), Tamir says. On the eccentric part of the move, or the lowering portion of the squat, the muscles in your hamstrings and your hip flexors fire too. Squats also work the muscles around the knee, which helps build strength and prevent injury, he says.

Throughout the move, your core muscles fire in order to keep you steady.

“Your abdominals are stabilizers,” he says. “So they assist in weight-bearing movements.” Strong core muscles are important because not only do they help you with your lifts, but they also reduce the risk of lower back pain.

If you do a weighted squat—whether using a dumbbell in a goblet squat, two dumbbells in a front squat, or a barbell in either

a back or front squat—you're also working your upper body. That's because the move requires an isometric holding of weight, a static muscle contraction without any movement, Tamir says.

Weighted squats, like other forms of load-bearing physical activity, also benefit your bones: They help you build stronger bones, he says, which can help prevent osteopenia or osteoporosis as you get older.

Before you start adding weight, you want to get the squat motion down with bodyweight squats first. Form is key, since performing squats properly can cut down the risk of injury during the move.

Here's what you need to know about doing squats correctly, and how you can avoid some common squatting mistakes.

1. Assume the squat stance.

Before you squat, you should get in proper squat position: Keep your feet about shoulder-width apart, Tamir says. There's no set rule for exact positioning of your feet—it'll vary depending upon anatomical differences—but a good guideline is for them to turn out anywhere between 5 and 30 degrees. So rather than pointing straight ahead, your feet will turn out slightly, but how much they do will depend on your particular comfort level and mobility.

2. Screw your feet into the floor.

Dialing your feet into the ground helps engage your muscles, improve alignment, and create stability with the ground, says Tamir. It'll also help keep your arches from collapsing, which can make your knees more likely to cave inward when you squat. (This is what's known as knee valgus.)

3. Keep your chest up.

Your upper body also matters for squats. “Keep your chest up, your chest proud,” says Tamir. This will prevent your shoulders and

upper back from rounding—a common mistake—which could overstress your spine, especially if you are squatting with weight on your back.

4. Initiate the movement.

When you're ready to squat, think about starting the movement by bending your knees and pushing your hips back, says Tamir. Engage your core for the descent, and keep it braced throughout the move.

20-Minute Total Arms Workout

“Make sure you're controlling the eccentric part of the movement,” he says. Rather than rushing through the downward motion, take a couple of seconds to lower yourself. This will increase time under tension for your muscles, which will make them work harder. (Slowing down the eccentric is also a great strategy to make the move feel harder if you're working out at home and don't have access to the weights you're used to.)

Inhale while you lower, and as you squat down, your knees should track laterally above your first or second toe, Tamir says. Tracking too far in can also make your knees collapse inward, and tracking too far out can put extra stress on them. (Don't worry so much about the old rule that your

knees should never extend forward farther than your toes, Tamir says. Knees extending farther than your toes can happen due to anatomical differences in your bone length. Trying to restrict that movement can actually make you lean forward more, which can stress your lower back, according to a study in the Journal of Strength and Conditioning Research.)

5. Pause when you reach parallel.

As for when you should stop the move? There's lots of discussion about how low you should squat, but the average exerciser should shoot to hit parallel depth with their squats, says Tamir. “That means the back of your thighs will be parallel to the floor,” he says.

Some people have difficulty getting to parallel because of lack of mobility or injury—and if that's the case, it's better to end the squat at whatever depth is pain-free for you—but sometimes people default to quarter-squats because they're using too much weight, says Tamir. If that's the case, easing off the weight and performing the full range of motion for the move is optimal.

Once you reach the bottom of the squat, pause for a second so you are not using momentum to push your-

self back up. (You can also increase the length of your pause to add difficulty to the move.)

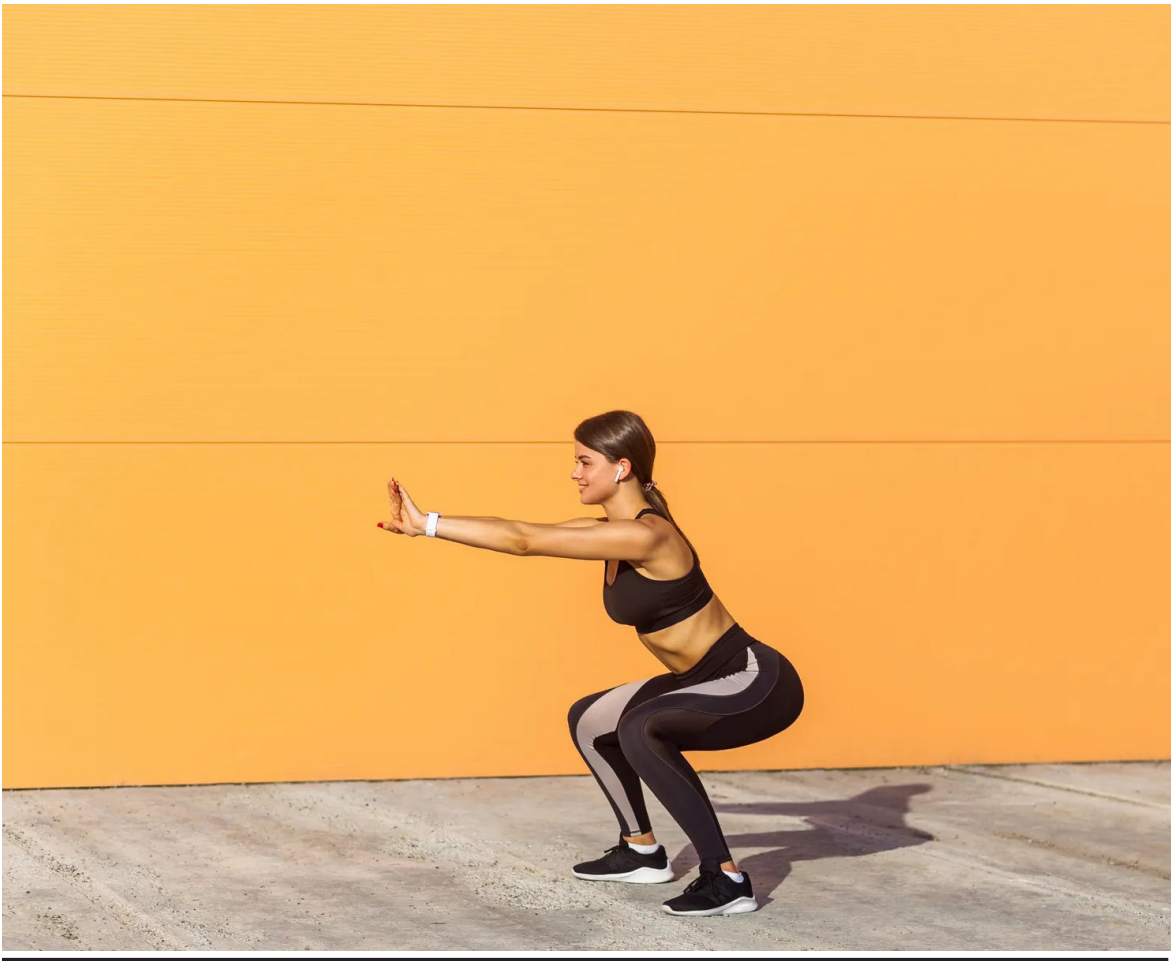
6. When you stand, drive through your heels.

Make sure your feet stay planted throughout the duration of the squat, paying particular attention to driving through your heels on the way back up, says Tamir. This will fire up your posterior chain—the muscles in the back of your body, like your hamstrings and glutes.

Some people have a tendency to pick up their toes when they're focusing on driving through their heels, but you really want to make sure your entire foot stays firmly on the ground: “Your big toe is actually really important in glute activation,” he says.

7. Finish strong.

At the top of the squat, try to tuck your pelvis into a neutral position. “Think of it like bringing your belt buckle to your chin,” says Tamir. Just be careful that you are not hyperextending: A common mistake Tamir sees often is people pushing their hips too far forward, which can actually make you lean backward and stress your lower back. What's the best way to progress with squats?



DO NOT IGNORE A CRY FOR HELP!

Help is nearby.
It is a call or SMS or WhatsApp away.
Take action if you or someone near you or someone you know is suffering any of these abuses;

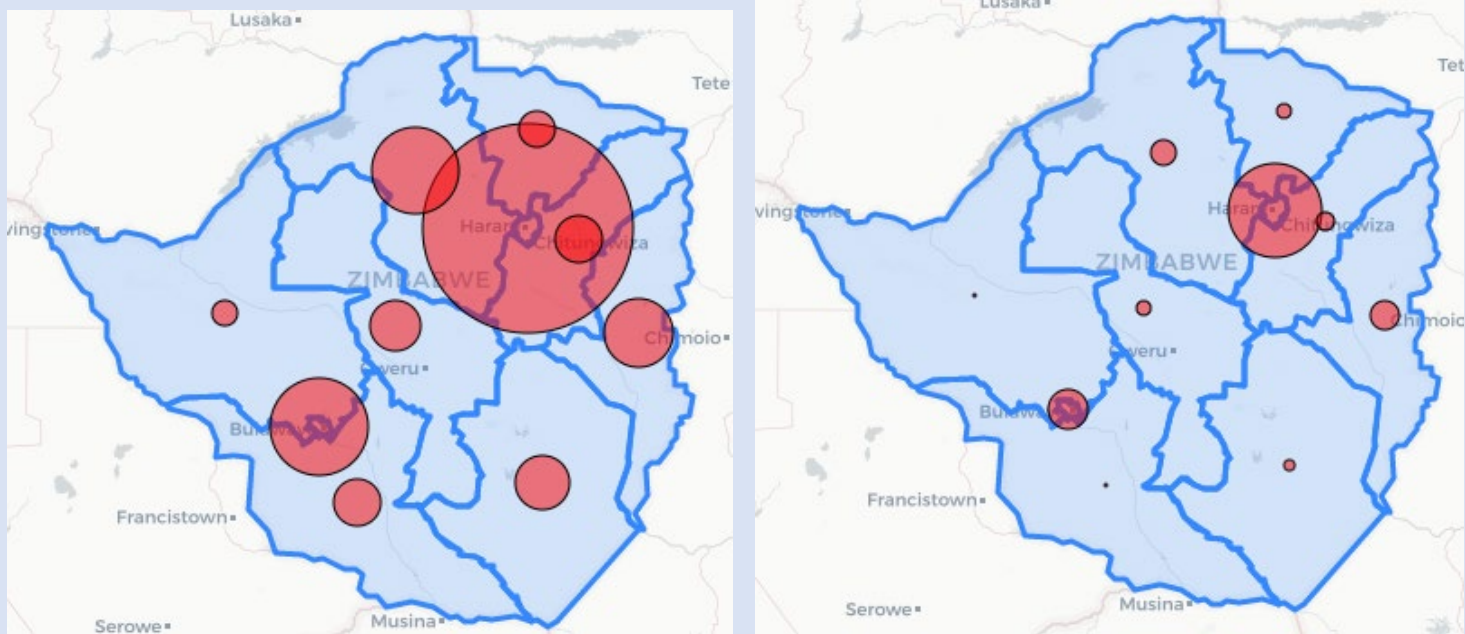
- Physical abuse including assaults and acts of bullying
- Emotional abuse-verbal abuse, being denied food, being denied entry into a home or house
- Sexual abuse, such as;
 - Rape
 - Indecent touches
 - Indecent exposure
 - Being shown pornographic material
 - Being forced to witness acts of sexual activity
 - Being forced to perform uncomfortable sexual acts
- Economic abuse or being deprived of food, money or any other material support by a responsible person
- Child being married off against her will or allowing a child to elope and not do anything about it
- Threats or intimidation of any kind

Call any of these numbers for free assistance in Zimbabwe

Help needed	Who can help?	Their Contact details
Counseling/emotional support	<div><div>1. Ministry of women affairs</div><div>2. Department of Social Development</div><div>3. Childline</div><div>4. Musasa</div><div>5. Shamwari Yemwanasikana</div><div>6. Padare/Men’s Forum</div></div>	<div><div>1. District office near you</div><div>2. District office near you and Ward Child Care Workers</div><div>3. Helpline 116</div><div>4. Toll Free 08080074</div><div>5. Toll Free 08011034</div><div>Helpline 0777851120</div><div>6. Male Helpline 0776027290</div></div>
Reporting violence	<div><div>1. ZRP Victim Friendly Unit</div><div>2. Zimbabwe Gender Commission</div><div>3. Childline</div><div>4. Saywhat Helpline</div><div>5. Shamwari Yemwanasikana</div><div>6. Issues/Pane Nyaya</div></div>	<div><div>1. Near you</div><div>2. Toll Free 08004379</div><div>3. Helpline 116</div><div>4. 08677008743`</div><div>5. Toll free 08011034</div><div>Helpline 0777851120</div><div>6. Helpline 9773910095</div></div>
Place of safety/Fostering	<div><div>1. Department of Social Development</div><div>2. Ministry of women affairs</div><div>3. Musasa</div><div>4. Child Protection Society</div></div>	<div><div>1. Any district office near you and also a CCW in your Ward</div><div>2. Any district office near you</div><div>3. Toll Free 08080074</div><div>4. Helpline 0772971583</div></div>
Health support	<div><div>1. Your local clinic or hospital</div><div>2. Adult RAPE Clinic</div><div>3. Family Support Trust/Clinics</div></div>	<div><div>1. Your clinic or hospital near you</div><div>2. Toll Free 08080472</div><div>3. Toll Free 08080501</div></div>
Disability support	<div><div>1. Deaf Zimbabwe Trust</div><div>2. J F Kapnek Trust</div><div>3. WizEar</div></div>	<div><div>1. Helpline 0785392698</div><div>2. Helpline 0773467203</div><div>3. Helpline 0718557506</div></div>
Court Help Desk Support in; <div><div>a. criminal cases</div><div>b. civil matters such as maintenance , application for a Protection Order and general advice</div></div>	<div><div>1. Legal Resources Foundation</div><div>2. Women and Law in Southern Africa</div><div>3. Zimbabwe Women Lawyers Association</div><div>4. Justice For Children</div><div>5. CATCH</div><div>6. Christian Legal Society</div><div>7. Zimbabwe Lawyers for Human Rights</div></div>	<div><div>1. Toll free 08080402</div><div>2. Toll Free 080804079</div><div>3. Toll Free 08080131</div><div>Helpline 0782900900</div><div>4. Helpline 0772983944</div><div>5. Helpline 0717068529</div><div>6. Helpline 0776177331</div><div>7. Hotline 0772257247</div></div>
Court case follow up and support	All the court help supporters above	All the court help desk supporters above



Zimbabwe Covid-19 SitRep 29/07/2021	
HIGHLIGHTS TODAY	
<ul style="list-style-type: none">• 2 089 New Cases(<i>All Local</i>) and 81 Deaths reported today.(<i>7 day rolling average* for new cases falls to 1747 today from 1778 yesterday</i>)• Hotspots: Hurungwe(26), Kariba(12), Chegutu(67){MashWest}, Bindura(34), Mazowe(37){MashCent} Marondera(75) Murehwa(76){MashEast}, Bikita(26) Chiredzi(70) Mwenezi(75){MasvingoProv}, Harare(235)• Northern Surburbs(32), Nkulumane(29), Emakhandeni(68){Bulawayo}• Vaccination Update: 31 371 received the 1st dose today bringing cumulative for 1st dose to 1 593 656 while 17 247 received their 2nd dose bringing cumulative for 2nd dose to 730 378.as at 1600hrs.• As of 28 July 2021, @1500hrs there were 756 hospitalised cases: New Admissions 124, Asymptomatic 219, mild to moderate 388, severe 101 and 48 in Intensive Care Units.(Mbumba, St Ruperts, and Queen Mary Mission Hospitals did not report today)• 15 217 tests done today (<i>Positivity today was 13.7%</i>)• 2 011 new recoveries: National Recovery rate stands at 69% & Active cases go down to 28 841• As of 28 July 2021, Zimbabwe has recorded 105 656 Cases 73 394 recoveries & 3 421 Deaths.	
CASES AND DEATHS DISTRIBUTION	



Province	PCR Tests + Ag	Cum Cases (New)	Recovered Cases (New)	Active Cases	Deaths (New)
Bulawayo	557	11 090(146)	8963(177)	1606	521(17)
Harare	5500	23 839(235)	17940(449)	4782	1 117(28)
Manicaland	708	10 396(292)	6 117(174)	3945	334(7)
Mash Cent	511	7 085(147)	4669(287)	2232	184(0)
Mash East	1194	10 677(298)	6352(272)	4061	264(9)
Mash West	2290	14 606(208)	10285(61)	3922	399(3)
Midlands	790	7 535(338)	4826(312)	2394	315(10)
Masvingo	1439	7 991(206)	5675(218)	2199	117(4)
Mat North	1488	5 498(135)	3252(22)	2187	59(1)
Mat South	740	6 939(84)	5315(39)	1513	111(2)
Total	15 217	105 656(2089)	73 394(2011)	28 841	3 421(81)

*Provinces with new cases but zero PCR tests conducted respectively received results from NMRL, NTBRL & Pvt Labs

Health Sector Needs More Funding Says Prof Mthuli

Staff Reporter

FINANCE and Economic Development Minister, Professor Mthuli Ncube says the health sector remain a poorly funded sector and something needs to be done.

Presenting the Mid Term Buggedtey Review, Professor Ncube said, “No Despite notable increase in the health sector funding since 2014, a number of key health programmes and projects still needs to be prioritised given that the sector is still grappling with shortage of specialised professionals and health-care staff, inadequate hospital infrastructure and consumables, among other challenges.

He added that the sector is being affected by a resurgence of a third wave of the COVID-19 pandemic. “The 2022 Budget will, therefore, focus on implementing the existing programmes and projects, with emphasis on hospital infrastructure and medicines, as well as creating a balance in financing other health areas beyond the COVID-19 pandemic.

“Funding to the sector and effective use of resources should improve the preparedness of the health systems to respond to any emerging health shocks. The aim is to achieve the Abuja target of 15% of the budget being spent on the health sector.”



Government Maintains Level 4 Lock-down

INFORMATION, Publicity and Broadcasting Services Minister, Senator Monica Mutsvangwa says government the level 4 lockdown measure were still in force even though new COVID-19 infections were on the decline.

Briefing Journalists during a Post Cabinet Media Briefing, minister Mutsvagwa said,"Cabinet was informed that the number of infections decreased slightly, with a total of 14 275 cases being recorded during the week under review, compared to the 21 346 cases recorded the previous week.

"This reflected a 49.5% decrease, as the country’s efforts to contain the pandemic showed a high level of effectiveness. Nevertheless, Cabinet noted the need to strengthen efforts to contain the Third Wave of the COVID-19 pandemic. As such, therefore, the Level 4 lockdown measures remain in force. Areas which recorded the most significant numbers of new cases were Harare Metropolitan Province (2 920), Mashonaland East Province (1 968), Mashonaland West Province (1 776), Manicaland Province (1 537) and Mashonaland Central Province (1 106)."

She added that efforts were underway to replenish supplies of essential COVID-19 consumables.

“Government is ramping up the supply of oxygen and other critical provisions at designated health institutions throughout the country. The Ministry of Health and Child Care has established a prepayment facility with a local gas supplier to ensure constant availability of oxygen. Treasury has released ZW\$100 million for the purchase of oxygen.”

OPENING HOURS

MON - FRI	08:00 TO 15:30
SATURDAY	08:00 TO 12:00
SUNDAY	Closed

www.nbsz.co.zw
Harare 0782619777
Bulawayo 0782007117
Gweru 0782007170
Masvingo 0779404576
Mutare 0782007174

COVID-19 Case Management Webinar Series: Home based and Community care models for mild and moderate COVID-19

The World Health Organization is pleased to invite you to the COVID-19 Case Management Webinar Series: Home based and Community care models for mild and moderate COVID-19.

With the burden of COVID-19 infection witnessed over the course of the pandemic and the subsequent pressure on health systems, adaptation and innovation of traditional patient care has been both urgent and necessary.

This webinar will explore various models of care and interventions that have been developed in different settings to support the clinical case management of non-severe (mild or moderate) cases of COVID-19 at home and within the community.

We welcome presenters from Ministries of Health and International Organizations to discuss their experiences, programs and lessons learnt.

When: Wednesday 4th August 2021 at 13:30-16:00 CET

Register in advance for this webinar: https://who.zoom.us/webinar/register/WN_pT2r_XzoSJSGuK_wRKggzg

After registering, you will receive a confirmation email containing information about joining the webinar.

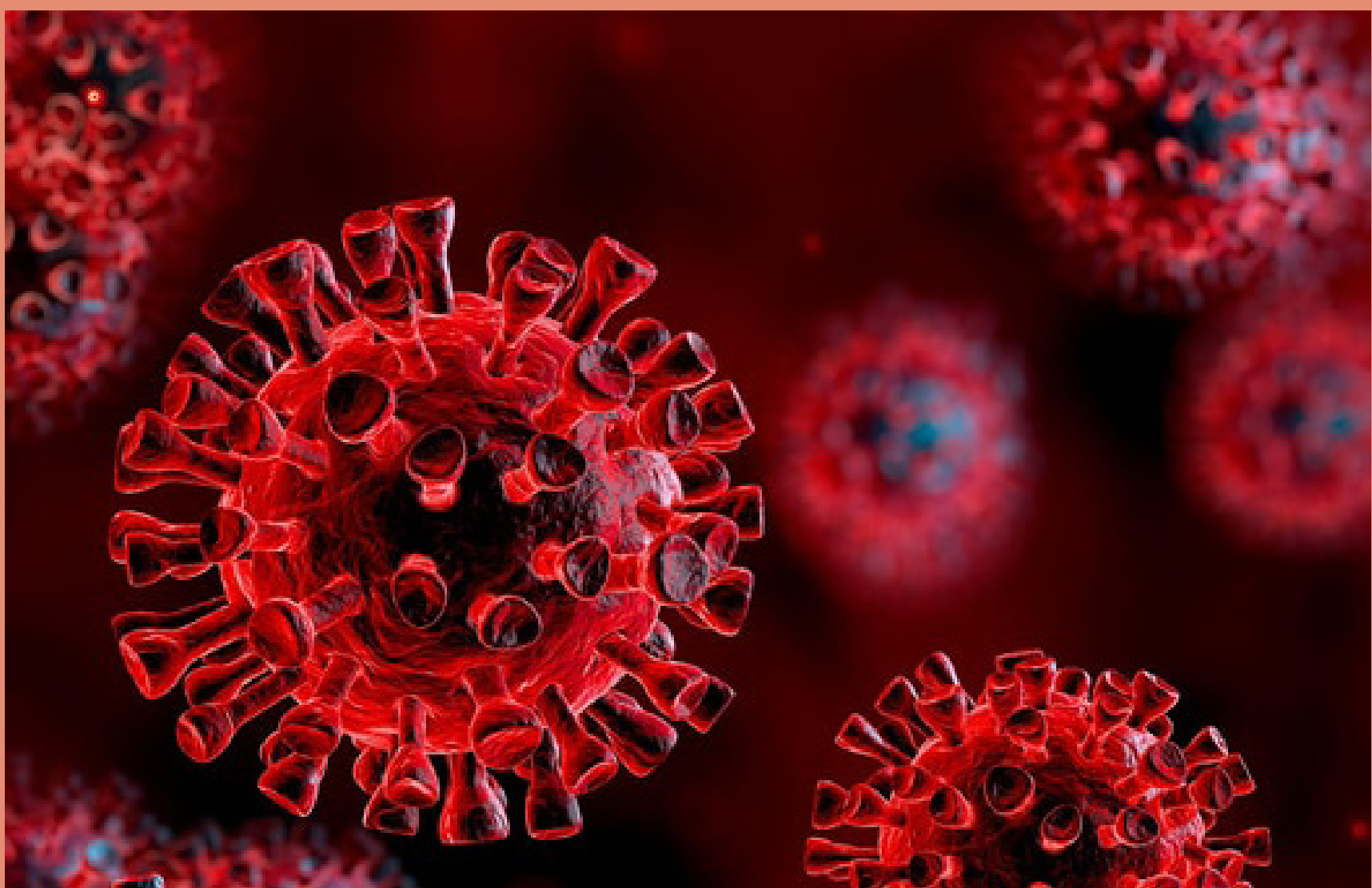
Languages:

Presentations will be English with French, Spanish, Russian, Chinese and Arabic live audio translation available.

Facilitators:

Dr Janet Diaz, Clinical Lead, Health Care Readiness. WHO Geneva

Dr Marta Lado Castro-Rial, Case Management Expert, WHO Geneva



Joint statement by UNICEF Executive Director Henrietta Fore and WHO Director-General Dr. Tedros Adhanom Ghebreyesus for the Pre-Summit of the UN Food Systems



Children and young people must be at the heart of food systems transformation

The Pre-Summit of the UN Food Systems is an opportunity to set the agenda for how we will boldly and collectively strengthen food systems, promote healthy diets, and improve nutrition, especially for children and young people.

Even before the pandemic, children were bearing the brunt of broken food systems and poor diets, leading to an alarming nutrition and health crisis worldwide, and a triple burden of malnutrition: undernutrition, in the form of stunting and wasting, widespread micronutrient deficiencies, and a growing prevalence of overweight and obesity.

Globally, 1 in 3 children is not growing well due to malnutrition – a leading cause of child mortality worldwide – while 2 in 3 don’t have access to the minimum diverse diets they need to grow, develop and learn. We continue to see stubbornly high rates of wasting, and a worrying increase in overweight and obesity among young children.

In recent decades, changes in our global food systems – including the practices used to grow, distribute, market, consume, and dispose of our food – mean that the most nutritious and safe foods are too costly or inaccessible to millions of families. Many increasingly turn to processed foods that are affordable, widely available, and aggressively marketed, but often high in unhealthy sugar, fats and salt.

A toxic combination of rising poverty, inequality, conflict, climate change, and COVID-19 is further threatening food systems and children’s nutritional well-being, especially those from the poorest and most vulnerable communities and households.

A transformation of the food system that listens to the voices of children and young people, and unlocks nutritious, safe, affordable and sustainable diets for every child, everywhere, must be at the heart of strategies, policies and investments. UNICEF and WHO call on governments and decision-makers to scale up effective approaches that include:

- Incentivizing healthy diets through price policies, including subsidies to reduce the price of nutritious foods such as eggs, dairy, fruits, vegetables and wholegrains, or taxes to increase the price of unhealthy options.
- Improving the nutritional quality of food through mandatory fortification of staple foods with essential micronutrients, the reduction of sodium and sugar, and the elimination of industrially produced trans fats in processed foods.
- Using public procurement of food as a lever to promote healthy diets and drive sustainable food systems, for example through schools, workplaces, hospitals, and social-protection programmes.
- Protecting children from the harmful impacts of marketing of unhealthy foods and beverages through strengthened regulatory measures and better enforcement.
- Protecting and supporting mothers and caregivers to optimally breastfeed their babies, including maternal protection and parental leave, and the implementation of the International Code of Marketing of Breast-milk Substitutes.
- Putting in place mandatory, easy-to-understand nutrition labelling policies and practices to help children and families make healthier choices with the right information.
- Supporting healthy feeding and dietary practices through the food, health, education, and social protection systems with easy to understand, coherent and memorable communication strategies.

Only then will we improve the quality, safety and affordability of the foods that children and young people have access to; the environments in which they grow, learn, play and eat, and the sustainability of the planet they live in.

By joining forces with governments, civil society, families, development and humanitarian partners, private sector stakeholders, and children and young people themselves, we can uphold our promise to deliver good nutrition and a healthier planet for every child and every adult, everywhere.

Restriction-Free Entry for Vaccinated EU Citizens Into Netherlands

The Dutch government has announced that starting from today, July 27, all vaccinated European citizens from the European Economic Area and Schengen Zone are allowed to enter the country, regardless of their Coronavirus infection rates.

The change followed the successful vaccination campaign across these countries, throughout which about 50 per cent of the total population has been vaccinated, SchengenVisaInfo.com reports.

According to the press release issued by the government, travellers are permitted to enter the Netherlands after 14 days have passed from the vaccination date unless they are travelling from a country considered a very high-risk area.

Travellers from the green countries are free of testing or quarantine requirements but are obliged to carry a health declaration while flying. Currently, EU and Schengen Area countries on the Netherlands's green list are:

- Austria
- Belgium
- Bulgaria
- Croatia
- Czech Republic
- Denmark
- Estonia
- Finland
- France
- Germany
- Greece
- Hungary
- Iceland
- Ireland
- Italy, including Sicily
- Latvia
- Liechtenstein
- Lithuania
- Luxembourg
- Malta
- Monaco
- Norway
- Poland
- Romania
- Slovakia
- Slovenia
- Sweden
- Switzerland

Countries that aren't listed above are considered as high-risk areas, and travellers coming from those countries are not permitted in the country unless they are travelling for business, studies, research, cultural

and creative events and visiting their long-distance partners.

“You must self-quarantine for ten days if you are travelling to the Netherlands after staying in an area where the risk of coronavirus infection is very high. This quarantine requirement applies even if you have proof of vaccination or proof of recovery,” the official website guideline reads.

The quarantine time can be reduced if the traveller can present a negative test on the fifth day.

Travellers from the very high-risk area with a variant concern (red countries) and another high-risk area (orange countries) must provide a negative COVID-19 test result if a vaccination certificate cannot be provided.

Travellers from EU/Schengen Area high-risk areas must present a vaccination certificate upon arrival, indicating 14 days have passed since the holder has received the second dose of the European Medicines Agency authorised vaccines (Moderna, Pfizer, AstraZeneca and Janssen). If the traveller is unable to present a vaccination certificate, a negative test result is accepted. This rule applies to anyone older than 12.

According to the World Health Organisation, the Netherlands has reported that four people have died due to Coronavirus, and 4,665 tested positive for the virus in the last 24 hours.









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Most South Africans don't want a Covid Jab

About 54% of South Africans say they are unlikely to get a Covid-19 vaccine and almost half say they believe prayer provides more protection than the shots against contracting the disease, a survey showed.

The Afrobarometer survey of 1,600 South Africans highlights a hurdle for the government's drive to inoculate two-thirds of its 60 million people in a bid curb

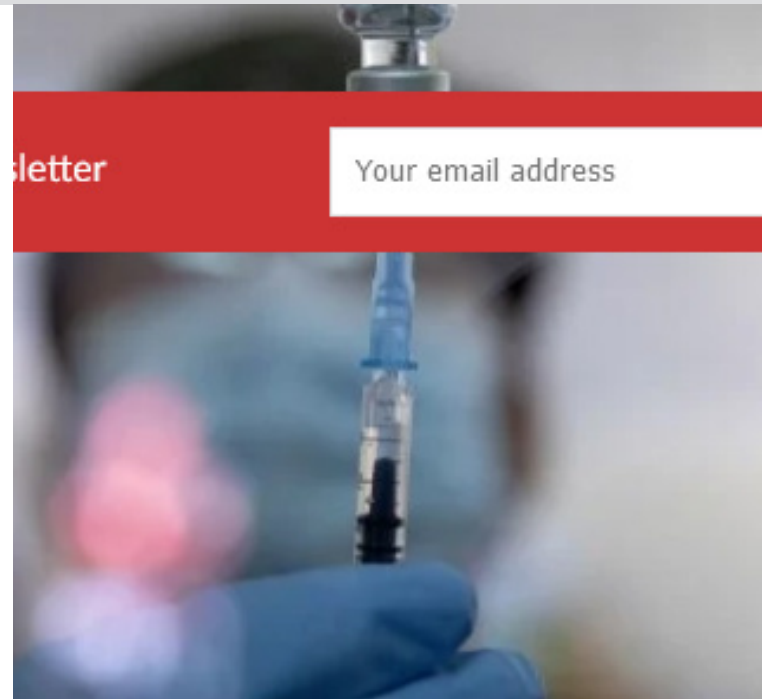
infections in the country, which is Africa's worst hit by the disease, according to official statistics.

Hesitancy is highest among those below the age of 35 and among the poor, according to the survey. Just 28% of those surveyed trust the government to ensure vaccines are safe.

The survey, conducted in May and June, has a 2.5 percentage point margin of error, Afrobarometer said on Wednesday.

South Africa has recorded more than 2.4 million coronavirus infections and almost 71,000 deaths. While over 7 million vaccine doses have been administered in the country just 2.69 million people are fully vaccinated.

Read: Spike in Covid-19 cases in the Western Cape as the province reports vaccine supply shortages
Must Read



Hepatitis E Outbreak In Tigray refugee Camps

Hepatitis E is a contagious virus that causes liver disease. It noticeably yellows the eyes and skin, causes fatigue and dark urine, and can lead to acute liver failure and death. It is particularly dangerous for pregnant women, for whom the risk of death is about 25 per cent. Some of the patients treated by MSF for hepatitis E have arrived comatose.

As with other diseases like typhoid, dysentery and cholera, the hepatitis E virus thrives in environments with poor water and sanitation conditions.

"Since day one, the humanitarian response has been two steps behind the needs of people here," says François Zamparini, MSF emergency coordinator in Gedaref state. "Early warnings about inadequate sanitation, hygiene and shelter were not heeded, and latrine and tap stand building has been far too slow. As a result, we now have widespread open defecation in the camps. Tigray refugees are paying the price of poor international coordination with their health."

MSF, Doctors Without Borders, Sudan, Hepatitis E Inside the Inpatient department (IPD) at MSF's medical facility in Umm Rakouba camp for Tigray refugees.

Dalila Mahdawi/MSF

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In both Al-Tanideba and Umm Rakouba, latrines are scarce or unusable. In Umm Rakouba, there are only 175 latrines for 20,000 people, while in Al-Tanideba many latrines have been destroyed by heavy rain and wind. Together the two camps host about 40,000 people.

Work is underway to build new latrines, but with the onset of the rainy season many won't be ready for several months. Some latrines are located right next to water points, increasing the potential risk of contamination. This week, heavy rainfall flooded many parts of Al-Tanideba, making the situation even more acute. Humanitarian actors must urgently increase the quantity and quality of latrines, particularly as the rainy season is likely to increase the spread of other waterborne diseases.

"The toilets have been a problem since we arrived," says Mehrut, who lives in Al-Tanideba with her five children. "They are never cleaned or maintained and we do not feel comfortable using them." Because food distributions have been erratic, many refugees have also resorted to selling their soap provisions in order to buy food.

MSF, Doctors Without Borders, Sudan, Hepatitis E A tap stand sits in a pool of muddy water. Heavy wind and storms have destroyed many of the camp's latrines, spreading contaminat-



ed water throughout the camp. Open defecation is widespread. Some latrines are located right next to water points, increasing the potential risk of contamination. Besides an increase in toilets and handwashing stands, refugees need more help to safely store their water and food.

Dalila Mahdawi/MSF

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In response to the growing number of cases, MSF has raised chlorine levels in the water it provides and taken measures to protect and disinfect boreholes under its management from dirty surface water. MSF has also increased health education and outreach in the camps. This has included a jerry can cleaning campaign to

ensure refugees can safely store their water. MSF is also following up with pregnant women, providing them with additional soap as a preventative measure.

"The spread of hepatitis E could have been avoided if the basic infrastructure had been in place on time," says MSF project coordinator Sergio Scor. "Instead there has been a collective failure to provide dignified and safe services to a relatively small number of refugees."

MSF has been working in Umm Rakouba and Al-Tanideba camps since November and December 2020, respectively. In both camps, MSF medical staff run clinics providing primary and secondary healthcare, outpatients and inpatient care, including

maternity, mental health services, vaccinations for children under 18 months and malnutrition treatment. MSF is also supporting with water and sanitation, and operating an emergency water treatment plant to provide clean drinking water to refugees, chlorinates water and provides big bladders to store it in. MSF also works in Hamdayet and Al-Hashaba/Village 8 transit centres. MSF services are available to both Tigray refugees and local Sudanese communities.