

HEALTH

Covid-19 Vaccination Programme

Communications priorities

2 – 8 October 2023

This report is for communicators promoting the uptake of the COVID-19 vaccination programme. We hope it will help guide you as you shape communication to best suit your audience.

HEADLINES FOR THIS PERIOD



October

Mental Health Awareness Month

Hi

Mental health affects us all – our families, friends, and ourselves. It's time to open up, have conversations, and show support to those of us facing mental health challenges. No one should face these challenges alone.

Remember, self-care is essential. Take time to rest, do activities you love, and practice mindfulness. Stay connected with loved ones and reach out for support when needed.

Don't hesitate to seek help, see a social worker at your local clinic or call the South Africa Depression and Anxiety Group (SADAG):

0800 456 789
(24-hour helpline)

Covid-19 vaccines still matter. Don't forget to get yours.

health
Department: Health
REPUBLIC OF SOUTH AFRICA

2030 NDP

NATIONAL HEALTH HOTLINE
0800 029 999

www.sacoronavirus.co.za

www.findmyjab.co.za

- You can still get vaccinated with the Pfizer vaccine until 31 October and we encourage you to come for your second vaccine before then.
- The J&J vaccine will continue to be available until February 2024.
- Ask about the vaccines when next at the clinic or call the National Health Hotline 0800 029 999.
- Children between 5 and 11 years who have chronic health conditions, can get the Covid-19 paediatric vaccine, ask if your child qualifies.
- Regular health checks are an important to care of your overall health.

For your closest vaccination site:
National Health Hotline 0800 029 999 - sacoronavirus.co.za - findmyjab.co.za

Reinforce Previous Messages

- The Pfizer and J&J vaccines are in stock. Ask about the vaccine when next at the clinic or call the National Health Hotline 0800 029 999.
- Children between 5 and 11 years who have chronic health conditions, can get the Covid-19 paediatric vaccine and get the protection they need. Ask your health professional if your child qualifies.
- To check when you are due for your next booster call the National Health Hotline 0800 029 999.



Progress with the Vaccination Rollout

NEEDING YOUR COVID-19 VACCINATION CERTIFICATE?

Download your Covid-19 vaccine certificate on this link:
<https://vaccine.certificate.health.gov.za>
or visit the sacoronavirus.co.za website

or call **0800 029 999**
and an agent will be able to assist you.

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Progress by 1 October 2023

	At least one dose	%
% eligible pop.	22 841 834	49.61%
60+	3 679 582	66.83%
50-59 yrs	3 174 644	65.90%
35-49 yrs	6 497 430	55.60%
18-34 yrs	7 276 688	40.91%
12-17 yrs	2 208 272	35.37%
Booster doses	4 503 006	

39,189,608

Covid-19 vaccines have been administered

Looking for a vaccination site?

0800 029 999 · sacoronavirus.co.za · findmyjab.co.za

Interventions & Updates

October Health Calendar

- Attention Deficit Hyperactivity Disorder Month
- Bone Marrow Stem Cell Donation and Leukaemia Awareness Month (until 15 Oct)
- Eye Care Awareness Month (21 Sept to 18 Oct)
- Breast Cancer Awareness Month
- Mental Health Awareness Month

- 1 International Day of Older Persons
- 2-6 Back Care Awareness Week
- 8-14 National Case Management Week
- 9-15 National Nutrition Week
- 10 World Mental Health Day
- 12 World Arthritis Day
- 12 World Sight Day
- 12-20 World Bone and Joint Week
- 13 Internat. Day for Natural Disaster Reduction
- 14 World Hospice and Palliative Care Day
- 15 Global Handwashing Day
- 16 World Food Day
- 16 World Spine Day
- 16 World Restart A Heart Day
- 16-20 School Health Week
- 17 World Trauma Day
- 17 Internat. Day for the Eradication of Poverty
- 17 National Emergency Medical Services Day
- 18-20 Rotary Family Health Day Campaign
- 20 National Down Syndrome Day
- 20 World Osteoporosis Day
- 21 Global Iodine Deficiency Disorders Prevent
- 24 World Polio Day
- 22-28 Internat. Lead Poisoning Prevention Week
- 28-3 National Stroke Week
- 29 World Stroke Day
- 30 Africa Food and Nutrition Security Day

TIKTOK LIVE

FLEXIN' WITH ARTHRITIS:
Embrace the Grind, Leave Pain Behind

4 OCT 2023

TIME 7PM
EVERY WEDNESDAY

WITH **DR SIYANDA**

Our TikTok handle: @koreadisa

040 191 0000 | 0800 029 999 | www.health.gov.za | #koreadisa

2-6 OCTOBER

BACK CARE AWARENESS WEEK

PRIORITISE YOUR BACK HEALTH BY FOLLOWING THESE SIMPLE TIPS:

- 1. **Maintain good posture:** Keep your back straight, shoulders relaxed, and distribute your weight evenly.
- 2. **Stay active:** Engage in regular physical activity.
- 3. **Lift properly:** Bend your knees, keep your back straight, and use the strength of your legs to lift.
- 4. **Take breaks:** If you have a job that requires sitting or standing for long periods, take regular breaks to stretch and move around.
- 5. **Sleep well:** Maintain good sleeping positions that promote spinal alignment.
- 6. **Be mindful of backpack weight:** If you're a student, ensure your backpack is not too heavy.

If you experience persistent or severe back pain, consult a healthcare provider for a proper diagnosis.

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October BREAST CANCER Awareness Month

EARLY DETECTION SAVES LIVES!

Perform regular self-examinations and seek professional medical advice if anything feels unusual.

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