

# HEILBRON

IF IT'S NOT IN THE HERALD, IT IS ONLY A RUMOUR

# HERALD



>>> BLADSY 2

### World Breastfeeding week

Support breastfeeding for a healthier South Africa – breastfeeding questions in the context of Covid-19.

>>> BLADSY 6

### Dienste by NG Suid

Dit is in 'n tyd wanneer jy nie die Here kan hoor nie, wat jou geloof getoets word en Covid-19 het die wêreld se geloof getoets.

>>> BLADSY 7

### Wildbedryf in voet geskiet

Plekke was reeds vol bespreek tot einde Augustus, maar gewysigde regulasies is Dinsdag in die Staatskoerant gepubliseer.



## OUD-SKOLIER BEHAAL DOKTORSGRAAD

Johan Habig, oudste seun van Petro en wyle Meyer Habig, behaal sy doktorsgraad in Omgewingswetenskappe.

Johan, 'n oud-leerling van Heilbron Hoërskool, het in 1999 sy BSc graad in Mikrobiologie/Biochemie verwerf en in 2003 slaag hy sy Meestersgraad met onderskeiding aan die Potchefstroomse Universiteit vir Christelike Hoër Onderwys, nou Noordwes Universiteit.

Na sy studies, het Johan vir 15 jaar as navorsers by die Landbounavorsingsraad in Pretoria gewerk, waar hy gevorderde navorsing op biologiese stikstofbinding gedoen het. Hy was ook nou betrokke by die opleiding van opkomende boere in Venda, KwaZulu-Natal en die Oos-Kaap in bewaringsboerdery ("Conservation Agriculture") en die produksie van hoë-

gehalte graan-en peulgewasse vir die plaaslike gemeenskappe.

Gedurende 2008, het Johan die Grond Mikrobiologie Laboratorium in die Landbou-navorsingsraad gevestig vanwaar hy gespesialiseerde dienste gelewer het aan verskeie navorsings- en akademiese institute, asook die landbou-industrie.

Johan is gedurende 2017 aangestel as Senior Navorsers en hoof van die Microlife Research Centre by Agri Technovation in Wellington, Wes-Kaap, waar hy spesialiseer in mikrobiële grondgesondheidsdienste vir die landbou industrie.

Johan se tesis het spesifiek gehandel oor die invloed wat verskillende landboupraktyke het op die biologiese grondkwaliteitsindikatore en potensiële landbou opbrengste.



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*Waar sake elke keer,  
die eerste keer reg gedoen word!*

Die jongste getalle toon dat daar 471 123 bevestigde gevalle in Suid-Afrika is. Die dodetal staan tans op 7 497 en reeds 297 967 mense het van die virus herstel. SA is steeds in die vyfde posisie as land met die meeste Covid-19 gevalle. Die jongste inligting deurgegee van Fezile Dabi Distrikgesondheidsdienste dateer tot op 25 Julie en dui aan Ngwathe het 478 bevestigde Covid-19 gevalle. Heilbron staan op 149 gevalle, ontvang 22 Julie.

Heilbron polisie-stasie sluit tydelik op 24 Julie vir dekontaminasie nadat van die lede positief getoets het vir Covid-19. Die stasie het weer heropen op 28 Julie 2020. Die Minister van Polisie se woordvoeder sê Woensdagoggend dat reeds meer as 100 polisie-lede aan die virus oorlede is terwyl 10 000 polisie-lede reeds die virus opgedoen het.

Dit is belangrik om op datum te bly of op datum te kom met kinders se immunisering. Essensiële gesondheidsdienste is steeds beskikbaar tydens die Covid-19 pandemie.

Immunisering is belangrik vir voorkombare siektes.

**COVID-19  
WAT JY VANDAG MOET WEE**



# WORLD BREASTFEEDING WEEK

World breastfeeding week celebrated 1-7 August. The theme of World breastfeeding week 2020, adapted for South Africa, is:

**“Support Breastfeeding for a healthier South Africa”**  
Breastfeeding questions in the context of emergencies like Covid-19.

Compiled by National Department of Health

## Can COVID-19 be passed through breastfeeding?

Given the current scientific evidence, the COVID-19 virus has not been found in breastmilk. Therefore, it appears unlikely, that COVID-19 would be transmitted through breastfeeding or by giving breastmilk that has been expressed from a mother who is confirmed/suspected to have COVID-19.

Breastfeeding is recommended for all mothers including mothers suspected/ confirmed to have COVID-19.

## What if the mother is confirmed or suspected to have COVID-19?

Mothers who are suspected to have COVID-19, should still be encouraged and supported to breastfeed.

If the mother is confirmed to have COVID-19, she should continue to breastfeed. If she is unable to breastfeed, then she should be encouraged to express breastmilk for the baby and to maintain lactation.

## What are the hygiene recommendations for a breastfeeding mother confirmed or suspected of having COVID-19 or any other infections respiratory disease that may be transmitted through coughing or sneezing?

If a mother is confirmed or suspected of having COVID-19 or any other infections respiratory disease that may be transmitted through coughing or sneezing.

### She should:

- Regularly clean and disinfect surfaces.
- Wash hands frequently with soap and running water for 20 seconds or use alcohol-based hand sanitizer, especially before touching the baby. Always wash hands before and after breastfeeding your baby.
- Wear a cloth mask or scarf that covers your mouth and nose while feeding. **It is important to:**

- Not to touch the mask while the baby is breastfeeding or when spending time with your baby.

- Ensure that you do not touch the inner side of the mask.

- After each use, cloth masks should be washed with soap and water and ironed when dry.

- Replace masks as soon as they become damp from breathing.

- Do not touch the front of the mask but untie it from behind.

- Follow good respiratory hygiene: cough or sneeze into your bent elbow covering your mouth and nose, or into a tissue which you must then straight away throw into a closed container and wash your hands again with soap for 20 seconds or use alcohol-based hand rub.

- Regularly clean and disinfect surfaces within your home.

## Is it necessary for a mother with confirmed or suspected COVID-19 or any other respiratory infections to wash her breast before she breastfeeds or before expressing milk?

- It is not necessary to wash the breast before every breastfeed or prior to expressing milk.

- If a mother is confirmed or suspected to have COVID-19 and has just coughed over her exposed breast or chest, gently wash your chest with soap and luke warm water for at least 20 seconds prior to feeding.

## Following delivery, why should a baby still be placed skin-to-skin immediately and breastfed within the first hour after birth?

There are many benefits of skin-to-skin contact (skin-to-skin contact calms the mother and the baby and helps to stabilize the baby's heartbeat and breathing. It keeps the baby warm with heat from the mother's body. It also helps to normalize the baby's blood sugar. It reduces infant crying, thus reducing stress and energy use. It facilitates bonding between the mother and her baby and it supports breastfeeding) and breastfeeding largely overcomes the possible risks of transmission and illness associated with COVID-19.

- Immediate and continued skin-to-skin care, including kangaroo mother care, and keeping the baby warm, is linked with fewer newborn deaths.

- There are many benefits of skin-to-skin contact and



breastfeeding and these largely outweigh the possible risks of transmission and illness associated with COVID-19.

- Placing the newborn close to the mother also enables early initiation of breastfeeding which helps the baby receive colostrum, which is protective against illness, UNLESS if the newborn is too ill for the mother to practice skin-to-skin contact or the mother is too ill to do skin-to-skin practice.

- Mothers who are positive for COVID-19 should only stay with the baby if full infection control and isolation can be guaranteed.

## What if the mother is ill?

- Mothers who are critically ill, with COVID-19 and unable to breastfeed directly should be supported to maintain lactation through expressing of milk with the help of healthcare staff.

- For women expressing breastmilk, wash hands before expressing. If using a breast pump, a dedicated breast pump/milk cups should be used. Follow recommendations for breast pump cleaning after each use. Consider asking someone who is well to feed expressed milk to the baby (mother can decant milk from her container into a clean container held by a healthy person to prevent transmission via the containers surface).

## If a mother confirmed or suspected to have COVID-19 is not able to breastfeed due to other reasons, what is the best alternative way to feed her infant and are there additional measures needed?

- The best alternatives to breastfeeding for a new-born or young infant are expressed breast milk and donor human milk
- There are always risks associated with giving infant formula milk to newborns and

infants in all situations.

- The risks associated with giving infant formula milk are higher in situations where there is poor or limited access to health services if a baby becomes unwell or poor access to clean water or access to supplies of infant formula are difficult or not guaranteed, not affordable and not sustainable.

- If expressing breastmilk, the extra basic measures that can be followed includes:

- Hand washing for at least 20 seconds before hand expression.

- Wear a mask while expressing.
- Ensuring that milk storage containers and feeding utensils or breast milk pumps need to be appropriately washed after every use with liquid soap, such as dish washing liquid and warm water. Rinse after with hot water for 10-15 seconds. Breast pumps if used should not be shared between mothers.

## Is it advisable for a mother with confirmed/suspected COVID-19 or any other respiratory infections who is breastfeeding, to give a 'top-up' with infant formula milk?

- No. If a mother is breastfeeding, there is no need to provide a 'top-up' with an infant formula milk.

- Giving a 'top-up' will reduce the amount of breast milk produced by a mother.

- Mothers who are worried about not having enough breast milk should:

- Make sure that their baby is positioned and attached effectively on the breast and to seek additional practical help from a health worker or a lactation consultant.

- Respond to their infants' hunger and feeding cues and breastfeed their baby as much as the baby wants.

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## UIT DIE PEN

Deny sê baie lekkerder in Engels as in Afrikaans.

Deny, deny, deny. Verskonings, verskonings, verskonings. As ons maar net kon leer hoe om dit ordentlik te doen, dan sal die wêreld 'n baie beter plek wees. Dit geld natuurlik vir almal, op elke vlak van die samelewing.

Ek het baie laat in my tienerlewe (of was dit vroeg in my volwasse lewe?) gelees dat jy groei elke keer wanneer jy iemand om verskoning vra. Van toe was dit maklik om askies te sê.

Maar die aksie van jou kant af vra onvoorwaardelike verskoning. Nie iets in die lyn van: "Ek is jammer, maar..." en gaan skiet jy weer die verwyte soos 'n AK47 op outomaties nie.

Party mense voel skaam om om verskoning te vra, ander voel skaam omdat hulle dit nie doen nie. Of die verontregte voel skaam totdat die oortreder om verskoning vra.

Hoekom is dit so nodig om iemand jou verskoning aan te bied?

Ek het bietjie leeswerk gaan doen, en op 'n aantal redes (behalwe dat dit bloot net goeie maniere is) afgekom:

Jy erken dat daar reëls is en dat jy een daarvan gebreek het. Jy stem dus inherent saam dat reëls

gehoorsaam moet word. Wanneer jy om verskoning vra, herstel jy die verontregte se waardigheid. Jy erken dus jou fout, en dat dit jou fout alleen was. Dit help natuurlik dat die verontregte beter voel en herstel in 'n mate die vernedering waardeur hulle moes gaan.

Opregte verskonings herstel stukkende verhoudings.

Mense kan weer met mekaar praat en voel dalk effens meer gemaklik met mekaar.

Die verskoning vertel aan ander mense dat jy nie trots is op jou misstap nie, en dat jy nie weer daardie fout sal maak nie. Maar vir sommige mense is die idee van verkoning vra, vergesog. Vir party voel dit asof die verskoning 'n skulderkenning is. Hulle verstaan nie dat hulle 'n fout gemaak het nie, want nou dink hulle ander glo heimlik dat hulle nie reg wys is in die boonste verdieping nie.

Wanneer verskoning aangebied word, beteken dit nie dat die persoon wat om verskoning vra erken dat hy (of sy, natuurlik) alleen verantwoordelik was vir die argument of die onreg nie. Dit laat egter die deur oop vir die ander party om ook om verskoning te vra. Met 'n verskoning beteken dit nie dat jy verantwoordelikheid vir iemand anders se verkeerde dade neem nie. Elkeen is steeds verantwoordelik vir sy of haar eie handeling.

Iets wat my natuurlik aan die dink gesit het, was dat 'n verskoning nie noodwendig beteken dat jy iets verkeerd gedoen het nie, maar partykeer kan, deur verskoning aan te bied, daarop dui dat jy jammer is dat jy iemand anders se gevoelens seergemaak het.

Onlangs was ek in 'n situasie waar 'n verskoning nodig was. 'n Paar

maande gelede het iemand haar humeur verloor en vir my, voor ander, geskree. Sy het natuurlik niks daarvan gedink nie, en net met haar daaglikse werk aangegaan. Ek, aan die ander kant, het die elektriese heining opgesit. Daar was geen meer lekker geselsies tussen ons nie. Ek het aangegaan met my werk en was bloot vriendelik met haar. Nie 'n vriendin nie. Nooit weer sal ek myself so voor haar blootstel nie. So gebeur dit dat iemand 'n werksessie met albei van ons het. Toe my slegte ondervinding met haar uiteindelik op die lappe kom, was dit asof sy uit die ou Egipteland kom. "Denial is not a river in Egypt."

Deny, deny, deny. Sy ontken dat sy op my geskree het, en later sommer haar eie storie opgemaak oor hoekom sy geskree het. Ek is jammer, sê sy, maar, en hier kom 'n AK47.

Die fasiliteerder sê dat sy nie opreg is in haar verskoning nie. Maar, sê sy, sy vra mos nou om verskoning, maar, en hier kom 'n AK47. Die fasiliteerder probeer weer, maar sy verstaan nie wat van haar verwag word nie.

Ek kry ook 'n beurt om te sê dat ek jammer is dat ek ook teenoor haar verkeerd was. Ek dog ek neem die voortou.

"Ek vra jou onvoorwaardelik om verskoning."

Ek bedoel dit opreg en dog dit gaan haar aan die dink sit. "Ja, ek is ook jammer, maar..." en hier kom die AK47."

In my kop lag ek net, want ek weet dat hierdie verskoning nie val waar hy moet nie. Sy vra om verskoning, nie omdat sy graag wil of dit bedoel nie, maar omdat sy gevra is om dit te doen. Dit is net 'n sin wat sinneloos is. Dit kom nie uit 'n plek van opregte

berou nie. Want volgens haar was haar optrede geregverdig. Wanneer jy weer om verskoning vra, doen dit sonder voorwaardes. Dit beteken nie jy is 'n swakkeling nie. Dit beteken, intendeel, dat jy baie sterker is as die ander party wat weier om onvoorwaardelik om verskoning te vra.

Wat eintlik so maklik is. As jou hart nog nie verskoning vra nie, doen dit solank met jou mond. Jou hart sal later bykom. Nou wonder ek: as die Grondwet hof eendag besluit dat die COVID-19 Bevelsraad ongrondwetlik is, sal die agbare minister haar onvoorwaardelike verskoning aanbied of sal jy ook deny, deny, deny?

Sy en haar span is mos immers geleerde mense wat ander (meer geleerde en meer volwasse) mense se drank en sigarette wegvat, want hulle deel mos zolle. Of lek die papiertjie waarmee zolle gerol word. Indien laasgenoemde waar is, hoekom nie net die los twakkies verbied nie?

As ons almal net van mekaar kan leer, sal die wêreld 'n beter plek wees.

Dan het ons nie 'n Vrouemaand of 'n Mandeladag nodig nie, want ons help en respekteer mekaar klaar.

As jy weer moet om verskoning vra, doen dit onvoorwaardelik. Jy kan verduidelik, as jy gevra word. En as iemand jou om verskoning vra, aanvaar dit. Onvoorwaardelik.

Jy hoef nie te verduidelik waarom nie.

Wanneer iemand nie jou verskoning aanvaar nie, dan is dit maar so. Jy het mos nou reeds jou deel gedoen.

Bêre die AK47. Dis tyd.

## GEKLASSIFISEERD

Die Heilbron Herald word uitgegee en gedruk deur die eienaars Heilbron Herald (Edms) Bpk, Elsstraat 44, Posbus 166, Heilbron  
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Koerant sirkuleer in Heilbron, Petrus Steyn, Frankfort, Reitz en asook digitaal versprei op Heilbron se Facebook-blad en webwerf.

Meninge en opinies wat uitgespreek word in briewe en rubrieke, is dié van die individue en weerspieël nie noodwendig die siening van die redaksie nie.

## KENNISGEWINGS

### LIQUIDATION AND DISTRIBUTION ACCOUNTS IN DECEASED ESTATES LYING FOR INSPECTION

In the Estate of the late:  
**Full Name:** Martha Johanna Louvisa van Staden  
**Estate No:** 3029/2019  
**Identity No.:** 291216 0007 088  
**Date of death:** 16 December 2018  
**Last address:** 44 Voortrekker Street, Heilbron, Free State  
The First and Final Liquidation and Distribution account in the estate will be open for inspection for a period of 21 days from the 31 July 2020. At the office of the Master of the High Court, Pietermaritzburg and the Magistrate's office, Heilbron.  
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### VERLORE OF VERNIETIGDE TITELBEWYS

Hiermee word kennis gegee dat kragtens die bepalings van regulasie 68 van die Registrasie van Aktes Wet, 1937, dié die voorneme is om aansoek te doen om 'n gesertifiseerde afskrif van Akte van Transport Nr. T1017/2012 gepasseer deur NGWATHE PLAASLIKE MUNISIPALITEIT ten gunste van SAMUEL JEBERE MOSEBO ten aansien van sekere ERF 3804 Kwakwatsi, (Uitbreiding 1), distrik Koppies, Provinsie Vrystaat wat verlore geraak het of vernietig is. Alle persone wat teen die uitreiking van sodanige afskrif beswaar het, word hierby versoek om dit skriftelik in te dien by die Registrateur van Aktes te Bloemfontein binne twee weke ná datum van publikasie van hierdie kennisgewing.  
Gedateer te Koppies op 25 Junie 2020.  
**AANSOEKER:** AMANDA ANNE SCHUTTE  
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## WEERVOORSPELLING



Sa 1 Aug.	3 / 23	Sonnig
So 2 Aug.	5 / 25	Sonnig
Ma 3 Aug.	5 / 23	Sonnig
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Wo 5 Aug.	4 / 21	Sonnig
Do 6 Aug.	5 / 20	Sonnig
Vr 7 Aug.	4 / 21	Sonnig
Sa 8 Aug.	4 / 20	Sonnig
So 9 Aug.	6 / 21	Sonnig
Ma 10 Aug.	5 / 20	Sonnig
Di 11 Aug.	5 / 21	Sonnig

## TE HUUR

**HEILBRON ROLBAL-KLUBHUIS**  
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Difficult roads often lead to beautiful destinations.

Raak deel van ons lekker-lees gemeenskaps-koerant en stuur vir ons jou foto's van mylpale wat bereik is, asook ander aktiwiteite. Ons plaas dit graag. Vir enige nuus wat jy graag met die lesers wil deel, skakel Silma 083 363 6553.

## SMALLS

## EIENDOMME

### VAN DER MERWE & VENNOTE EIENDOMME

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9 Augustus 2020  
NASIONALE VROUEDAG

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Vir sny-, hark- en baalwerk.  
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Heilbron

Sperdatum vir artikels en advertensies vir die Heilbron Herald is Woensdae om 10.00.

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## GEMEENSKAPSNUUS

# PETRUS STEYN WATERPROBLEEM

Die Grondwet bepaal Suid-Afrikaners het die reg tot voldoende watervoorsiening, maar die inwoners van Petrus Steyn ondervind geweldige watervoorsieningsprobleme. Petrus Steyn val onder die Nketoana plaaslike munisipaliteit saam met Arlington, Lindley en Reitz. Die oorsaak van die probleem is weens die munisipaliteit etlike jare gelede met 'n pypleiding-projek begin het wat Petrus Steyn en Reitz sou verbind. Omdat die projek nie voltooi is nie, veroorsaak dit wisselvallige watertoevoer na die dorp. Instandhouding is oor die algemeen nie op standaard nie en die Covid-19 pandemie het veroorsaak dat nog minder verantwoordelikhede nagekom

word. Ongeag die pandemie is dit onaanvaarbaar dat die inwoners van Petrus Steyn elke aand na 18:00 sonder water sit, skryf Armand Cloete (VF Plus-LP in NRP) in 'n mediaverklaring. Hierdie probleem is opgeneem met die Vrystaatse LUR sodat die saak ondersoek kan word en die nodige ondersteuning aan die munisipaliteit gegee word om verligting te bring onder die inwoners.

Daar word gesê dat indien daar nie na wense gereageer word nie, stappe geneem sal word en die saak word na die Minister van Water en Sanitasie geneem.

Klagtes teen die plaaslike munisipaliteite neem toe en dit lyk of die VF Plus aanhoudend aksies neem om inwoners van die nodige dienste te verseker.

## DIE RUS INGEAAN

In liefdevolle herinnering aan: † **Madira Theresia Ntong** oorlede op 24 Julie 2020 in die ouderdom van 67. Die begrafnis het plaasgevind op 29 Julie 2020 op die Plaas Begraafplaas. Sy laat na haar kinders, familie en vriende. In liefdevolle herinnering aan: † **Constance Selwane Nontso** oorlede op 26 Julie 2020 in die ouderdom van 54. Die begrafnis

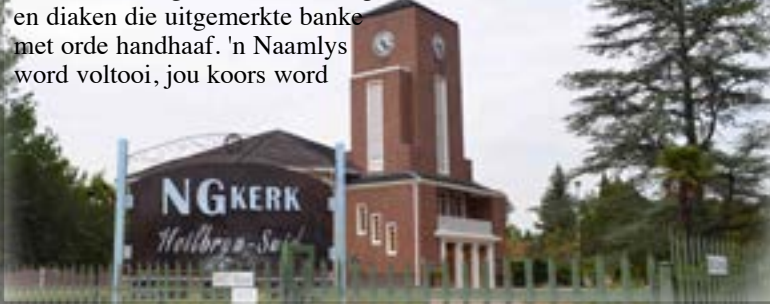
vind plaas op 1 Augustus 2020 op die Plaas Begraafplaas. Sy laat na haar kinders, familie en vriende. In liefdevolle herinnering aan: † **Ross Mapuseletso Tsoetsi/Mlongeni** oorlede op 23 Julie 2020 in die ouderdom van 56. Die begrafnis vind plaas op 1 Augustus 2020 op die Petrus Steyn Begraafplaas. Sy laat na haar kinders, familie en vriende.

*Indien u enige nuus graag wil deel met die lesers, skakel Silma 083 363 6553 of 058 852 3033 (kantoore).*

Die it is in 'n tyd wanneer jy nie die Here kan hoor nie wat jou geloof getoets word en Covid-19 het die wêreld se geloof getoets. Met die inperkingsperiode was kerke genoodsaak om hul dienste te staak, tog het dienste op digitale platforms voortgegaan en was aansienlik meer gekyk as wat mense voor die inperking eredienste bygewoon het. Die ramptoestand regulasies wat kerklike byeenkomste verbied, het oor die breë spektrum van die godsdienst-reaksie uitgelok. Godsdienst is die geleentheid gegee om terug te keer na normaal onder die nodige maatreëls in plek. NG Kerk Suid geen die geleentheid vir lidmate om die komende Sondag weer eredienste te begin bywoon. Die wyke is gevra hoeveel mense die eredienste sal bywoon en indien almal opdaag wat belangstelling getoon het, blyk dit die proeflopie suksesvol gaan wees. Die kerk se wyke word opgedeel in twee groepe onderskeidelik vir 'n diens om 09:30 en dan weer 11:00, sodat daar binne die reël gebly kan word van 50 persone per bywoning. Slegs die kerk se hoofingang gaan gebruik word en alle voorgeskrewe reëls sal toegepas word. Sosiale afstand moet gehandhaaf word en om dit te bewerkstellig sal een ouderling en diaken die uitgemerkte banke met orde handhaaf. 'n Naamlys word voltooi, jou koors word

## DIENSTE BY NG SUID

gemeet en basiese vrae oor 'n loopneus en keelseer sal op 'n lys ingevul word. Ds. Tiaan Victor vertel: "Almal is welkom, hoewel ons mense wat in die hoë risiko gedeelte val eerder afraai." Die hoë risiko groepe kry egter steeds die geleentheid om die diens aanlyn te kyk en sal die diens opgeneem word en op die kerk se sosiale media platforms gelaai word. Egter vind daar slegs eredienste plaas en nog geen doop of nagmaal sal plaasvind nie. Dit is 'n bietjie meer normaliteit vir sommiges se weeklikse roetine, maar wat die basaar betref sal daar nie 'n tradisionele basaar hierdie jaar kan plaasvind nie. Die beplanning is egter om op sommige Vrydae wegneemtes op bestelling in die kerksaal hê waartydens mense, nadat hul ge-"screen" en ontsmet is, na basaarprodukte kan kyk en aankoop. Vleisbestellings gaan by Jeff en Nonna Roos geplaas kan word.



# WORLD BREASTFEEDING WEEK

World breastfeeding week celebrated 1-7 August. The theme of World breastfeeding week 2020, adapted for South Africa, is:

**"Support Breastfeeding for a healthier South Africa"**  
**Breastfeeding questions in the context of emergencies like Covid-19.**

*Compiled by National Department of Health*

**Can COVID-19 be passed through breastfeeding?**

Given the current scientific evidence, the COVID-19 virus has not been found in breastmilk. Therefore, it appears unlikely, that COVID-19 would be transmitted through breastfeeding or by giving breastmilk that has been expressed from a mother who is confirmed/suspected to have COVID-19.

Breastfeeding is recommended for all mothers including mothers suspected/confirmed to have COVID-19.

**What if the mother is confirmed or suspected to have COVID-19?**

Mothers who are suspected to have COVID-19, should still be encouraged and supported to breastfeed.

If the mother is confirmed to have COVID-19, she should continue to breastfeed. If she is unable to breastfeed, then she should be encouraged to express breastmilk for the baby and to maintain lactation.

**What are the hygiene recommendations for a breastfeeding mother confirmed or suspected of having COVID-19 or any other infections respiratory disease that may be transmitted through coughing or sneezing?**

If a mother is confirmed or suspected of having COVID-19 or any other infections respiratory disease that may be transmitted through coughing or sneezing.

**She should:**

- Regularly clean and disinfect surfaces.
- Wash hands frequently with soap and running water for 20 seconds or use alcohol-based hand sanitizer, especially before touching the baby. Always wash hands before and after breastfeeding your baby.
- Wear a cloth mask or scarf that covers your mouth and nose while feeding. **It is important to:**

Not to touch the mask while the baby is breastfeeding or when spending time with your baby.

Ensure that you do not touch the inner side of the mask.

After each use, cloth masks should be washed with soap and water and ironed when dry.

Replace masks as soon as they become damp from breathing.

Do not touch the front of the mask but untie it from behind.

Follow good respiratory hygiene: cough or sneeze into your bent elbow covering your mouth and nose, or into a tissue which you must then straight away throw into a closed container and wash your hands again with soap for 20 seconds or use alcohol-based hand rub.

Regularly clean and disinfect surfaces within your home.

**Is it necessary for a mother with confirmed or suspected COVID-19 or any other respiratory infections to wash her breast before she breastfeeds or before expressing milk?**

It is not necessary to wash the breast before every breastfeed or prior to expressing milk.

If a mother is confirmed or suspected to have COVID-19 and has just coughed over her exposed breast or chest, gently wash your chest with soap and luke warm water for at least 20 seconds prior to feeding.

**Following delivery, why should a baby still be placed skin-to-skin immediately and breastfed within the first hour after birth?**

There are many benefits of skin-to-skin contact (skin-to-skin contact calms the mother and the baby and helps to stabilize the baby's heartbeat and breathing. It keeps the baby warm with heat from the mother's body. It also helps to normalize the baby's blood sugar. It reduces infant crying, thus reducing stress and energy use. It facilitates bonding between the mother and her baby and it supports breastfeeding) and breastfeeding largely overcomes the possible risks of transmission and illness associated with COVID-19.

Immediate and continued skin-to-skin care, including kangaroo mother care, and keeping the baby warm, is linked with fewer newborn deaths.

There are many benefits of skin-to-skin contact and



breastfeeding and these largely outweigh the possible risks of transmission and illness associated with COVID-19.

Placing the newborn close to the mother also enables early initiation of breastfeeding which helps the baby receive colostrum, which is protective against illness, UNLESS if the newborn is too ill for the mother to practice skin-to-skin contact or the mother is too ill to do skin-to-skin practice.

Mothers who are positive for COVID-19 should only stay with the baby if full infection control and isolation can be guaranteed.

**What if the mother is ill?**

Mothers who are critically ill, with COVID-19 and unable to breastfeed directly should be supported to maintain lactation through expressing of milk with the help of healthcare staff.

For women expressing breastmilk, wash hands before expressing. If using a breast pump, a dedicated breast pump/milk cups should be used. Follow recommendations for breast pump cleaning after each use. Consider asking someone who is well to feed expressed milk to the baby (mother can decant milk from her container into a clean container held by a healthy person to prevent transmission via the containers surface).

**If a mother confirmed or suspected to have COVID-19 is not able to breastfeed due to other reasons, what is the best alternative way to feed her infant and are there additional measures needed?**

The best alternatives to breastfeeding for a new-born or young infant are expressed breast milk and donor human milk

- There are always risks associated with giving infant formula milk to newborns and

infants in all situations.

The risks associated with giving infant formula milk are higher in situations where there is poor or limited access to health services if a baby becomes unwell or poor access to clean water or access to supplies of infant formula are difficult or not guaranteed, not affordable and not sustainable.

If expressing breastmilk, the extra basic measures that can be followed includes:

- Hand washing for at least 20 seconds before hand expression.
- Wear a mask while expressing.
- Ensuring that milk storage containers and feeding utensils or breast milk pumps need to be appropriately washed after every use with liquid soap, such as dish washing liquid and warm water. Rinse after with hot water for 10-15 seconds. Breast pumps if used should not be shared between mothers.

**Is it advisable for a mother with confirmed/suspected COVID-19 or any other respiratory infections who is breastfeeding, to give a 'top-up' with infant formula milk?**

No. If a mother is breastfeeding, there is no need to provide a 'top-up' with an infant formula milk.

Giving a 'top-up' will reduce the amount of breast milk produced by a mother.

Mothers who are worried about not having enough breast milk should:

- Make sure that their baby is positioned and attached effectively on the breast and to seek additional practical help from a health worker or a lactation consultant.
- Respond to their infants' hunger and feeding cues and breastfeed their baby as much as the baby wants.

## NEW ISSUE ON SALE NOW!

GET THIS WEEK'S ISSUE OF **FARMER'S WEEKLY** AND LEARN ABOUT HOW TO ENSURE BETTER TRACTOR EFFICIENCY TO GET THE MOST OUT OF YOUR MACHINERY!



The importance of maintaining reproductive health in a herd



ON SALE FROM 24 JULY 2020 TO 31 JULY 2020

VISIT [FARMERSWEEKLY.CO.ZA](http://FARMERSWEEKLY.CO.ZA) AND CLICK 'SUBSCRIBE'





HERALD

# WILLIE WAS WARM

**W**illie Pretorius se gholf styg soos die hitte barometer, elke week bietjie warmer. Hy wen verlede Saterdag se kompetisie met 37 punte en was ook die enigste speler wat beter as sy voorges kon speel.

Die naweek is OJ's Meat Market die borg tydens die gekombineerde beter-bal kompetisie. Jy en jou maat se tellings word saam getel, so beide sal hulle kant moet bring. Die dubbel uitspeelwedstryde

word ook gespeel tydens die dag.

Verlede Saterdag het die span van Wiam en Jackie hulle wenveldtog voortgesit en klop hulle vir Willem en Ruan met 21-7. Johan en Willie wen vir Obie en Christene 16-4, hulle moes ook die knie buig teen Gerrie en Eben wat hulle eerste bepaling gewen het.

Môre se kompetisie sluit halfweg ete in en inskrywingsgeld beloop R 200.

Wees daar teen 10:30 vir afslaan 11:00.



*Dit was nie 'n "Arabian Night"-tema dag nie, die spelers hou net by die Covid reëls. vl: Willem Loots, wat die pryse oorhandig het saam met die wenners, Willie Pretorius (1ste), Ruan Minnie (2de) en Johan Nelson (3de).*

## BONUS HARDWARE

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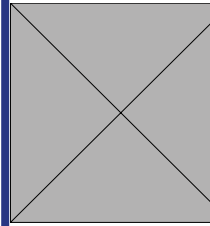
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## WINKELURE



**Maandae -  
Donderdag**  
07:30 tot 17:00

**Vrydae:**  
07:30 tot 16:30

**Saterdag:**  
09:00 tot 13:00

Elstraat 44  
Heilbron, 9650  
Tel: 058 852 3033

**Elke Woensdag  
Royal Auction Centre  
FRANKFORT**

Koopkrag gewaarborg

**Kontak ons bemarkers**

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**FANIE VAN DER MERWE**  
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Frankfort  
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**DAVID GERBER**  
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Reitz  
Tweeling  
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Afslaar

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082 569 7205

Kontak hom gerus vir enige Lewendehawe bemaking. Uit-die-hand-transaksies of veiling navrae!



## BKB Louwid NOORD

### Die komende week se BELANGRIKSTE veilings

**MAANDAG - 3 AUGUSTUS 2020**

BULTFONTEIN Twee-weeklikse veiling  
Kontak Louwtjie Bezuidenhout  
082 827 7443

**DINSDAG - 4 AUGUSTUS 2020**

KLERKSDOORP Weeklikse veiling  
Kontak Fanie Nel 083 325 3066

VEREENIGING Weeklikse veiling.  
Kontak Freek Pieterse 079 560 7088

**WOENSDAG - 5 AUGUSTUS 2020**

BLOEMFONTEIN: NATIONALE SAWM VEILING  
65 Ramme & 25 jong oole  
10h30, Bloemfontein skougronde  
Kontak Wilbur Meyer 082 349 3189

**DONDERDAG - 6 AUGUSTUS 2020**

FRANKFORT Weeklikse veiling  
Kontak Jacques Meyer 076 691 0095

KROONSTAD Weeklikse veiling  
Kontak Rudy van der Westhuizen  
079 418 4289

VANDERBILPARK: M DU PLESSIS  
Lifverkoop van plaasimplemente & -toerusting  
11:00, Plaas Visalfontein, Vanderbijlpark  
Kontak Freek Pieterse 079 560 7088

**VRYDAG - 7 AUGUSTUS 2020**

STANDERTON Weeklikse veiling  
Kontak Paul de Bruyn 079 882 1138

POTCHEFSTROOM Weeklikse veiling  
Kontak Saily de Villiers 073 816 4956

FOURESBURG: ZINAGOS BONSMARA  
Top Bonsmara beeste  
11:00, Plaas Hoogland  
Kontak Douw van Wyk 083 458 7353



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