



DECEMBER 2020



# HEALTH BULLETIN

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ADAPTED FROM  
WWW.DAILYMAVERICK.CO.ZA

Summer is here, schools are closed and many Namibians are getting ready for a well-earned break. But with the coronavirus pandemic still very much with us, how do we go on holiday in a way that's safe?

CAN WE EVEN THINK OF ENJOYING THE SUMMER BREAK?  
THE ANSWER IS YES, IF WE FOLLOW THESE SIMPLE GUIDELINES:



FOR MORE TIPS, READ THE FULL  
ARTICLE HERE [HTTPS://BIT.LY/361M6XT](https://bit.ly/361M6XT)

## WHAT TO EXPECT WHEN YOU'RE EXPECTING: THE 1<sup>ST</sup> TRIMESTER OF PREGNANCY

Pregnancy is an exciting time, but growing a new human being comes with its own set of challenges, from fatigue to morning sickness - and a fair share of anxiety.

Knowing how your baby is developing throughout the stages of pregnancy - and how this affects your body - will help to relieve some of that anxiety.

FULL-TERM  
PREGNANCY  
40 WEEKS

1<sup>ST</sup> TRIMESTER WEEK 1 - WEEK 12

2<sup>ND</sup> TRIMESTER WEEK 13 - WEEK 26

3<sup>RD</sup> TRIMESTER WEEK 27 - WEEK 40

### LET'S LOOK AT THE CHANGES YOU CAN EXPECT IN THE FIRST TRIMESTER...

#### MOM-TO-BE IN THE 1<sup>ST</sup> TRIMESTER



You may not look pregnant yet, but your body is going through major hormonal changes, which lead to early pregnancy symptoms:

- Morning sickness - which can occur at any time of the day or night
- Extreme fatigue
- Tender, swollen breasts
- Cravings for or aversion to certain foods
- Constipation
- Frequent urination
- Headaches
- Heartburn
- Weight gain or loss
- Mood swings

#### SUPPORT THE OPTIMAL DEVELOPMENT OF YOUR BABY!



Eat a healthy diet



Get adequate rest



Take a prenatal vitamin



Avoid smoking & alcohol



Schedule your first antenatal consultation\*

\*Nammed offers comprehensive Maternity Benefits, including 12 antenatal consultations per family per annum. For more information and limits per Option, please visit [www.nammed.info](http://www.nammed.info)

## BABY IN THE 1<sup>ST</sup> TRIMESTER

During the first trimester, your baby grows from a single fertilised cell called a zygote, to an embryo that implants itself in your uterine wall, to a foetus with organs, limbs and facial features.

### AT 4 WEEKS:

- Nervous system (brain and spinal cord) has begun to form
- Heart has begun to form
- Arm and leg buds begin to develop
- Baby is about 6 to 7 mm long - the size of a grain of rice

### AT 8 WEEKS:

- All major organs have started forming
- Heart begins to beat
- Arms and legs grow longer
- Fingers and toes start to form
- Face begins to develop features
- Baby starts to move - but you won't feel it yet
- Baby is about 1.5 to 2 cm long, and weighs about 1 gram

### AT 12 WEEKS:

- Nerves and muscles begin to work together
- External reproductive organs have begun to form
- Baby has arms, hands, fingers, feet and toes
- Baby can open and close its fists and mouth
- Baby is about 5 to 6 cm long, and weighs about 14 grams

**NEW  
NAMED  
MATERNITY  
PROGRAMME  
COMING IN  
2021**

## OUR MATERNITY PROGRAMME SUPPORTS YOU ALONG EVERY STEP OF THE JOURNEY:



24/7 Pregnancy Care Helpline for professional advice from registered midwives



Regular personal phone calls from a dedicated registered midwife



Pregnancy education via SMS and email



Online antenatal classes



FREE baby bag with baby care essentials delivered to your doorstep

**REGISTER AT ANY NAMED OFFICE FROM JANUARY 2021, AT ANY STAGE OF YOUR PREGNANCY. AVAILABLE ON ALL OPTIONS.**

#1 FACT

SPF STANDS FOR SUN PROTECTION FACTOR

The SPF number tells you how long you can stay in the sun without burning when using the sunscreen versus the amount of time without sunscreen.

FOR EXAMPLE:



SPF30 SUNSCREEN



SPF30 x 10 MIN STARTS BURNING AFTER 5 HOURS

Since people with fair skin burn more quickly than people with dark skin, the SPF number is a 'relative value' and the actual 'safe time' with sunscreen will differ from person to person.

NO MATTER YOUR SKIN TONE, USE AN SPF OF AT LEAST 30!

USE BROAD-SPECTRUM SUNSCREEN

IT PROTECTS YOU AGAINST UVA AND UVB RAYS:

**UVA** rays cause skin damage that leads to tanning, skin aging and wrinkles. They also contribute to **skin cancer!**

**UVB** rays cause sunburn and play the greatest role in **skin cancer!**

#3 FACT

HOW YOU APPLY SUNSCREEN MATTERS!

- Apply 20 minutes *before* going outside
- Reapply every 2 hours and after swimming, sweating or towel drying
- Apply *generously*, about 1 teaspoon\* for:
  - the face, neck and ears
  - each arm and leg
  - the torso and abdomen
  - the back

\* GENERAL RULE FOR ADULTS  
- USE LESS FOR CHILDREN, BUT DON'T SKIMP!

#4 FACT

SUNSCREEN EXPIRES

Check the expiration date on your sunscreen. Expired? Throw it away - it isn't effective anymore

BONUS FACT:

SUNSCREEN IS JUST ONE PIECE OF THE SUN PROTECTION PUZZLE

When heading outdoors, you should also:

Cover up with clothing

Wear a wide-brimmed hat

Wear UV-blocking sunglasses

Avoid the sun during the hottest time of the day, between 11:00 and 15:00

#4 FACT

CORRECT STORAGE IS IMPORTANT

Store sunscreen below 30°C. Keeping it in hot places - like your car - or direct sun for extended periods of time will make it less effective.

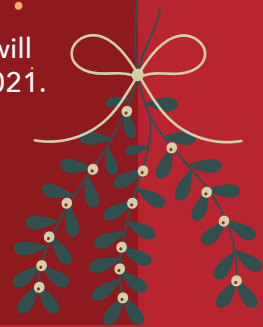
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## CLOSURE OF BRANCHES DURING FESTIVE SEASON

Our Branch Offices in Swakopmund, Otjiwarongo and Karibib will be closed from 13h00 on 24 December 2020 until 4 January 2021.

Our Head Office in Windhoek will be open throughout December and January, except on public holidays.

CONTACT HEAD OFFICE ON 061 374 600



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## LIFELINK: COMING IN JANUARY 2021

WE HAVE PARTNERED WITH LIFELINK TO GIVE OUR MEMBERS 24/7 ACCESS TO RAPID EMERGENCY RESPONSE VIA ROAD OR AIR - NO UPFRONT PAYMENT REQUIRED!

## FOR EMERGENCY RESCUE SERVICES CALL



**24/7 TOLL-FREE**  
**DOWNLOAD THE LIFELINK EMERGENCY APP!**

Search for **SOSBuddy** on the App Store or Google Play

**LIFELINK SERVICES ARE AVAILABLE IN...**

WINDHOEK  
REHOBOTH

OKAHANDJA  
OTJIWARONGO

WALVIS BAY  
HENTIES BAY

MARIENTAL  
ONDANGWA

ONGWEDIVA  
RUNDU

Available on all Options from January 2021

**COUNTRYWIDE**

CRISIS RESPONSE: 061 303 395 / 083 3912

E-MED RESCUE 24: 924 (LANDLINE)

MR24/7: 085 956 / 061 255 676

**WINDHOEK & SURROUNDING AREA**

AEMS AMBULANCE SERVICES: 081 963

CITY OF WINDHOEK EMERGENCY SERVICES: 061 211 111

**COASTAL AREAS**

CODE RED MEDICAL SERVICES: 085 9900 / 085 8940

**WALVIS BAY & SWAKOPMUND**

ST GABRIEL AMBULANCE: 085 955 / 081 124 5999

**NORTHERN NAMIBIA**

NAMIBIA PRIVATE AMBULANCE SERVICES: 081 9696

**EENHANA (LONG DISTANCE)**

INTENSIVE THERAPY UNIT AMBULANCE: 082 444 7807

**OHANGWENA (LONG DISTANCE)**

OHANGWENA PRIVATE AMBULANCE SERVICES: 081 9797

**ONDANGWA (LONG DISTANCE)**

ONDANGWA AMBULANCE SERVICES: 081 90 200

**OUTAPI & SURROUNDING AREA**

OUTAPI AMBULANCE: 065 251 022 / 251 800

**OKAHANDJA**

OKAHANDJA PARAMEDICAL SERVICES: 987 (LANDLINE)

**ROSH PINAH & ORANJEMUND**

ROSHCARE CLINIC AMBULANCE SERVICES: 063 274 918 / 081 161 8734

**WHEN TRAVELLING TO SOUTH AFRICA****+264 64 500 346**

NAMMED WISHES YOU A BLESSED FESTIVE SEASON  
AND A HEALTHY AND HAPPY NEW YEAR!

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WINDHOEK

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